

Screening for Postpartum Depression using the Edinburgh Scale



The arrival of a baby can generate sadness, frustration and anguish in some cases. These feelings are known as perinatal sadness and usually disappear after the first few weeks after birth. However, if these symptoms can intensify and do not improve over time, they can develop into postpartum depression, the severity of which can endanger both mother and baby.

What is the Edinburgh Postpartum Depression Scale?

The Edinburgh Postnatal Depression Scale (EPDS) is an instrument designed to assess the presence and severity of depressive symptoms in people after childbirth. The EPDS consists of 10 items that explore different emotional aspects of the mother, such as mood, anxiety, and difficulty sleeping. Each item is assessed in points from 0 to 3, where 0 indicates the absence of symptoms and 3 reflects a greater frequency or intensity of symptoms. When adding the scores of all the items, a total is obtained that reflects the level of depressive symptomatology.



What is the purpose of the scale?

Its main objective is to identify women who have symptoms of depression, so that they can receive appropriate support and treatment. The results help health care professionals determine if further evaluation is required and establish a plan of action.



Precautions When Using EPDS

Although the scale is a valuable resource, it should not be considered a definitive diagnosis of postpartum depression. The results should be interpreted by perinatal mental health professionals, who evaluate the situation in a comprehensive manner.

Social and Emotional Aspect

For tips, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your medical treatment, please visit your primary care physician or call the following phone lines:

Medical Advice Line 1-844-347-7801
TTY/TDD 1-844-347-7804
APS Health 787-641-9133

References:

<https://lamenteesmaravillosa.com/que-es-la-escala-de-depresion-posnatal-de-edimburgo-epds/>

<https://neuro-class.com/escala-de-edimburgo-prevencion-en-depresion-posparto/>

Prepared by licensed Health Educators.
Revised August 2025.

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