

Edinburgh Postnatal Depression Scale (EPDS) Scoring

Each item has its own unique answer set. Mothers must pick one answer from each set based on how they've been feeling for the last seven days before answering the scale. Each item can get a possible score of 0 to 3, and it will depend on their answer choice.

Items 1, 2, and 4 are scored 0 to 3. The answers are arranged as such:

- The first choice is worth 0 points
- The second choice is worth 1 point
- The third choice is worth 2 points
- The last choice is worth 3 points

Items 3 and 5 to 10 are score 3 to 0, meaning they are reverse-scored. The answers are arranged as such:

- The first choice is worth 3 points
- The second choice is worth 2 points
- The third choice is worth 1 point
- The last choice is worth 0 points

Just add up all the scores. The possible maximum score that each patient can get is 30.

Score interpretation:

- A score of 10 to 30 means that the mother possibly has depression
- **The last item deals with self-harm.** If they tick the first or second answer choice, that's a cause for concern.
- Even if the total score from Items 1 to 9 is 0, but they picked the first or second answer choice for Item 10, you must find a way to address their thoughts of self-harm.