

Screening for Postpartum Depression (PPD)

PPD is one of the most common medical complications related to pregnancy.¹ In the United States, **about 1 in 8 women self-reported symptoms of PPD** after giving birth.² Despite the prevalence, PPD is underdiagnosed and undertreated.^{1,3} Patients may go undiagnosed for many reasons, including social stigma, feelings of failure, and negative perceptions about therapy or medication.⁴⁻⁶

The American College of Obstetricians and Gynecologists (ACOG) recommends screening for depressive symptoms at the initial prenatal visit, later in pregnancy and at postpartum visits.¹ Implementation of routine screening policies may lead to improved identification and management of PPD.⁷⁻¹⁴

Edinburgh Postnatal Depression Scale (EPDS)

The EPDS asks perinatal women to self-report their experiences in the last week by completing 10 items. After your patient has completed all 10 items, total the score using the calculator below.¹⁵

This information is being provided for your reference only. This is not a diagnostic tool. Sage Therapeutics, Inc. and Biogen do not recommend or endorse specific screening tools. All responses should be verified by a clinician, and it is important to always exercise independent medical judgment when assessing your individual patients.

SCORE CALCULATOR¹⁵

Responses are scored 0, 1, 2, or 3 based on the severity of symptoms. Enter the score for each item in the corresponding field below. Calculate the total by adding together the scores for each item.

1	0	2	0	3	3	4	0	5	3	6	3	7	3	8	3	9	3	10*	3
	1		1		2		1		2		2		2		2		2		2
	2		2		1		2		1		1		1		1		1		1
	3		3		0		3		0		0		0		0		0		0

*For any woman indicating thoughts of self-harm, use clinical judgment to assess the safety of the woman and her children.²

TOTAL SCORE: _____

Interpreting the EPDS Score^{1,15}

Per the ACOG screening guidelines, women scoring 10 or higher should be assessed for the presence and severity of perinatal depression. **The EPDS is not a substitute for clinical assessment, and scores just below 10 do not necessarily indicate the absence of depression, especially if there are other reasons to consider this diagnosis.**

A careful clinical evaluation by a healthcare provider is needed to confirm a diagnosis of PPD.¹

References: 1. American College of Obstetricians and Gynecologists. Screening and Diagnosis of Mental Health Conditions During Pregnancy and Postpartum: ACOG Clinical Practice Guideline No. 4. *Obstet Gynecol.* 2023;141(6):1232-1261. 2. Bauman BL, Ko JY, Cox S, et al. Vital Signs: Postpartum depressive symptoms and provider discussions about perinatal depression—United States, 2018. *MMWR.* 2020;69(19):575-581. 3. Cox EQ, Sowa NA, Meltzer-Brody SE, Gaynes BN. The perinatal depression treatment cascade: baby steps toward improving outcomes. *J Clin Psychiatry.* 2016;77(9):1189-1200. doi:10.4088/JCP.15r10174 4. Henshaw EJ, Durkin KM, Snell RJ. First-time parents' shared representation of postpartum depressive symptoms: a qualitative analysis. *Soc Sci Med.* 2016;160:102-110. 5. Iturralde E, Hsiao CA, Nkemere L, et al. Engagement in perinatal depression treatment: a qualitative study of barriers across and within racial/ethnic groups. *BMC Pregnancy and Childbirth.* 2021;21(1):512. Published 2021 Jul 16. doi:10.1186/s12884-021-03969-1. 6. Bodnar-Deren S, Benn EKT, Balbierz A, Howell EA. Stigma and postpartum depression treatment acceptability among black and white women in the first six-months postpartum. *Matern Child Health J.* 2017;21:1457-1468. 7. Avalos LA, Raine-Bennett T, Chen H, Adams AS, Flanagan T. Improved perinatal depression screening, treatment, and outcomes with a universal obstetric program. *Obstet Gynecol.* 2016;127(5):917-925. doi:10.1097/AOG.0000000000001403 8. Clevesy MA, Gatlin TK, Cheese C, Strebler K. A project to improve postpartum depression screening practices among providers in a community women's health care clinic. *Nurs Womens Health.* 2019;23(1):21-30. doi:10.1016/j.nwh.2018.11.005 9. Evins GG, Theofrastous JP, Galvin SL. Postpartum depression: a comparison of screening and routine clinical evaluation. *Am J Obstet Gynecol.* 2000;182(5):1080-1082. doi:10.1067/mob.2000.105409 10. Miller ES, Wisner KL, Gollan J, Hamade S, Gossett DR, Grobman WA. Screening and treatment after implementation of a universal perinatal depression screening program. *Obstet Gynecol.* 2019;134(2):303-309. doi:10.1097/AOG.0000000000003369 11. Russomagnò S, Waldrop J. Improving postpartum depression screening and referral in pediatric primary care. *J Pediatr Health Care.* 2019;33(4):e19-e27. doi:10.1016/j.pedhc.2019.02.011 12. Larun L, Fønhus MS, Håvelsrud K, Brurberg KG, Reinar LM. Screening for depression in ante- or postnatal women Report from Kunnskapssenteret. no. 01-2013. Oslo: Norwegian Knowledge Centre for the Health Services, 2012. https://www.ncbi.nlm.nih.gov/books/NBK464734/pdf/Bookshelf_NBK464734.pdf 13. O'Connor E, Rossom RC, Henninger M, Groom HC, Burda BU. Primary care screening for and treatment of depression in pregnant and postpartum women: evidence report and systematic review for the US Preventive Services Task Force. *JAMA.* 2016;315(4):388-406. doi:10.1001/jama.2015.18948 14. van der Zee-van den Berg AL, Boere-Boonekamp MM, Groothuis-Oudshoorn CGM, MJ IJ, Haasnoot-Smallegange RME, Reijneveld SA. Post-Up Study: postpartum depression screening in well-child care and maternal outcomes. *Pediatrics.* 2017;140(4)doi:10.1542/peds.2017-0110 15. Cox JL, Holden JM, Sagovsky R. Detection of postnatal depression: development of the 10-item Edinburgh Postnatal Depression Scale. *Br J Psychiatry.* 1987;150:782-786.

Edinburgh Postnatal Depression Scale (EPDS)

Since you are either pregnant or have recently had a baby, we want to know how you feel. Please select the circle next to the answer that comes closest to how you have felt in **the past 7 days**—not just how you feel today. Please complete all 10 items.

EXAMPLE: I have felt happy

- 0 Yes, all of the time
- 1 Yes, most of the time
- 2 No, not very often
- 3 No, not at all

This would mean: "I have felt happy most of the time" during the past week.

NAME _____

1. I have been able to laugh and see the funny side of things.

- 0 As much as I always could
- 1 Not quite so much now
- 2 Definitely not so much now
- 3 Not at all

2. I have looked forward with enjoyment to things.

- 0 As much as I ever did
- 1 Rather less than I used to
- 2 Definitely less than I used to
- 3 Hardly at all

3. I have blamed myself unnecessarily when things went wrong.

- 3 Yes, most of the time
- 2 Yes, some of the time
- 1 Not very often
- 0 No, never

4. I have been anxious or worried for no good reason.

- 0 No, not at all
- 1 Hardly ever
- 2 Yes, sometimes
- 3 Yes, very often

5. I have felt scared or panicky for no good reason.

- 3 Yes, quite a lot
- 2 Yes, sometimes
- 1 No, not much
- 0 No, not at all

DATE COMPLETED _____

6. Things have been getting on top of me.

- 3 Yes, most of the time I haven't been able to cope at all
- 2 Yes, sometimes I haven't been coping as well as usual
- 1 No, most of the time I have coped quite well
- 0 No, I have been coping as well as ever

7. I have been so unhappy that I have had difficulty sleeping.

- 3 Yes, most of the time
- 2 Yes, sometimes
- 1 No, not very often
- 0 No, not at all

8. I have felt sad or miserable.

- 3 Yes, most of the time
- 2 Yes, quite often
- 1 Not very often
- 0 No, not at all

9. I have been so unhappy that I have been crying.

- 3 Yes, most of the time
- 2 Yes, quite often
- 1 Only occasionally
- 0 No, never

10. The thought of harming myself has occurred to me.

- 3 Yes, quite often
- 2 Sometimes
- 1 Hardly ever
- 0 Never

TOTAL SCORE: _____