



The Edinburgh Postnatal Depression Scale

Training for Florida MIECHV Home Visiting Sites
and other home visiting partners

December 13, 2013

Sponsored by:

The Florida Maternal, Infant and Early Childhood
Home Visiting Program

and

Florida Association of Healthy Start Coalitions



Presented by:

Patricia Armstrong,
LCSW
Healthy Families
Florida Training
Institute

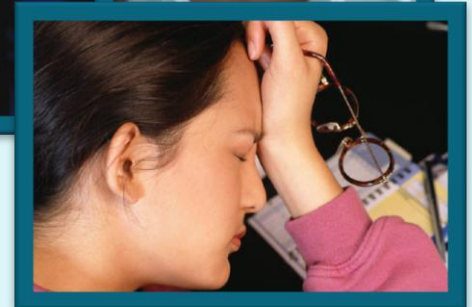
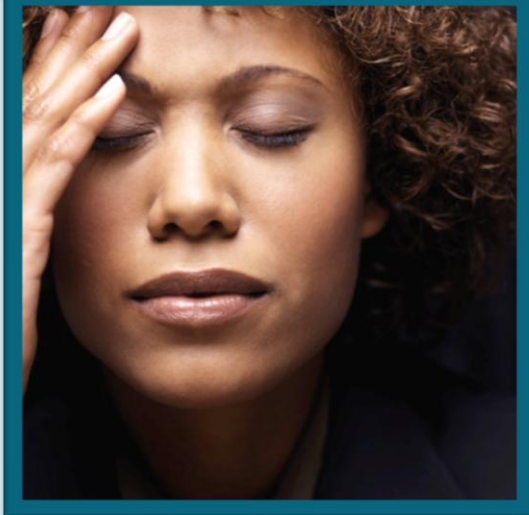
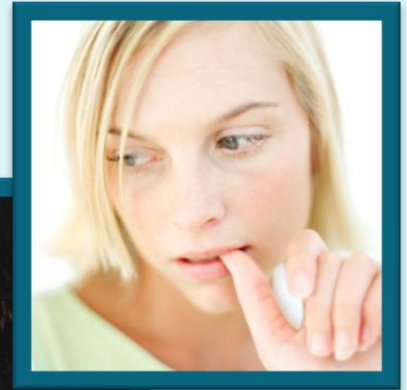


Training Objectives

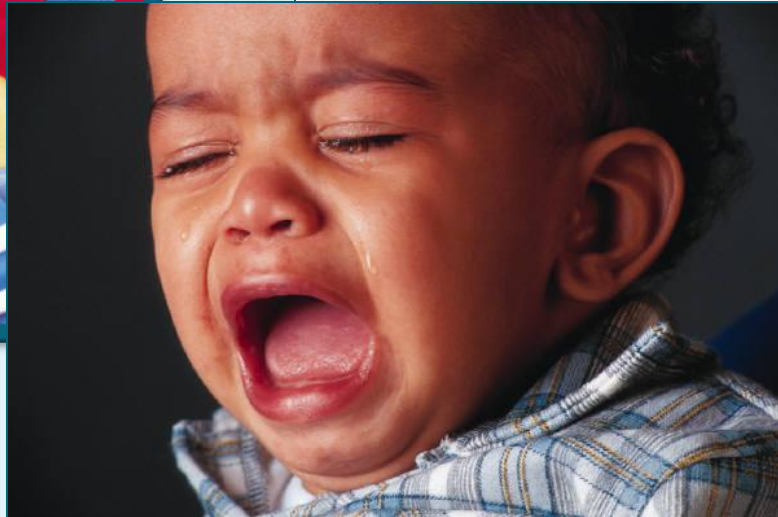
As a result of this training, participants will be able to:

- Describe postnatal depression and its affects on maternal and child outcomes
- Use the tool as prescribed in the instructions
- Describe methods of follow-up to the screening
- Discuss MIECHV benchmark related to administration of the scale by Florida MIECHV programs

Postpartum Depression



The Joys of being a new parent...



Other stressors...



Baby Blues

Signs and symptoms of the baby blues — which last only a few days or weeks — may include:

- Mood swings
- Anxiety
- Sadness
- Irritability
- Crying
- Decreased concentration
- Trouble sleeping



Postpartum Depression

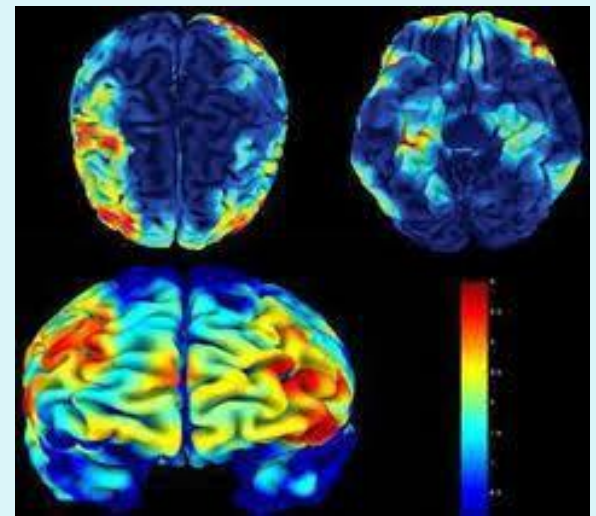
- A clinical, biological disorder – not a character flaw, nor weakness
- Mood disorder beginning after childbirth which usually lasts beyond six weeks
- Onset usually gradual
- May persist for months
- Different from the “Baby Blues”



Postnatal Depression: Symptoms

Signs and symptoms of postnatal depression may include:

- Loss of appetite
- Insomnia
- Intense irritability and anger
- Overwhelming fatigue
- Loss of interest in sex
- Lack of joy in life
- Feelings of shame, guilt or inadequacy
- Severe mood swings
- Difficulty bonding with the baby
- Withdrawal from family and friends
- Thoughts of harming yourself or the baby



What causes postnatal depression?

- Physical Changes
- Emotional Factors
- Lifestyle Influences



Who is at risk?

Certain factors can increase risk of depression during and after pregnancy:

- Personal history of depression or mental health disorder
- Family history
- Lack of support
- Anxiety or negative feelings about the pregnancy
- Problems with previous pregnancy or birth
- Marriage or money problems or other stressful life events
- Young age
- Substance misuse or substance use disorder

Postpartum Depression in Dads?

- As many as **10%** of new dads become depressed after the birth of their child
- Signs & symptoms are often identical to those of clinical depression
- EDPS is validated for use with men



How might the parent's depression affect the child?

- May cause problems with mother-child bonding
- Can lead to increased crying and behavior problems
- Continued exposure may result in aggressive behavior toward peers
- Less weight gain in those exposed to a parent's depression for two months or more
- Delays in language development
- Learning issues related to poor social-emotional development

Three Core Concepts in Early Development

2 Serve & Return Interaction Shapes Brain Circuitry

NATIONAL SCIENTIFIC COUNCIL ON THE DEVELOPING CHILD

Center on the Developing Child  HARVARD UNIVERSITY

3. Toxic Stress Derails Healthy Development



Still Face Experiment: Dr. Edward Tronick



Risk Factor for Child Maltreatment

Depression is one of several characteristics frequently identified in parents who are physically abusive or neglectful



EDPS

Edinburgh Postnatal Depression Scale

Edinburgh Postnatal Depression Scale¹ (EPDS) Attachment 51-09A

Name: _____ Address: _____

Your Date of Birth: _____ Phone: _____

Baby's Date of Birth: _____

As you are pregnant or have recently had a baby, we would like to know how you are feeling. Please check the answer that comes closest to how you have felt **IN THE PAST 7 DAYS**, not just how you feel today.

Here is an example, already completed.

I have felt happy:

- ☐ Yes, all the time
- ☒ Yes, most of the time
- ☐ No, not very often
- ☐ No, not at all

This would mean: "I have felt happy most of the time" during the past week.
Please complete the other questions in the same way.

In the past 7 days:

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

- ☐ As much as I always could
- ☐ Not quite so much now
- ☐ Definitely not so much now
- ☐ Not at all

2. I have looked forward with enjoyment to things

- ☐ As much as I ever did
- ☐ Rather less than I used to
- ☐ Definitely less than I used to
- ☐ Hardly at all

*6. Things have been getting on top of me

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

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

- ☐ Yes, most of the time
- ☐ Yes, sometimes

Edinburgh Postnatal Depression Scale

- Screens for depression
- Does NOT provide a diagnosis
- Consists of 10 multiple choice items
- Simple and easy to use

Instructions

- The parent is asked to check the response that comes closest to how they have been feeling in the previous 7 days.
- All items must be completed.
- Answers should come from the parent, with minimal input from others.
- The parent should complete the scale on his/her own, unless they have limited English or has difficulty with reading.

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Items 1-5

In the past 7 days:

1. I have been able to laugh and see the funny side of things
 - ☐ As much as I always could
 - ☐ Not quite so much now
 - ☐ Definitely not so much now
 - ☐ Not at all
2. I have looked forward with enjoyment to things
 - ☐ As much as I ever did
 - ☐ Rather less than I used to
 - ☐ Definitely less than I used to
 - ☐ Hardly at all
- *3. I have blamed myself unnecessarily when things went wrong
 - ☐ Yes, most of the time
 - ☐ Yes, some of the time
 - ☐ Not very often
 - ☐ No, never
4. I have been anxious or worried for no good reason
 - ☐ No, not at all
 - ☐ Hardly ever
 - ☐ Yes, sometimes
 - ☐ Yes, very often
- *5. I have felt scared or panicky for no very good reason
 - ☐ Yes, quite a lot
 - ☐ Yes, sometimes
 - ☐ No, not much
 - ☐ No, not at all

Edinburgh

Items 6-10

- *6. Things have been getting on top of me
 - ☐ Yes, most of the time I haven't been able to cope at all
 - ☐ Yes, sometimes I haven't been coping as well as usual
 - ☐ No, most of the time I have coped quite well
 - ☐ No, I have been coping as well as ever
- *7 I have been so unhappy that I have had difficulty sleeping
 - ☐ Yes, most of the time
 - ☐ Yes, sometimes
 - ☐ Not very often
 - ☐ No, not at all
- *8 I have felt sad or miserable
 - ☐ Yes, most of the time
 - ☐ Yes, quite often
 - ☐ Not very often
 - ☐ No, not at all
- *9 I have been so unhappy that I have been crying
 - ☐ Yes, most of the time
 - ☐ Yes, quite often
 - ☐ Only occasionally
 - ☐ No, never
- *10 The thought of harming myself has occurred to me
 - ☐ Yes, quite often
 - ☐ Sometimes
 - ☐ Hardly ever
 - ☐ Never

Scoring

Watch for
reverse-scored
items!

SCORING

QUESTIONS 1, 2, & 4 (without an *)

Are scored 0, 1, 2 or 3 with top box scored as 0 and the bottom box scored as 3.

QUESTIONS 3, 5-10 (marked with an *)

Are reverse scored, with the top box scored as a 3 and the bottom box scored as 0.

Maximum score: 30

Possible Depression: 10 or greater

Always look at item 10 (suicidal thoughts)

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Scoring

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QUESTIONS 3, 5, & 10 (marked with an *)

Are reverse scored, with the top box scored as a 3 and the bottom box scored as 0.

Scoring Practice

Score the sample section of the EDPS.

Remember the scoring and reverse scoring rules.

1. I have been able to laugh and see the funny side of things
 - ☐ As much as I always could
 - ☐ Not quite so much now
 - ☒ Definitely not so much now
 - ☐ Not at all
2. I have looked forward with enjoyment to things
 - ☐ As much as I ever did
 - ☐ Rather less than I used to
 - ☐ Definitely less than I used to
 - ☒ Hardly at all
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 - ☐ Yes, most of the time
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 - ☐ Not very often
 - ☐ No, never

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- ☐ Yes, most of the time
- ☐ Yes, quite often
- ☒ Only occasionally
- ☐ No, never

Complete the Scoring

Maximum score: 30

Possible Depression: 13 or greater in *women*; 6 or greater in *men*

Always look at item 10 (suicidal thoughts)

Best Practices after Screening

- Provide a referral to any mom scoring 13 or more, or dad scoring 6 or more.
- Follow your program standards or requirements
- Find and offer resources for mom in the form of handouts, websites, support groups, etc.
- If slight concern was detected, but a referral was not made, continue to monitor for changes in mood
- Remember that the Edinburgh can be repeated as necessary

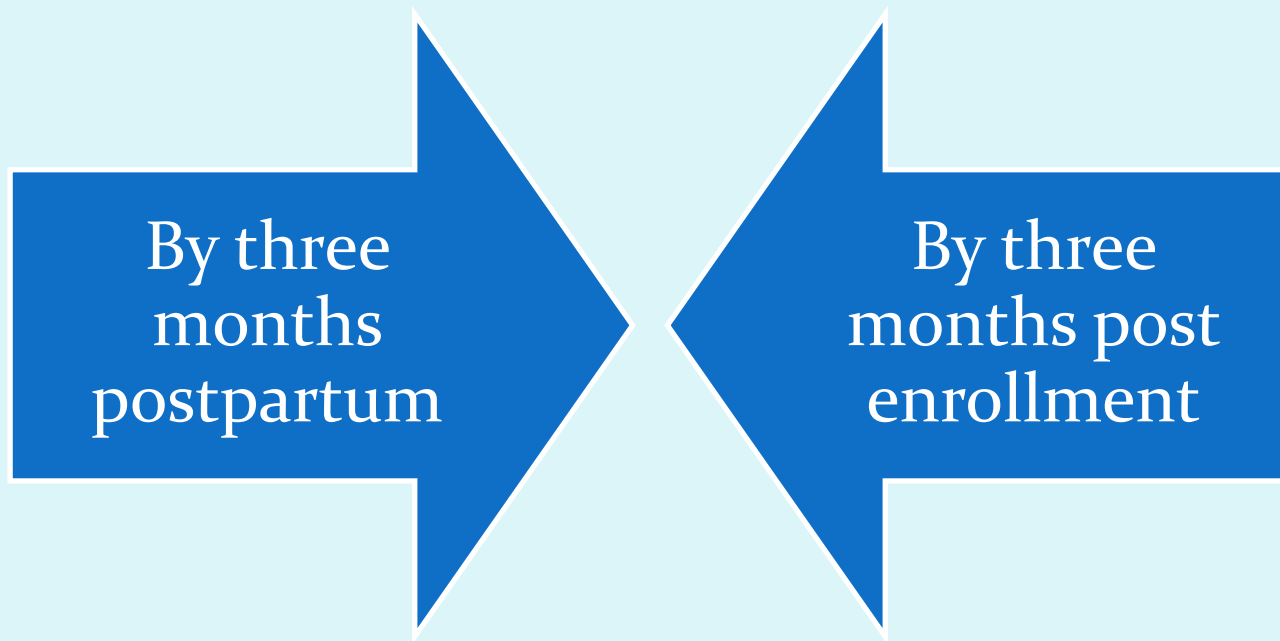
MIECHV Benchmark

- Performance measure: Maintain or increase the percent of women screened for depression
- Population: All women served
- Data Collected by: Home Visitor



Timeframe for completion

MIECHV benchmarks require that all moms are screened for postnatal depression using the EDPS



**Moms enrolled
prenatally or
within two
months of
delivery:**

Conduct the
EDPS by three
months
postpartum



**Moms enrolled
after two
months
postpartum:**

Administer
the EDPS by
three months
post-
enrollment





Questions?

Resources

- Office on Women's Health, U. S. Department of Health and Human Services
<http://www.womenshealth.gov/mental-health/illnesses/postpartum-depression.html>
- Zero to Three
<http://www.zerotothree.org/>
- Child Welfare Information Gateway
<https://www.childwelfare.gov/>

Contact Information

For more information about this training
or to request training on other topics,
please contact:

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Healthy Families Florida
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Certificate of Completion

Edinburgh Postnatal Depression Scale

Webinar Training

**Completed 2-hours of in-service training on
December 13, 2013**

Patricia Armstrong

Patricia Armstrong, LCSW
Trainer

Jennifer L Ohlsen

Jennifer L. Ohlsen, M.S.
Training Manager