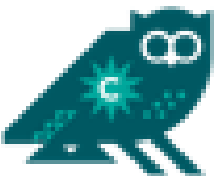


Edinburgh Postnatal Depression Scale

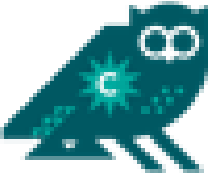
UPDATE

We have made some important changes to the Edinburgh Postnatal Depression Scale that will ensure ease of finding the right services for your patients no matter where they score on the scale. The changes are as follows:

1. In Ocean, you can now use the **“CFHT-Edinburgh Postnatal Depression Scale (EDPS)”**. The original scale remains, but some helpful resources have been added to the CFHT version for patients in Couchiching
2. The form will auto score for you
3. With every score, a list of recommended local resources will auto-populate into the chart, making it easier for you to know what resources are best suited to your patient’s current mental state



The EDPS



SEARCH “CFHT- Edinburgh Postnatal Depression Scale (EPDS)” in OCEAN

In the past 7 days:

1. I have been able to laugh and see the funny side of things
2. I have looked forward with enjoyment to things
3. I have blamed myself unnecessarily when things went wrong
4. I have been anxious or worried for no good reason
5. I have felt scared or panicky for no very good reason
6. I have trouble coping
7. I have been so unhappy that I have had difficulty sleeping
8. I have felt sad or miserable
9. I have been so unhappy that I have been crying
10. The thought of harming myself has occurred to me

Next



[View XML](#)

Note: this form is for **demonstration purposes** only.

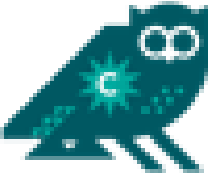
Clinical use is not permitted without prior acceptance of the OceanMD License Agreement.

For more information on adopting this form for clinical use, [sign up here](#), or [contact us](#) to see how we can help.

Cox, J.L., Holden, J.M., and Sagovsky, R. 1987. Detection of postnatal depression: Development of the 10-item Edinburgh Postnatal Depression Scale. British Journal of Psychiatry 150:782-786

K. L. Wisner, B. L. Parry, C. M. Piontek, Postpartum Depression N Engl J Med vol. 347, No 3, July 16, 2002, 194-199

SAMPLE



This panel shows how the note will appear in the chart.
(drag this box out of the way as necessary)

Edinburgh Postnatal Depression Scale (EPDS)

In the past 7 days:

1. I have been able to laugh and see the funny side of things Definitely not so much now
2. I have looked forward with enjoyment to things Definitely less than I used to
3. I have blamed myself unnecessarily when things went wrong Not very often
4. I have been anxious or worried for no good reason No, not at all
5. I have felt scared or panicky for no very good reason Yes, quite a lot
6. I have trouble coping Yes, sometimes I haven't been coping as well as usual
7. I have been so unhappy that I have had difficulty sleeping Yes, sometimes
8. I have felt sad or miserable Yes, quite often
9. I have been so unhappy that I have been crying **Yes, quite often**
10. The thought of harming myself has occurred to me

Sometimes

Severity Score for @EPDS: 18 / 30

Possible Depression (10 or greater).

Note that this patient has had some suicidal thoughts.

CFHT Mental Health Services

(705) 327-4141

https://www.cfht.ca/programs-and-services/program-details/~43_48-social-workers

Mental Health Counselling
Single Session Counselling
Mental Health Services ext. 207
1door.ca or ext. 207

CFS Counselling + Wellbeing

(705) 726-2503

Mental Health Counselling
Perinatal Behavioural Activation Therapy a structured, evidence-based psychotherapy for pregnant and postpartum individuals (up to 36 weeks pregnant or 4–30 weeks postpartum) struggling with depression, anxiety, stress, or isolation. It helps patients reconnect with meaningful, values-based activities to boost mood and reduce avoidance behaviors. (Note: This may look different between organizations)
1door.ca

Ontario Structured Psychotherapy

1 (877) 341-4729 or Email: osp@waypoint.ca

Perinatal Behavioural Activation Therapy a structured, evidence-based psychotherapy for pregnant and postpartum individuals (up to 36 weeks pregnant or 4–30 weeks postpartum) struggling with depression, anxiety, stress, or isolation. It helps patients reconnect with meaningful, values-based activities to boost mood and reduce avoidance behaviors. (Note: This may look different between organizations)
<https://search.caredove.com/org/service/32658/request>

CMHA Simcoe County Branch

CMHA Umbrellas Program
Umbrellas program is for women who are pregnant, or have children 6 years old or younger, that are concerned about their own or another person's substance use.
(705) 726-5033 (Central Intake Line)

CMHA Early Psychosis Intervention

Program is open to individuals aged 14 to 35 residing in Simcoe County. Multidisciplinary team is committed to providing intensive support to youth and young adults experiencing their first episode of psychosis. We offer individualized care through one-on-one and group therapy, alongside family support and educational resources that offer insights into the early stages of psychotic disorders.
(705) 726-5033 (Central Intake Line)