



## **Scripts for how to introduce and administer Edinburgh Postnatal Depression Scale (EPDS); how to respond if client scores below 12, above 12 and suicidal risk (question 10)**

### 1. Introducing the EPDS:

My role as your health care provider/service coordinator is to make sure that I continue to give good care to you and your baby. We know that all mothers have stress and so it's important for me to check in with you to see how you are doing with this. I'm going to ask you some questions that will help us understand together what things in your life might be stressful for you right now. We ask these ten questions to all our mothers enrolled in our program. It's important to answer these questions as best as you can as this will allow me to understand what type of help will be best for you and your baby.

### 2. Administering the EPDS:

- Ask the client to respond to each question that comes closest to how she has been feeling in the ***past 7 days***
- All 10 items need to be completed

### 3. Responding to the Results:

#### **If the total score is less than 12**

- It looks like you're doing fine. Here is a resource for you called "A Guide for Moms" which you can use to give you some extra help when you need it.

#### **If the total score is 12 or more**

- In looking at some of your answers it looks like you might be having a difficult time right now.
- Does that sound like how you are feeling?
- A lot of mothers' experience these feelings and find it helpful to get some extra help to get through a difficult time.
- Whom do you talk to when you're having these feelings?

- It can be very useful to talk to someone, like a mental health counselor, who is good at helping people figure out exactly what is causing them to feel stressed. They can also give extra support that is needed to make a person feel better.
- Let's look over this list of mental health providers and pick one that might work for you and let's set up an appointment soon for you to be evaluated.
- It's also important for your primary care provider to know what's going on with you and how you are feeling. If it's okay with you, I'd like to share this information with them so that they can also be involved in giving the best care for you during the pregnancy and after the baby is born.

4) If the client responds to Question 10 on EPDS "Thought of Harming Self" either **Yes, quite often**, or, **Sometimes**, or **Hardly Ever** :

- Discuss with client her responses and assess her safety
- Facilitate on site psychiatric evaluation, if available, or contact local Mobile Crises team
- Call EMS when necessary
- Document safety plan in client record

### **Discussing Clients Responses**

- I'd like to talk to you about one of the questions you answered on the survey.
- I noticed that you answered that during the past 7 days you have had thoughts about possibly harming yourself.
- Many mothers say they have had these feelings from time to time.
- I would like to talk with you about these feelings and see how I can help.
- Before I leave your house it's important for me to check to make sure that you are safe.

b) If the client asks you not to share her suicidal thoughts with anyone:

- Make sure that your client understands your obligation and responsibility as a health care provider
- You have a legal obligation to share this information and ensure that she and her baby are safe

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