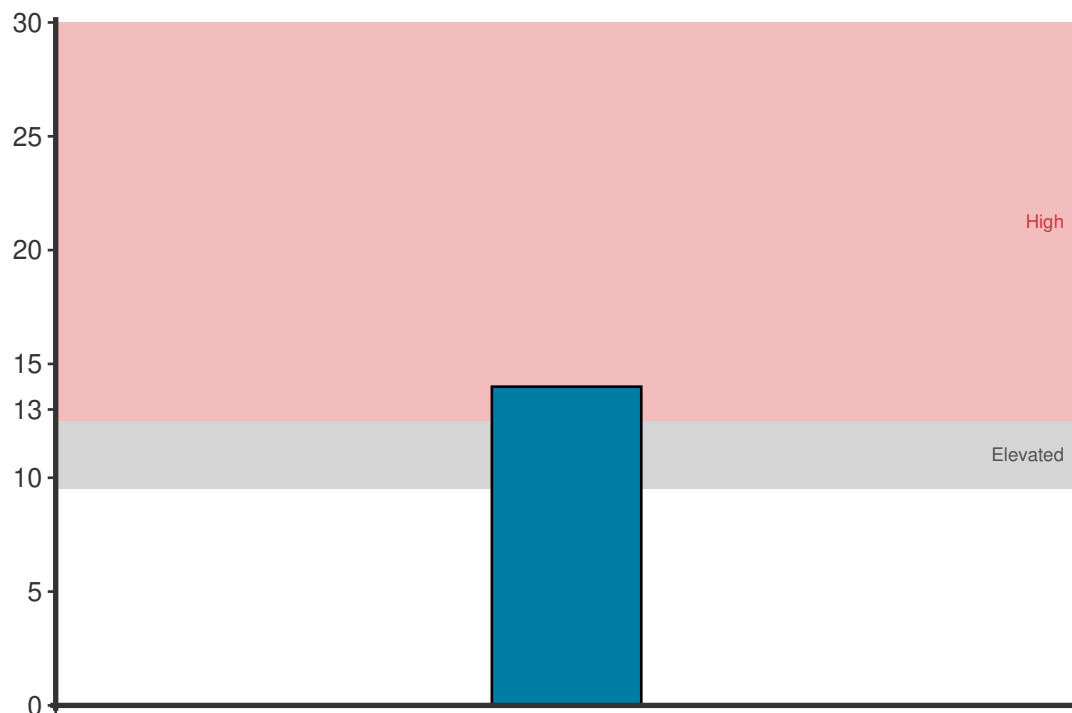


**Edinburgh Postnatal Depression Scale (EPDS)**

<i>Client Name</i>	Client Generic	<i>Date administered</i>	23 Oct 2026
<i>Date of birth (age)</i>	1 Jan 1990 (36)	<i>Time taken</i>	37s
<i>Assessor</i>	Dr Emerson Bartholomew		

EPDS Results

	Score	Descriptor
Total Score (0-30)	14	High

Edinburgh Postnatal Depression Scale (EPDS) Total Score**Interpretive Text**

The Edinburgh Postnatal Depression Scale (EPDS) was administered on 23 October 2026, with a total score of 14 out of 30. This score falls in the High range, which suggests probable depressive illness. Most women without major depression (95%) score below 13 (Levis et al., 2020), so a score in this range is likely to reflect a depressive illness and warrants further mental health assessment.

The highest-scoring items were:

- 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 (Yes, some of the time)*

Note. The three highest-scoring items are listed, with ties broken by item number.



Client Name	Client Generic
--------------------	----------------

Scoring and Interpretation Information

For comprehensive information on the EPDS, [see here](#).

The total score is calculated by summing all 10 items, giving a range of 0 to 30. Higher scores indicate more frequent or more intense depressive symptoms over the previous seven days.

EPDS Severity Categories

Two descriptor bands are applied to the total score, at the scale authors' own cut-offs of 10 and 13. Each does a different job: 10 is set low to catch as many cases as possible, and 13 is set high to flag the women most likely to have depression. Scores of 9 or below fall beneath both and carry no descriptor. The report gives the number without a label, and clinical judgement guides follow-up.

Elevated (10 to 12): a more sensitive screen, in other words a wider net that catches more cases but includes more non-cases. Scores of 10 or more identify 85% of women with major depression (Levis et al., 2020). A score in this range may reflect a depressive illness and warrants further enquiry now, with the EPDS repeated within two to four weeks (COPE, 2023).

High (13 to 30): probable depressive illness. Most women without major depression (95%) score below 13, so scores in this range are seldom seen without it. The trade-off is that about a third of women with major depression also score below 13, which is why the Elevated range sits beneath it (Levis et al., 2020). A score in this range is likely to reflect a depressive illness and warrants further mental health assessment.

How likely a High score is to reflect depression depends on how common depression is in the population being screened, so the score identifies who needs a closer look rather than confirming a diagnosis. Responses may also shift when the questionnaire is completed in front of family members, or where disclosure feels risky.

EPDS Item 10 and Risk of Self-Harm

Item 10 asks directly about thoughts of self-harm. Any endorsement generates a risk alert in the report, whatever the total score, and Australian guidance recommends immediate further mental health assessment (COPE, 2023). The item does not ask specifically about suicidal ideation, so responses should be explored further and read both on their own and alongside the total score.

The thresholds work the same with or without item 10: total scores with and without it correlate at .998 (Qiu et al., 2023). A respondent may score in the Elevated or High range while answering Never to item 10, or may endorse item 10 while the total score stays below 10. The second pattern does not on its own indicate depression, but it does indicate a risk of self-harm that warrants attention in its own right.

EPDS Change Score Interpretation

Where EPDS scores are available from more than one administration, change between administrations supports progress monitoring. A change of 4 or more points is treated as a reliable change, meaning a change large enough to be unlikely to reflect measurement error alone (Matthey, 2004).



Client Name	Client Generic
--------------------	----------------

EPDS Graphs

On a first administration, a single vertical bar chart displays the total score against the full 0 to 30 range. Where two or more administrations are available, a line graph shows the total score across administration dates instead, covering up to the 60 most recent administrations and split into two graphs, oldest first, where there are more than 30. Shading on both charts is a visual guide to the descriptor bands: unshaded below 10, grey from 10 to 12 (Elevated), and a red tint from 13 to 30 (High), with 13 marked on the vertical axis.

Client Responses

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 very good reason

3 Yes, quite a lot

2 Yes, sometimes

1 No, not much

0 No, not at all



Client Name	Client Generic
--------------------	----------------

Client Responses (cont.)

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	<i>Yes, sometimes I haven't been coping as well as usual</i>
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	<i>Not very often</i>
0	No, not at all

8	I have felt sad or miserable
3	Yes, most of the time
2	<i>Yes, quite often</i>
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	<i>Only occasionally</i>
0	No, never

10	The thought of harming myself has occurred to me
3	Yes, quite often
2	Sometimes
1	Hardly ever
0	<i>Never</i>