Rationale for use of Edinburgh Postnatal Depression Scale (EPDS) for evaluation of ATAPS services for perinatal women

- A validation study of the EPDS reported the EDPS's sensitivity to change in the severity of the depression over time (Cox, 1987).
- Even though a systematic review of the EPDS has shown that it may not be valid screening tool across all settings and contexts (Gibson, 2009), it is widely researched in Australia, and its high validity was reported for both English speaking and non-English speaking populations of Australia, including Aboriginal people (Bilszta, 2008; Buist, 2008; Campbell, 2008; Buist, 2007; Small, 2007).
- National data shows that the EPDS is considered to be an acceptable tool for both women and mental health practitioners (Buist, 2007).
- Buist (2007) also used the EDPS to compare the impact of a psychoeducational program (intervention) on the level of depression in postnatal women, comparing scores of women who had received the education and those who had not.
- There have been several longitudinal studies, conducted both in Australia and internationally, that employed the EPDS to evaluate the impact of different interventions on the degree of postnatal depression (Grote, 2009; Morrell, 2009; Hiscock, 2008; Jomeen, 2008; Mann, 2008; O'Higgins, 2008; Josefsson, 2007) and to evaluate the stability of postnatal depression in people who did not receive any intervention (Monti, 2008).

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