
Family, Child and Youth
Health Service
postnatal depression
services

Screening

Assessment

Parenting advice

Support visits

Counselling

Crisis intervention

Group Programs

Ask your
Family and Child Health Nurse
if you want to know more about the
Edinburgh Postnatal
Depression Scale
or
postnatal stress or depression

Area offices can direct you
to the nearest available service or
you can contact the nearest
Parenting Centre

South 6222 7633	Parenting Centre 6233 2700
North 6336 2130	Parenting Centre 6326 6188
Burnie 6434 6451	Parenting Centre 6434 6201
Devonport 6421 7800	Parenting Centre 6434 6201



Tasmania

DEPARTMENT of
HEALTH and
HUMAN SERVICES

The Edinburgh
Postnatal Depression
Scale

A questionnaire for
Postnatal Depression



Family, Child
and
Youth Health Service

Q What is the Edinburgh Postnatal Depression Scale used for?

A The Edinburgh Postnatal Depression scale is used to screen women for possible postnatal depression

Completing the scale is voluntary

Q Why am I being screened for postnatal depression (PND)?

A All women coming to a Child Health Centre in Tasmania are offered screening for postnatal depression. It is used to identify those women who may be experiencing depression and is an opportunity to offer assistance

Q When will the screening be offered?

A When your baby is 6 – 8 weeks and then again at 6 months

Q What is postnatal depression?

A Postnatal depression is a common mood disorder that is characterised by a cluster of symptoms which have to be present for longer than 2 weeks

Q How is postnatal depression managed?

A Postnatal depression is managed according to your own specific needs. These may include:
support visits by the Family and Child Health nurse
referral to Parenting Centre counselling
referral to another health professional
a combination of counselling and medication

Q What happens if postnatal depression is not identified and managed?

A Postnatal depression can make you feel miserable, robbing you of what is ideally a special time. It will improve with appropriate management and support

Q Is completing the Edinburgh Postnatal depression scale useful if I do not have postnatal depression?

A Even if you do not have postnatal depression, talking to someone about how you have felt since having your baby can be helpful. The questions in the scale can assist you to do this

Q How is the Edinburgh Postnatal Depression Scale scored and what does the score mean?

A The Edinburgh Postnatal Depression Scale is scored 0 – 30. A score above 13 may indicate you could be experiencing some depression. Talk to your Family and Child Health Nurse about your score and the answers

Q Does a score above 13 mean I am a bad mother?

A No – the scale is not measuring how good a mother you are. A score above 13 may indicate you are experiencing some degree of postnatal depression and may need assistance