

How to score the Edinburgh Postnatal  
Depression Scale:  
For Providers:

**Scoring the English Scale:**

- a. 0 point
- b. 1 point
- c. 2 points
- d. 3 points

0 – 8 points: Low probability of depression

8 – 12 points: most likely just dealing w/ a new baby or the baby blues.

13 – 14 points: signs leading to possibility of PPD; take preventative measures.

15 + points: High probability of experiencing clinical depression.

**Scoring the Spanish Scale:**

Questions 1, 2, & 4

\*\*\*Questions 3, & 5 - 10

0 = 0

1 = 1

2 = 2

3 = 3

0 = 3

1 = 2

2 = 1

3 = 0

\*\*\* Please note these questions are reverse scored in order to maintain consistency in the scale for the client.

Total score still has meanings as outlined with in the English scale.