

Assessment of Depression Severity and Treatment Options¹

EPDS SCORE or clinical assessment

SIGNS AND SYMPTOMS OF DEPRESSION

**Signs and symptoms in each column may overlap*

EPDS 0-8	EPDS 9-13	EPDS 14-18	EPDS ≥19
LIMITED TO NO SYMPTOMS	MILD SYMPTOMS	MODERATE SYMPTOMS	SEVERE SYMPTOMS
<ul style="list-style-type: none"> • Reports occasional sadness • Placid - only reflecting inner tension • Sleeps as usual • Normal or increased appetite • No difficulties in concentrating • No difficulty starting everyday activities • Normal interest in surroundings & friends • No thoughts of self-reproach, inferiority • No suicidal ideation 	<ul style="list-style-type: none"> • Mild apparent sadness but brightens up easily • Occasional feelings of edginess and inner tension • Slight difficulty dropping off to sleep • Slightly reduced appetite • Occasional difficulty in concentrating • Mild difficulties starting everyday activities • Reduced interest in surroundings & friends • Mild thoughts of self-reproach, inferiority • Fleeting suicidal thoughts 	<ul style="list-style-type: none"> • Reports pervasive feelings of sadness or gloominess • Continuous feelings of inner tension/ intermittent panic • Sleep reduced or broken by at least two hours • No appetite - food is tasteless • Difficulty concentrating and sustaining thoughts • Difficulty starting simple, everyday activities • Loss of interest in surroundings and friends • Persistent self-accusations, self-reproach • Suicidal thoughts are common 	<ul style="list-style-type: none"> • Reports continuous sadness and misery • Unrelenting dread or anguish, overwhelming panic • Less than two or three hours sleep • Needs persuasion to eat • Unable to read or converse without great initiative • Unable to do anything without help • Emotionally paralyzed, inability to feel anger, grief or pleasure • Delusions of ruin, remorse or unredeemable sin • History of severe depression and/ or active preparations for suicide

TREATMENT OPTIONS

**Treatment options in each column may overlap*

LIMITED TO NO SYMPTOMS	MILD SYMPTOMS	MODERATE SYMPTOMS	SEVERE SYMPTOMS
		<ul style="list-style-type: none"> • Consider inpatient hospitalization when safety or ability to care for self is a concern 	<ul style="list-style-type: none"> • Consider inpatient hospitalization when safety or ability to care for self is a concern
	<ul style="list-style-type: none"> • Consider medication 	<ul style="list-style-type: none"> • Strongly consider medication 	<ul style="list-style-type: none"> • Strongly consider medication
<ul style="list-style-type: none"> • Therapy for mother • Dyadic therapy for mother/baby 	<ul style="list-style-type: none"> • Therapy for mother • Dyadic therapy for mother/baby 	<ul style="list-style-type: none"> • Therapy for mother • Dyadic therapy for mother/baby 	<ul style="list-style-type: none"> • Therapy for mother • Dyadic therapy for mother/baby
<ul style="list-style-type: none"> • Community/social support (including support groups) 	<ul style="list-style-type: none"> • Community/social support (including support groups) 	<ul style="list-style-type: none"> • Community/social support (including support groups) 	<ul style="list-style-type: none"> • Community/social support (including support groups)
<ul style="list-style-type: none"> • Consider as augmentation: Complementary/ Alternative therapies (bright light therapy, Omega-3 fatty acids, acupuncture, folate, massage) 	<ul style="list-style-type: none"> • Consider as augmentation: Complementary/ Alternative therapies (bright light therapy, Omega-3 fatty acids, acupuncture, folate, massage) 	<ul style="list-style-type: none"> • Consider as augmentation: Complementary/ Alternative therapies (bright light therapy, Omega-3 fatty acids, acupuncture, folate, massage) 	<ul style="list-style-type: none"> • Consider as augmentation: Complementary/ Alternative therapies (bright light therapy, Omega-3 fatty acids, acupuncture, folate, massage)
<ul style="list-style-type: none"> • Support with dysregulated baby; crying, sleep, feeding problems • Physical activity 	<ul style="list-style-type: none"> • Support with dysregulated baby; crying, sleep, feeding problems • Physical activity 	<ul style="list-style-type: none"> • Support with dysregulated baby; crying, sleep, feeding problems • Physical activity 	<ul style="list-style-type: none"> • Support with dysregulated baby; crying, sleep, feeding problems • Physical activity
<ul style="list-style-type: none"> • Self-care (sleep, hygiene, healthy diet) 	<ul style="list-style-type: none"> • Self-care (sleep, hygiene, healthy diet) 	<ul style="list-style-type: none"> • Self-care (sleep, hygiene, healthy diet) 	<ul style="list-style-type: none"> • Self-care (sleep, hygiene, healthy diet)

¹Information adapted from: Montgomery SA, Asberg M: A new depression scale designed to be sensitive to change. *British Journal of Psychiatry* 134:382-389, 1979

Limited or no symptoms of depression

Severe symptoms of depression