

# Assessment of Depression Severity and Treatment Options<sup>1</sup>

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

**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"> <li>• Consider inpatient hospitalization when safety or ability to care for self is a concern</li> </ul>	<ul style="list-style-type: none"> <li>• Consider inpatient hospitalization when safety or ability to care for self is a concern</li> </ul>
	<ul style="list-style-type: none"> <li>• Consider medication</li> </ul>	<ul style="list-style-type: none"> <li>• Strongly consider medication</li> </ul>	<ul style="list-style-type: none"> <li>• Strongly consider medication</li> </ul>
<ul style="list-style-type: none"> <li>• Therapy for mother</li> <li>• Dyadic therapy for mother/baby</li> </ul>	<ul style="list-style-type: none"> <li>• Therapy for mother</li> <li>• Dyadic therapy for mother/baby</li> </ul>	<ul style="list-style-type: none"> <li>• Therapy for mother</li> <li>• Dyadic therapy for mother/baby</li> </ul>	<ul style="list-style-type: none"> <li>• Therapy for mother</li> <li>• Dyadic therapy for mother/baby</li> </ul>
<ul style="list-style-type: none"> <li>• Community/social support (including support groups)</li> </ul>	<ul style="list-style-type: none"> <li>• Community/social support (including support groups)</li> </ul>	<ul style="list-style-type: none"> <li>• Community/social support (including support groups)</li> </ul>	<ul style="list-style-type: none"> <li>• Community/social support (including support groups)</li> </ul>
<ul style="list-style-type: none"> <li>• Consider as augmentation: Complementary/ Alternative therapies (bright light therapy, Omega-3 fatty acids, acupuncture, folate, massage)</li> </ul>	<ul style="list-style-type: none"> <li>• Consider as augmentation: Complementary/ Alternative therapies (bright light therapy, Omega-3 fatty acids, acupuncture, folate, massage)</li> </ul>	<ul style="list-style-type: none"> <li>• Consider as augmentation: Complementary/ Alternative therapies (bright light therapy, Omega-3 fatty acids, acupuncture, folate, massage)</li> </ul>	<ul style="list-style-type: none"> <li>• Consider as augmentation: Complementary/ Alternative therapies (bright light therapy, Omega-3 fatty acids, acupuncture, folate, massage)</li> </ul>
<ul style="list-style-type: none"> <li>• Support with dysregulated baby; crying, sleep, feeding problems</li> <li>• Physical activity</li> </ul>	<ul style="list-style-type: none"> <li>• Support with dysregulated baby; crying, sleep, feeding problems</li> <li>• Physical activity</li> </ul>	<ul style="list-style-type: none"> <li>• Support with dysregulated baby; crying, sleep, feeding problems</li> <li>• Physical activity</li> </ul>	<ul style="list-style-type: none"> <li>• Support with dysregulated baby; crying, sleep, feeding problems</li> <li>• Physical activity</li> </ul>
<ul style="list-style-type: none"> <li>• Self-care (sleep, hygiene, healthy diet)</li> </ul>	<ul style="list-style-type: none"> <li>• Self-care (sleep, hygiene, healthy diet)</li> </ul>	<ul style="list-style-type: none"> <li>• Self-care (sleep, hygiene, healthy diet)</li> </ul>	<ul style="list-style-type: none"> <li>• Self-care (sleep, hygiene, healthy diet)</li> </ul>

<sup>1</sup>Information 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**