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Perinatal Mental Health: A Guide to the EPDS

John Cox, Jeni Holden

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The Edinburgh Postnatal Depression Scale (EPDS) was designed by the authors as a simple means of screening for postnatal depression in health care settings. It can also be used by researchers seeking information on factors that influence the emotional well-being of new mothers and their families. The scale has appeared in a number of languages and 20 of these translations are included here, together with the original English version.This handbook is about the use of the EPDS and is designed for health professionals and researchers.

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