Escala Edinburgh para la Depresión Postnatal (Spanish Version)

Nombre de participante:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Número de identificación de participante:

{{nombre}}

Fecha:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

{{fecha}}

\_\_\_\_\_\_\_\_\_\_\_\_\_

Como usted está embarazada o hace poco que tuvo un bebé, nos gustaría saber como se siente actualmente. Por favor

MARQUE (√) la respuesta que más se acerca a como se ha sentido durante LOS ÚLTIMOS 7 DÍAS y no sólo como se ha

sentido hoy.

6.

Las cosas me oprimen o agobian:

Sí, la mayor parte del tiempo no he podido

sobrellevarlas

Sí, a veces no he podido sobrellevarlas de

la manera

No, la mayoría de las veces he podido

sobrellevarlas bastante bien

No, he podido sobrellevarlas tan bien como

lo hecho siempre

A continuación se muestra un ejemplo completado:

Me he sentido feliz:

\_\_\_\_ 3

\_\_\_\_ 2

\_\_\_\_ 1

\_\_\_\_ 0

Sí, todo el tiempo

\_\_\_\_ 0

Sí, la mayor parte del tiempo

No, no muy a menudo

No, en absoluto

\_\_ꢀ\_\_ 1

\_\_\_\_ 2

\_\_\_\_ 3

Esto significa: “Me he sentido feliz la mayor parte del

tiempo” durante la última semana. Por favor complete

las otras preguntas de la misma manera.

7.

Me he sentido tan infeliz, que he tenido dificultad

para dormir:

1

2

3

.

He podido reír y ver el lado bueno de las cosas:

Sí, casi siempre

Sí, a veces

No muy a menudo

No, en absoluto

\_\_\_\_ 3

Tanto como siempre he podido hacerlo

No tanto ahora

Sin duda, mucho menos ahora

No, en absoluto

\_\_\_\_ 0

\_\_\_\_ 2

\_\_\_\_ 1

\_\_\_\_ 0

\_\_\_\_ 1

\_\_\_\_ 2

\_\_\_\_ 3

8

9

1

.

Me he sentido triste y desgraciada:

Sí, casi siempre

Sí, bastante a menudo

No muy a menudo

.

He mirado al futuro con placer para hacer cosas:

\_\_\_\_ 3

\_\_\_\_ 2

\_\_\_\_ 1

\_\_\_\_ 0

Tanto como siempre

Algo menos de lo que solía hacerlo

\_\_\_\_ 0

\_\_\_\_ 1

Definitivamente menos de lo que solía hacerlo \_\_\_\_ 2

Prácticamente nunca \_\_\_\_ 3

No, en absoluto

.

Me he sentido tan infeliz que he estado llorando:

.

Me he culpado sin necesidad cuando las cosas

marchaban mal:

Sí, casi siempre

Sí, bastante a menudo

Ocasionalmente

No, nunca

\_\_\_\_ 3

\_\_\_\_ 2

\_\_\_\_ 1

\_\_\_\_ 0

Sí, casi siempre

Sí, algunas veces

No muy a menudo

No, nunca

\_\_\_\_ 3

\_\_\_\_ 2

\_\_\_\_ 1

\_\_\_\_ 0

0. He pensado en hacerme daño:

Sí, bastante a menudo

A veces

\_\_\_\_ 3

\_\_\_\_ 2

\_\_\_\_ 1

\_\_\_\_ 0

4

.

.

He estado ansiosa y preocupada sin motivo alguno:

No, en absoluto

Casi nada

Sí, a veces

\_\_\_\_ 0

\_\_\_\_ 1

\_\_\_\_ 2

\_\_\_\_ 3

Casi nunca

No, nunca

Sí, muy a menudo

5

He sentido miedo o pánico sin motivo alguno:

Sí, bastante

Sí, a veces

No, no mucho

No, en absoluto

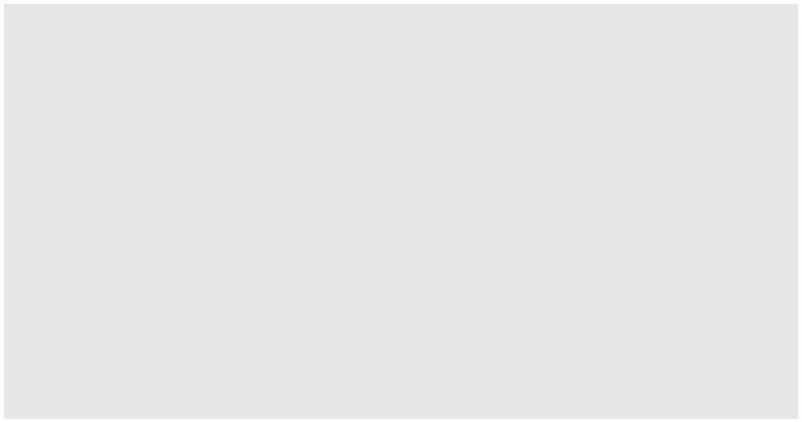
\_\_\_\_ 3

\_\_\_\_ 2

\_\_\_\_ 1

\_\_\_\_ 0

Edinburgh Postnatal Depression Scale (EPDS). Texto adaptado del British Journal of Psychiatry, Junio, 1987, vol. 150 por J.L. Cox, J.M. Holden, R. Segovsky.



Edinburgh Postnatal Depression Scale (EPDS) Scoring & Other Information

ABOUT THE EPDS

feeling during the past week. Most mothers complete the

scale without difficulty in less than five minutes.

The validation study showed that mothers who scored

above a threshold 12/13 were likely to be suffering from a

depressive illness of varying severity. Nevertheless, the

EPDS score should not override clinical judgement. A

careful clinical assessment should be carried out to

confirm the diagnosis. The scale indicates how the mother

felt during the previous week, and in doubtful cases it may

be usefully repeated after two weeks. The scale will not

detect mothers with anxiety neuroses, phobias or

personality disorders.

Response categories are scored 0, 1, 2 and 3

according to increased severity of the symptom. Items 3,

5-10 are reverse scored (i.e., 3, 2, 1, and 0). The total

score is calculated by adding together the scores for each

of the ten items. Users may reproduce the scale without

further permission providing they respect copyright (which

remains with the British Journal of Psychiatry) quoting the

names of the authors, the title and the source of the

paper in all reproduced copies.

The Edinburgh Postnatal Depression Scale (EPDS) was

developed to assist primary care health professionals in

detecting mothers suffering from postpartum depression

(PPD); a distressing disorder more prolonged than the

INSTRUCTIONS FOR USERS

“

blues” (which occur in the first week after delivery), but

1. The mother is asked to underline the response that

comes closest to how she has felt during the previous

seven days.

less severe than puerperal psychosis.

Previous studies have shown that PPD affects at least

10 percent of women and that many depressed mothers

2. All 10 items must be completed.

remain untreated. These mothers may cope with their

baby and with household tasks, but their enjoyment of life

is seriously affected and it is possible that there are long

term effects on the family.

3. Care should be taken to avoid the possibility of the

mother discussing her answers with others.

4. The mother should complete the scale herself, unless

she has limited English or has difficulty with reading.

5. The EPDS may be used at six to eight weeks to screen

postnatal women or during pregnancy. The child health

clinic, postpartum check-up or a home visit may provide

suitable opportunities for its completion.

The EPDS was developed at health centers in

Livingston and Edinburgh. It consists of 10 short

statements. The mother underlines which of the four

possible responses is closest to how she has been

Cox, J. L., Holden, J. M., & Sagovsky, R. (1987). Detection of postnatal depression: Development of the 10-item Edinburgh Postnatal Depression Scale.

British Journal of Psychiatry, 150, 782-786. The Spanish version was developed at the University of Iowa based on earlier Spanish versions of the

instrument. For further information, please contact Michael W. O’Hara, Department of Psychology, University of Iowa, Iowa City, IA 52245, e-mail:

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