|  |  |  |
| --- | --- | --- |
| 1 | Nicole Miranda Kamatoy | kamatoy.nicoleshane@gmail.com |
| vsxvvsddv | 2023-02-21 21:27:03.595233 | Probable depression |

|  |  |
| --- | --- |
| QUESTIONS | ANSWER |
| Have you been capable of finding humor and laughing about situations? | (2) Definitely not so much now |
| Have you anticipated things with pleasure and excitement? | (3) Hardly at all |
| Have you needlessly held yourself responsible when things didn't go well? | (3) Yes, most of the time |
| Have you experienced anxiety or concern without a valid cause? | (2) Yes, sometimes |
| Have you experienced fear or panic without a clear or justifiable reason? | (3) Yes, quite a lot |
| Have things been overwhelming you? | (1) No, most of the time I have coped quite well |
| Have you been so unhappy that you have experienced trouble sleeping? | (3) Yes, most of the time |
| Have you experienced feelings of sadness or misery? | (3) Yes, most of the time |
| Have you been so unhappy that you have shed tears? | (3) Yes, most of the time |
| Have you had thoughts of self-harm? | (3) Yes, quite often |
| EPDS Score | 26 |

Based on your answers, you have probable Postpartum Depression or most of the postpartum depression symptoms are obviously noticeable. Severe (major) depression is classified as having the symptoms of mild to moderate depression, but the symptoms are severe and noticeable, even to your loved ones. Episodes of major depression last an average of six months or longer. Diagnosis is especially crucial in severe depression, and it may even be time-sensitive.

|  |  |  |
| --- | --- | --- |
| EPDS Score | Interpretation | Action |
| Less than 8 | Depression not likely | Continue support |
| 9-11 | Depression possible | Support, re-screen in 2–4 weeks. Consider referral to primary care provide(PCP). |
| 12-13 | Fairly high possibility of depression | Monitor, support and offer education. Refer to PCP. |
| 14 and higher (positive screen) | Probable depression | Diagnostic assessment and treatment by PCP and/or specialist. |
| Positive score (1, 2 or 3) on question 10 (suicidality risk) |  | Immediate referral is necessary for assessment of suicidal ideation. This is to ensure proper intervention and to consider factors such as plan, history, symptoms, and potential harm. |