|  |  |  |
| --- | --- | --- |
| 1 | Nicole Miranda Kamatoy | kamatoy.nicoleshane@gmail.com |
| vsxvvsddv | 2023-02-18 22:43:14.958897 | Depression possible |

|  |  |
| --- | --- |
| QUESTIONS | ANSWER |
| Have you been capable of finding humor and laughing about situations? | (0) As much as I always could |
| Have you anticipated things with pleasure and excitement? | (0) As much as I ever did |
| Have you needlessly held yourself responsible when things didn't go well? | (1) Not very often |
| Have you experienced anxiety or concern without a valid cause? | (0) No, not at all |
| Have you experienced fear or panic without a clear or justifiable reason? | (1) No, not much |
| Have things been overwhelming you? | (2) Yes, sometimes I haven't been coping as well as usual |
| 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? | (0) No, not at all |
| Have you been so unhappy that you have shed tears? | (1) Only occasionally |
| Have you had thoughts of self-harm? | (2) Sometimes |
| EPDS Score | 10 |

Based on your answers, Postpartum Depression is possible or some postpartum depression symptoms are slightly present. This level of postpartum depression involves more than just feeling blue temporarily. These symptoms can go on for days and are noticeable enough to interfere with your usual activities.

|  |  |  |
| --- | --- | --- |
| 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. |