



Assessment of Depression Severity¹

EPDS Score or Clinical Assessment	EPDS 0-8	EPDS 9-13	EPDS 14-18	EPDS ≥19
<i>Signs and Symptoms of Depression</i> <small>Signs and symptoms in each column may overlap</small>	Limited To No Symptoms	Mild Symptoms	Moderate Symptoms	Severe Symptoms
	Reports occasional sadness	Mild apparent sadness but brightens up easily	Reports pervasive feelings of sadness or gloominess	Reports continuous sadness and misery
	Fairly calm	Occasional feelings of edginess and inner tension	Continuous feelings of inner tension/ intermittent panic	Unrelenting dread or anguish, overwhelming panic
	Sleeps as usual	Slight difficulty dropping off to sleep	Sleep reduced or broken by at least two hours	Less than two or three hours sleep
	Normal or increased appetite	Slightly reduced appetite	No appetite - food is tasteless	Needs persuasion to eat
	No difficulties in concentrating	Occasional difficulty in concentrating	Difficulty concentrating and sustaining thoughts	Unable to read or converse without great initiative
	No difficulty starting everyday activities	Mild difficulties starting everyday activities	Difficulty starting simple, everyday activities	Difficulty accomplishing much of anything, including grooming/ bathing self
	Normal interest in surroundings and friends	Reduced interest in surroundings and friends	Loss of interest in surroundings and friends	Emotionally paralyzed, inability to feel anger, grief or pleasure
	No thoughts of self-reproach, inferiority	Mild feelings of guilt, inferiority	Persistent self-accusations, feelings of guilt	Feeling useless or like a burden to loved ones
	No suicidal ideation	Fleeting suicidal thoughts	Suicidal thoughts are common	History of severe depression and/or active preparations for suicide

¹Information adapted from: Montgomery SA, Asberg M: A new depression scale designed to be sensitive to change. British Journal of Psychiatry 134:382-389, 1979

This resource has been adapted with permission from the MCPAP for Moms Pediatric Toolkit for Postpartum Depression.