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VALIDITY OF THE EDINBURGH POSTNATAL DEPRESSION SCALE

A. Bunevicius, L. Kusminskas, R. Bunevicius

Institute of Psychophysiology and Rehabilitation of the Kaunas University of Medicine, Palanga, Lithuania

Depression is prevalent postpartum and is a major health problem. In this study we aimed to evaluate how precise the Edinburgh Postnatal Depression Scale (EPDS) is in screening for depressive disorders postpartum. A random sample of 94 pregnant women was interviewed two weeks postpartum using the Composite International Diagnostics Interview Short Form (CIDI - SF) and filled in the EPDS. We evaluated:

- a. internal consistency of the EPDS by the means of Cronbach's alpha coefficient;
- b. area under the ROC curve, sensitivity, specificity of the EPDS against the CIDI-SF diagnoses of depressive disorders.

The internal consistency of the EPDS was at a level of 0.83. The optimal cutoff score of the EPDS for screening CIDI-SF diagnoses of depressive disorders was found to be 7 and more with area under the ROC curve at a level of 0.83, sensitivity of 92% and specificity of 73%. The EPDS has a good reliability for a screening instrument and has to be used a cutoff score of 7 and more for screening of depressive disorders postpartum.