

Screening tools ID postnatal depression in teen moms

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(HealthDay)—For adolescent mothers, the Edinburgh Postnatal Depression Scale (EPDS) and two subscales are accurate for identifying postnatal depression, according to a study published online Dec. 16 in *Pediatrics*.

Kartik K. Venkatesh, M.D., Ph.D., from Massachusetts General Hospital in Boston, and colleagues assessed the accuracy of the EPDS and three subscales for identifying postpartum depression in a cohort of 106 adolescent mothers with 289 postpartum visits. At six weeks, three months, and six months, mothers completed a psychiatric diagnostic interview and the 10-item EPDS. Three subscales of the EPDS had their accuracy assessed as brief screening tools: three-item anxiety subscale (EPDS-3); seven-item depressive symptoms subscale (EPDS-7); and two-item subscale (EPDS-2).

The researchers found that 18 percent of the participants met the psychiatric diagnostic interview criteria for incident postpartum depression. The full EPDS, EPDS-7, and EPDS-2 performed equally well when used as continuous measures (area under the curve, >0.9). Compared with currently recommended cutoff scores (≥ 10), optimal cutoff scores for a positive depression screen were lower for the EPDS (≥ 9) and EPDS-7 (≥ 7). Both EPDS and EPDS-7 had sensitivities of 90 percent and specificities of more than 85 percent at optimal cutoff scores.

"This study suggests not only that the EPDS is a valid tool for [postpartum depression](#) screening among adolescent mothers but that its briefer subscales may also be effective [screening](#) tools in clinical practice," the authors write.

More information: [Abstract](#)
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