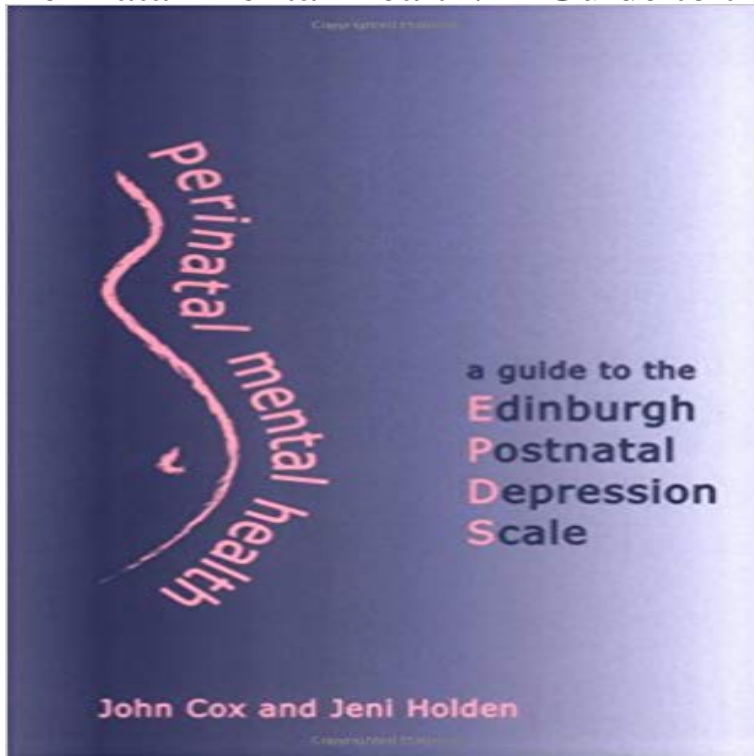


## Perinatal Mental Health: A Guide to the EPDS



The Edinburgh Postnatal Depression Scale (EPDS) was designed by the authors as a simple means of screening for postnatal depression in health care settings. It can also be used by researchers seeking information on factors that influence the emotional well-being of new mothers and their families. The scale has appeared in a number of languages and 20 of these translations are included here, together with the original English version. This handbook is about the use of the EPDS and is designed for health professionals and researchers. Also available: *Where There Is No Psychiatrist: A Mental Health Care Manual* - ISBN 1901242757 *Liaison Psychiatry: Planning Services for Specialist Settings* - ISBN 1901242471 RCPsych Publications is the publishing arm of the Royal College of Psychiatrists (based in London, United Kingdom), which has been promoting excellence in mental health care since 1841. Produced by the same editorial team who publish *The British Journal of Psychiatry*, they sell books for both psychiatrists and other mental health professionals; and also many written for the general public. Their popular series include the College Seminars Series, the NICE mental health guidelines and the Books Beyond Words series for people with intellectual disabilities. RCPsych publishes in all areas of psychiatry and mental health, including but not limited to: Clinical psychiatric practice Intellectual disability Mental health services for children, adolescents, adults and the elderly Psychopharmacology Psychotherapy Rehabilitation psychiatry Family mental health Service provision RCPsych Publications books can help with the following disorders: Addictions Affective disorders Attention deficit hyperactivity disorder (ADHD) Bereavement Borderline personality disorder Cognitive-behavioral therapy (CBT) Dementia Depression Eating disorders Perinatal psychiatric

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