



UIC PERINATAL MENTAL HEALTH PROJECT

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Depression Screening Tools: Use in Perinatal Populations

Screening Tool	Description	Advantages	Disadvantages	Recommended Use
Beck Depression Inventory II (BDI) Authors: AT Beck, RA Steer, GK Brown (1996)	21-item self-report designed for use in clinic populations	Linked to DSM-IV Tracks response to treatment	Few validation data postpartum; none antepartum Potential somatic confounds	Primary care clinics that deliver perinatal care
Center for Epidemiologic Studies – Depression Scale (CES-D) Author: LS Radloff (1977)	20-item self-report designed for community use	Better than EPDS at identifying psychomotor retardation in one study	Few validation data postpartum; none antepartum Potential somatic confounds	Epidemiologic & community studies
Edinburgh Postnatal Depression Scale (EPDS) Authors: JL Cox, JM Holden, R Sagovsky (1987)	10-item self-report designed for peripartum use	Brief, easy to use Well validated in many cultures & settings Reduces somatic confounds	Not validated for tracking treatment response (clinical significance of score reduction unclear)	OB clinics Doula Pediatric clinics
Patient Health Questionnaire (PHQ-9) Authors: RL Spitzer, JBW Williams, K Kroenke (1999)	9-item self-report designed for primary care use	Brief, easy to use Linked to DSM-IV Tracks response to treatment	Piloted but not yet validated peripartum	Primary care clinics that deliver perinatal care
Postpartum Depression Screening Scale (PDSS) Authors: CT Beck and RK Gable (2000)	35-item self-report designed for postpartum use	Greater symptom detail Reduces somatic confounds	Time-consuming Few validation data postpartum; none antepartum Not linked to DSM-IV	Psychotherapists and counselors