



Edinburgh Postnatal Depression Scale training

The Edinburgh Postnatal Depression Scale (EPDS) training module was developed in 2005 as a collaboration between the Women's Health and Family Services (non-government organisation) and the Western Australian (WA) Department of Health.

Target audience

Health professionals from across WA working with families during the antenatal (pregnancy) and postnatal (after birth) periods, including (but not limited to) general practitioners, child health nurses and midwives.

Audience size

Maximum of 10 participants.

Duration

Four (4) hours.

Overview

This training is designed to assist health professionals and others in using the EPDS. It includes a presentation, interactive discussion, role plays and audio visual material with a focus on shared experience and experiential learning.

Expected outcomes

- Increased knowledge and skills development for health professionals working in the area of perinatal health.
- Improvement in the identification of women at risk of depression or anxiety in the antenatal and postnatal period by knowing:
 - When the EPDS should be used,
 - How it should be administered,
 - How it should be scored, and
 - Guidelines for action on EPDS Question 10/suicide risk.
- Improved early detection and treatment of perinatal depression and other perinatal mood disorders.
- Standardise the screening measure across professional bodies.
- Development of clear referral paths for local areas.
- Overall increase in health and wellbeing for women, their partner and families.

Bookings

Bookings can be made in one of the following ways:

- Complete a [registration form](#) and forward to spimhp@health.wa.gov.au.
- Contact us at spimhp@health.wa.gov.au with your enquiry.