

Edinburgh Postnatal Depression Scale

Marga Ingeborg Thome In 2010, Marga was awarded the Knight's Cross of the Icelandic Order of the Falcon. She is a professor emerita at the University of Iceland. J Clin Psychiatry (754):393-398. Linda Marga Ingeborg Thome (born 17 July 1942) is a German-Icelandic nursing scholar. pregnant women with depressive symptoms identified by the Edinburgh Postnatal Depression Scale[permanent dead link] 6628789e0c

Marga Ingeborg Thome was born in Oberlöstern, Wadern, Germany, on 17 July 1942. She completed A-levels with the Ketteler Kolleg, Mainz, Germany, finished nursing school in 1963 at the Universitätskliniken Homburg, Saar, Germany, and midwifery school in 1965 at the Kantonales Frauenspital, Bern, Switzerland. She completed studies as a teacher in nursing in 1973 in Heidelberg, Germany, a Diploma of Advanced Nursing Studies and a master's degree in 1977 from Victoria University in Manchester, England and acquired a doctoral degree (PhD) from Queen Margaret University and Open University in Edinburgh, Scotland, in 1997. She is a

citizen of Germany and Iceland and has resided in Iceland since 1973. The Edinburgh Postnatal Depression Scale is a widely used depression screening tool, which has been adapted and validated in many languages. Commonly, symptoms involve how the patient views herself, how she feels about going through such a life changing event, the restrictions on the mother's lifestyle that motherhood will place, or how the partner or family feel about the baby. Pregnancy places significant strain on a woman's body, so stress, mood swings, sadness, irritability, pain... == Signs and symptoms ==

Postpartum blues Up to 85% of new mothers are affected by postpartum blues, with symptoms starting within a few days after childbirth and lasting up to two weeks in duration. Treatment is supportive, including ensuring adequate sleep and emotional support. Examples of blues-specific Postpartum blues, also known as baby blues and maternity blues, is a very common but self-limited condition that begins shortly after childbirth and can present with a variety of symptoms such as mood swings, irritability, and tearfulness. tools, such as the Edinburgh Postnatal Depression Scale (EPDS) and Beck Depression Index (BDI), as well as developing blues-specific scales. It is unclear whether the condition can be prevented, however education and reassurance are important to help alleviate patient distress. If symptoms are severe

enough to affect daily functioning or last longer than two weeks, the individual should be evaluated for related postpartum psychiatric conditions, such as postpartum depression and postpartum anxiety. Mothers may experience negative mood symptoms mixed with intense periods of joy

Edinburgh Postnatal Depression Scale The Edinburgh Postnatal Depression Scale (EPDS) is a 10-item questionnaire that was developed to identify women who have postpartum depression. Overall assessment is done by total score, which is determined by adding together the scores for each of the 10 items. Items of the scale correspond to various clinical depression symptoms, such as guilt feeling, sleep disturbance, low energy, anhedonia, and suicidal ideation. Higher scores indicate more depressive symptoms. Items of The Edinburgh Postnatal Depression Scale (EPDS) is a 10-item questionnaire that was developed to identify women who have postpartum depression

There is not an extensive amount of research available concerning post-adoption depression, however since the early 2000s practitioners have begun to take an interest in the syndrome and its effects on new parents. Given that many of the... == Background ==
Some depression rating scales are completed by clinicians or researchers. The

Hamilton Depression Rating Scale includes twenty-one questions, each having three to five possible responses that reflect increasing or decreasing severity. The clinician must choose the possible responses to each question by interviewing the patient and by observing the patient's symptoms. Designed by psychiatrist Max Hamilton in 1960, the Hamilton Depression Rating Scale... Symptoms of postpartum blues can vary significantly from one individual to another, and from one pregnancy to the next. Many symptoms of postpartum blues overlap both with normal symptoms experienced by new parents and with postpartum depression. Individuals... == Diagnostic classification ==

Rating scales for depression Rather than being used to diagnose depression, a depression rating scale may be used to assign a score to a person's behaviour where that score may be used to determine whether that person should be evaluated more thoroughly for a depressive disorder diagnosis. Rating Scale (C-SSRS) Depression and Anxiety Stress Scales (DASS) Depression Self-Rating Scale for Children Edinburgh Postnatal Depression Scale General A depression rating scale is a psychometric instrument (tool), usually a questionnaire whose wording has been validated with experimental evidence, having descriptive words and phrases that indicate the severity of depression for a time period. Several rating scales are used for this purpose. When used, an observer may make judgements and rate a person at a specified scale

level with respect to identified characteristics 6628789e0c

Evolutionary approaches to postpartum depression may be just as common in these samples, but is experienced differently and is not detected by measures including the Edinburgh Postnatal Depression Scale. For evolutionary theory, postpartum depression is of interest due to its relatively high rates and seemingly universal expression, which may provide evidence of functionality 6628789e0c

Postpartum care In the United States, about two-thirds of pregnancy-related deaths occur during the postpartum period, most of which are considered preventable; barriers such as fragmented care and lapses in insurance coverage contribute to these risks. Postpartum care or postnatal care is a service provided to individuals in the postpartum period, to help with postpartum recuperation and restoration. Postpartum care or postnatal care is a service provided to individuals in the postpartum period, to help with postpartum recuperation and restoration. Additionally, the service aids in the transition to parenthood while mitigating any health risks 6628789e0c

== History == 6628789e0c The Edinburgh Postnatal Depression Scale was first developed

(1987) by Scottish health centres in Edinburgh and Livingston. The EPDS may be used within 8 weeks postpartum and it also can be applied for depression screening during pregnancy. Scales completed by clinicians, researchers, and workers Sanhujori is Korea's version of postpartum care. It draws on principles that emphasize activities and...

Postpartum depression Symptoms include extreme sadness, low energy, anxiety, crying episodes, irritability, and extreme changes in sleeping or eating patterns. PPD can also negatively affect the newborn child. "Detection of postnatal depression. Sagovsky R (June 1987). Development of the 10-item Edinburgh Postnatal Depression Scale". The British Journal of Psychiatry Postpartum depression (PPD), also known as perinatal depression, is a mood disorder which may be experienced by pregnant or postpartum women

List of diagnostic classification and rating scales used in psychiatry Children's Depression Inventory (CDI) Edinburgh Postnatal Depression Scale (EPDS) Geriatric Depression Scale (GDS) Hamilton Rating Scale for Depression (HAM-D) The following diagnostic systems and rating scales are used in psychiatry and clinical psychology. For instance, in the category of depression, there are over two dozen depression rating scales that have been developed in

the past eighty years. This list is by no means exhaustive or complete 6628789e0c

Post-adoption depression syndrome These symptoms are also similar to those of postpartum depression, which is a related syndrome. PMID 21725836. Post-adoption depression can also negatively impact the child. 39 (3): Post-adoption depression is shown though symptoms of depression in the adoptive mother or father, generally seen from one month after adoption, and is experienced by anywhere from 10% to 32% of adoptive parents. The symptoms of post-adoption depression are common to symptoms of depression, and include changes in sleeping pattern and appetite, feelings of hopelessness, fatigue, problems with concentration and restlessness, as well as suicidal thoughts. These changes can have significant impacts on mental health. Journal of Affective Disorders. Cox, J (1996-07-29). Despite this difference, there are still significant changes that new parents go through, even when the child is not biologically their own. "Validation of the Edinburgh postnatal depression scale (EPDS) in non-postnatal women". Postpartum depression, however, involves hormonal changes in pregnant woman, which are not present in women suffering from post-adoption depression 6628789e0c

Although the exact cause of PPD is unclear, it is believed to be due to a combination of

physical, emotional, genetic, and social factors such as hormone imbalances and sleep deprivation. Risk factors include prior episodes of postpartum depression, bipolar disorder, a family history of depression, psychological stress, complications of childbirth, lack of support, or a drug use disorder. Diagnosis is based on a person's symptoms. While most women experience a brief period of worry or unhappiness after delivery, postpartum depression should be suspected when symptoms are severe and last over two weeks. Among those at risk, providing psychosocial support may be protective in preventing PPD. This may include community support such as food, household chores, mother care, and companionship. Treatment for PPD may include counseling or medications. Types of counseling... Marga was a part-time teacher in nursing with the University of Iceland from 1974–1975. In 1977, she received the first chair in nursing as an Assistant Professor with the Department of Nursing. In 1980, she was promoted to Associate Professor and in 2006 to full... == Traditional postpartum care ==

Antenatal depression Another tool, the Edinburgh Postnatal Depression Scale, was developed for the postnatal period, but has also been Antenatal depression, also known as prenatal or perinatal depression, is a form of clinical depression that can affect a woman during pregnancy, and can be a precursor to postpartum depression if not properly treated. Antenatal depression

can be caused by the stress and worry that pregnancy can bring, but at a more severe level. It is estimated that 7% to 20% of pregnant women are affected by this condition. typically used to detect depression. Other triggers include unplanned pregnancy, difficulty becoming pregnant, history of abuse, and economic or family situations. The child is less active and can also experience emotional distress. Any form of prenatal stress felt by the mother can have negative effects on various aspects of fetal development, which can cause harm to the mother and child. Even after birth, a child born from a depressed or stressed mother feels the effects

== Biography == Many traditional forms of postpartum confinement exist throughout the world. A 2007 qualitative systematic review examining practices across more than 20 countries found common themes including organized support for the new mother, prescribed periods of rest, specific dietary practices, hygiene rituals, and infant care guidance — allowing the mother to be "mothered" during recovery. Chinese Zuo Yuezi (sitting the month), European Lying-in, Korean Sanhujori, Japanese satogaeri bunben (returning to the natal home), and Latin American cuarentena are well-documented examples.

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