

Edinburgh Postnatal Depressions Scale EPDS (Translation Somali - not validated)*

Sideed dareemeysaa?

Maadaama aad dhowaan ilmo dhashay, sida aad haatan dareensan tahay ayaan jeclaan lahayn in aan wax ka ogaanno. Fadlan hoosta ka xariiq jawaabta ugu dhow ee cabiraysa sida dareenkaaga ahaa todobadii maalmood ee la soo dhaafay.

7dii maalmood ee la soo dhaafay ...

Points

1. ... Waan qosli jiray dhinaca fiicanna wax baan ka arki jiray
 - Markasta in alla iyo inta aan doono 0
 - Sidaas haatan umasii badna 1
 - Wax badan oo la sheego maahan 2
 - Marnaba 3

2. ... Waxyaabaha igu soo fool leh yididiilo farxadeed ayaan ku sugi jiray
 - Sidii weligayba aan ahaa 0
 - Sidii hore si xoogaa ka yara hooseysa 1
 - Hubaal in badan si ka yar sideydii hore..... 2
 - Marnaba 3

3. ... Marka wax khaldamaan nafteydaan ku canaantaa
 - Haa, inta badan 3
 - Haa, mararka qaar 2
 - Inta badan maya..... 1
 - Maya, marnaba..... 0

4. ... Sabab la'aan ayaan walaac iyo walwal dareemaa
 - Maya, marnaba 0
 - Wey adag tahay 1
 - Haa, mararka qaar 2
 - Haa, inta badan 3

5. ... Sabab macno leh oon jirin ayaan dareemaa baqdin iyo argagax
 - Haa, inta badan 3
 - Haa, mararka qaar 2
 - Maya, in aan badneyn 1
 - Maya, marnaba 0

6. ... Wax kasta culeys ayey igu ahaayeen
 - Haa, inta badanna uma dulqaadan karin 3
 - Haa, mararka qaar sidii caadiga aheyd uguma dulqaadan karin 2
 - Maya, inta badan si wacan ayaan ugu dulqaadan jiray 1
 - Maya, Sideydii hore oo kale ayaan ugu dulqaadan jiray 0

7. ... Farxaddii wey iga guurtay ilaa heer aan hurdo seexan waayo
 - Haa, inta badan 3
 - Haa, ilaa xad 2
 - Inta badan maya..... 1
 - Maya, marnaba 0

8. ... Murugo ayaan ku sugnaa
- Haa, inta badan 3
 - Haa, ilaa xad 2
 - In badan maya 1
 - Maya, marnaba 0
9. ... Farxaddii wey iga guurtay ilaa heer aan iska ooyo
- Haa, inta badan 3
 - Haa, ilaa xad 2
 - Marar dhif ah 1
 - Maya, marnaba 0
10. ... In aan is waxyeelleeyo nafteyda wey igu soo dhacday
- Haa, marar badan 3
 - Mararka qaar 2
 - Wey adkeyd 1
 - Marnaba 0

Add up the points. If you have a total score of 10 or higher, please contact a specialist for a more precise clarification.

*Edinburgh Postnatal Depression Scale translated by the Government of Western Australia Department of Health

Source: The Royal College of Psychiatrists 1987. Cox, J.L., Holden, J.M., & Sagovsky, R. (1987). Detection of postnatal depression. Development of the 10-item Edinburgh Postnatal Depression Scale. *British Journal of Psychiatry*, 150, 782-786.

The Somali version of the EPDS is a direct translation of the English-EPDS version and has not been validated.

The recommended cut-off point is 9/10

A score of 10 or higher may indicate that depressive symptoms have been reported and that a reliable clinical assessment interview is required.

A cut-off of 9/10 was chosen on the basis of the results from the original validation study of the English-EPDS (Cox and Holden, 1987). This cut-off was recommended to ensure that the majority of women with postnatal depression are detected when screened.