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Perinatal Mental Health: The Edinburgh Postnatal Depression Scale (EPDS) Manual (2nd edn)

John Cox, Jeni Holden, Carol Henshaw

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Contains a practical guide to using the scale (with much advice based on years of experience) in clinical practice, its origins and background, plus its uses in research.

Includes the EPDS questionnaire in over 20 other languages and a discussion of transcultural issues.

The EPDS is a questionnaire and is a simple means of screening for postnatal depression in health care settings.

It can also be used by researchers seeking information on factors which influence the emotional well-being of new mothers and their families.

4358 copies of the first edition sold.

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