Evaluating Collaborative Care for Postpartum Depression in Obstetric and Primary Care Settings (EPDS Trial)

CIHR-funded RCT (N=360) PI: Dr. Cindy-Lee Dennis

- While effective treatment tools (e.g., psychotherapy) exists for postpartum depression, less than 20% of depressed mothers receive adequate treatment.
- “Collaborative care” is an approach to treatment that actively promotes treatment initiation and adherence while addressing patient preferences

How Can You Help With This Trial?

1. Have mother complete the Edinburgh Postnatal Depression Scale (EPDS) while she is waiting for her 6-week postpartum visit with OB or midwife
2. If she has an EPDS score > 9 then refer her to us - and that is it!

- We will provide all paper EPDS forms with easy summative scoring and referral forms – we will also handle any suicidal ideation (positive score on EPDS item 10)

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