

# 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)

**Please contact: [cindylee.dennis@utoronto.ca](mailto:cindylee.dennis@utoronto.ca)**