

Prenatal maternal distress focusing on anxiety in the Scania Birth Cohort pilot study

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CONCLUSIONS

- The EPDS may be useful for identifying symptoms of anxiety and depression as part of prenatal screening
- Future studies are needed to determine the construct validity and predictive utility of the EPDS-3A

Results

Confirmatory Factor Analysis (CFA) provided various degrees of support for all factor models of the EPDS tested. The best model fit was found for two-factor models that included the three-item EPDS subscale previously suggested to assess anxiety (EPDS-3A) and either a six- or seven items depression subscale. The three-factor structure of the DASS-21 was not supported, but the Depression Anxiety and Stress Scales (DASS) depression scale (DASS-D) received some support. Correlations between the DASS-D and the total EPDS ($r_s = .751, p < .01$) and EPDS depression subscales ($r_s = .782-.783, p < .01$) were high, whereas the correlation between the DASS anxiety scale (DASS-A) and EPDS-3A was low ($r_s = .386, p < .01$).

Aim

To explore the psychometric properties of the EPDS including its suggested anxiety subscales, and the DASS in a pregnant population in the third trimester.

Methods

Data from 78 pregnant women were analysed using CFA, inter-item analysis, and cross-correlations between measures.



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