

INDONESIAN VERSION OF THE EDINBURGH POSTNATAL DEPRESSION SCALE: CROSS-CULTURAL ADAPTATION AND VALIDATION

Indah S. Hutauruk

*Faculty of Psychology, University of Indonesia
Kampus Baru UI Depok 16424 Depok, Indonesia
indah-s@ui.ac.id*

Abstract

Objective Postpartum depression is a condition that may occur in women soon after childbirth. Considering the impact arising from this disorder, intervention and early treatment is necessary to prevent the sufferer's condition getting worse and afflicting those around. Therefore, a valid instrument to screen postpartum mothers is needed. The Edinburgh Postnatal Depression Scale is a questionnaire developed to screen the depression of postnatal mothers. The validity of EPDS has been widely documented. To be used with different language groups and in different countries, questionnaires must be translated and adapted to new cultural characteristics, and then validated by a widely accepted process to evaluate reliability and validity. The aim of the study was to perform the cross-cultural adaptation and to assess the reliability and validity of the Indonesian version of the Edinburgh Postnatal Depression Scale (EPDS). A cross-cultural adaptation using qualitative analysis technique with cultural adaptation theory by Manson and Flaherty were used. Construct validity were assessed in 359-probability samples of mothers in Jakarta, and the reliability was analyzed by single test reliability. Results: The EPDS showed satisfactory construct validity in relation with HSCL-25 (Hopkins Symptom Checklist-25) with correlation coefficient 0.51 ($p < 0.01$). Single test reliability was acceptable (Coefficient $\alpha = 0.652$). It shows that The EPDS is a valid and reliable instrument to be used as a screening instrument for postnatal depression in Indonesia.

Key Words: *Postnatal depression, Validation, Cultural adaptation*

