

**EDINBURGH POSTNATAL DEPRESSION SCALE
(EPDS)**

Mother's Name: _____

As you have recently had a baby, we would like to know how you are feeling.

Please CHECK which comes closest to how you have felt IN THE PAST 7 DAYS, not just how you feel today.

1. I have been able to laugh and see the funny side of things as much as I always could.
 0 - As much as I always could
 1 - Not quite so much now
 2 - Definitely not so much now
 3 - Not at all
2. I have looked forward with enjoyment to things.
 0 - As much as I ever did
 1 - Rather less than I used to
 2 - Definitely less than I used to
 3 - Hardly at all
3. I have blamed myself unnecessarily when things went wrong.
 3 - Yes, most of the time
 2 - Yes, some of the time
 1 - Not very often
 0 - No, never
4. I have been anxious or worried for no good reasons.
 0 - No, not at all
 1 - Hardly, ever
 2 - Yes, sometimes
 3 - Yes, very often
5. I have felt scared or panicky for no very good reason.
 3 - Yes, quite a lot
 2 - Yes, sometimes
 1 - No, not much
 0 - No, not at all
6. Things have been getting on top of me.
 3 - Yes, most of the time I haven't been able to cope at all
 2 - Yes, sometimes I haven't been coping as well as usual
 1 - No, most of the time I have coped quite well
 0 - No, I have been coping as well as ever
7. I have been so unhappy that I have had difficulty sleeping.
 3 - Yes, most of the time
 2 - Yes, sometimes
 1 - Not very often
 0 - No, not at all
8. I have felt sad or miserable.
 3 - Yes, most of the time
 2 - Yes, quite often
 1 - Not very often
 0 - No, not at all
9. I have been so unhappy that I have been crying.
 3 - Yes, most of the time
 2 - Yes, quite often
 1 - Only occasionally
 0 - No, not at all
10. The thought of harming myself has occurred to me.
 3 - Yes, quite often
 2 - Sometimes
 1 - Hardly ever
 0 - Never

Cox, J. L., Holden, J. M., & Sagovsky, R. (1987). Detection of postnatal depression: Development of the 10-item Edinburgh Postnatal Depression Scale. *British Journal of Psychiatry*, 150, 782-786.

Office Use Only:

Score: _____ Gave Resource/Handout