

# Edinburgh Postnatal Depression Scale (EPDS)

In the past 7 days:

**1. I have been able to laugh and see the funny side of things:**

- As much as I always could       Not quite so much now       Definitely not so much now       Not at all

**2. I have looked forward with enjoyment to things:**

- As much as I ever did       Rather less than I used to       Definitely less than I used to       Hardly at all

**3. I have blamed myself unnecessarily when things went wrong:**

- No, never       Not very often       Yes, some of the time       Yes, most of the time

**4. I have been anxious or worried for no good reason:**

- No, not at all       Hardly ever       Yes, sometimes       Yes, very often

**5. I have felt scared or panicky for no very good reason:**

- No, not at all       No, not much       Yes, sometimes       Yes, quite a lot

**6. Things have been getting on top of me:**

- No, have been coping as well as ever       No, most of the time I have coped quite well       Yes, sometimes I haven't been coping as well as usual       Yes, most of the time I haven't been able to cope at all

**7. I have been so unhappy that I have had difficulty sleeping:**

- No, not at all       Not very often       Yes, sometimes       Yes, most of the time

**8. I have felt sad or miserable:**

- No, not at all       Not very often       Yes, quite often       Yes, most of the time

**9. I have been so unhappy that I have been crying:**

- No, never       Only occasionally       Yes, quite often       Yes, most of the time

**10. The thought of harming myself has occurred to me:**

- Never (0)       Hardly (1)       Sometimes (2)       Yes, quite often (3)

Score \_\_\_\_\_

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