

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 .