

EDINBURGH POSTNATAL DEPRESSION SCALE (EPDS)

Name _____ Address _____

Your Date of Birth ____/____/____

Baby's DOB ____/____/____ Today's Date ____/____/____

As you have recently had a baby, we would like to know how you are feeling. Please check the answers that come closest to how you have felt **IN THE PAST 7 Days**. Not just how you feel today.

In the past 7 days:

1. I have been able to laugh and see the funny side of things⁶. Things have been getting on top of me

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

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

*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

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

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

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

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

*8. I have felt sad or miserable

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

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

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

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

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

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

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

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

- Yes, quite often
- Sometimes
- Hardly ever
- Never

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

Source: KL Wisner, BL Perry, CM Piontek, Postpartum Depression N Engl J Med vol 347, No 3, July 18, 2002 194-199