



EDINBURGH POSTNATAL DEPRESSION SCALE (EPDS)

Name _____ Doctor _____

Today's Date _____ DOB _____

As you recently had a baby, we would like to know how you are feeling. Please CIRCLE the answer that comes closest to how you have felt IN THE PAST 7 DAYS, not just how you feel today.

Example: I have felt happy.

- 1 Yes, all the time
- 2 Yes, most of the time
- 3 No, not very often
- 4 No, not at all

In the past 7 days:

1. I have been able to laugh and see the funny side of things.
 - 0 Yes, all the time
 - 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 Never
4. I have been anxious or worried for no good reason.
 - 0 No, not at all
 - 1 Hardly ever
 - 2 Yes, sometimes
 - 3 Yes, very often
- *5. I have felt scared or panicky for no good reason.
 - 3 Yes, quite a lot
 - 2 Yes, sometimes
 - 1 No, not much
 - 0 No, not at all
- *6. Things have been getting to 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 No, 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 Never
- *10. The thought of harming myself has occurred to me.
 - 3 Yes, quite often
 - 2 Sometimes
 - 1 Hardly ever
 - 0 Never

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.

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