## Edinburgh Postnatal Depression Scale<sup>1</sup> (EPDS)

Name:	Address:
Your Date of Birth:	
Baby's Date of Birth:	Phone:
As you are pregnant or have recently had a baby, we wo the answer that comes closest to how you have felt <b>IN T</b> ! Here is an example, already completed.	
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I have felt happy:  ☐ Yes, all the time  ☐ Yes, most of the time ☐ No, not very often ☐ No, not at all  ☐ This would mean: "I have felt	elt happy most of the time" during the past week. questions in the same way.
In the past 7 days:	
<ol> <li>I have been able to laugh and see the funny side of things         <ul> <li>As much as I always could</li> <li>Not quite so much now</li> <li>Definitely not so much now</li> <li>Not at all</li> </ul> </li> <li>I have looked forward with enjoyment to things         <ul> <li>As much as I ever did</li> <li>Rather less than I used to</li> <li>Definitely less than I used to</li> <li>Hardly at all</li> </ul> </li> <li>*3. I have blamed myself unnecessarily when things went wrong         <ul> <li>Yes, most of the time</li> <li>Yes, some of the time</li> <li>Not very often</li> <li>No, never</li> </ul> </li> </ol>	<ul> <li>Yes, most of the time I haven't been able to cope at all</li> <li>Yes, sometimes I haven't been coping as well as usual</li> <li>No, most of the time I have coped quite well</li> <li>No, I have been coping as well as ever</li> <li>*7 I have been so unhappy that I have had difficulty sleeping</li> <li>Yes, most of the time</li> <li>Yes, sometimes</li> <li>Not very often</li> <li>No, not at all</li> <li>*8 I have felt sad or miserable</li> <li>Yes, most of the time</li> <li>Yes, quite often</li> <li>Not very often</li> <li>Not very often</li> <li>Not very often</li> </ul>
<ul> <li>I have been anxious or worried for no good reason</li> <li>No, not at all</li> <li>Hardly ever</li> <li>Yes, sometimes</li> <li>Yes, very often</li> </ul> *5 I have felt scared or panicky for no very good reason	<ul> <li>No, not at all</li> <li>*9 I have been so unhappy that I have been crying</li> <li>Yes, most of the time</li> <li>Yes, quite often</li> <li>Only occasionally</li> <li>No, never</li> </ul>
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
Administered/Reviewed by	Date
<sup>1</sup> Source: Cox, J.L., Holden, J.M., and Sagovsky, R. 1987. Detection of	postnatal depression: Development of the 10-item

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Edinburgh Postnatal Depression Scale. British Journal of Psychiatry 150:782-786.

<sup>&</sup>lt;sup>2</sup>Source: K. L. Wisner, B. L. Parry, C. M. Piontek, Postpartum Depression N Engl J Med vol. 347, No 3, July 18, 2002, 194-199