

Edinburgh Postnatal Depression Scale EPDS (English)*

As you are pregnant or have recently had a baby, we would like to know how you are feeling. Please check the answer that comes closest to how you have felt IN THE PAST 7 DAYS, not just how you feel today. Please mark the answers by ticking the box in front of that response line which is most applicable for you.

In the past 7 days...

Points

1. ... I have been able to laugh and see the funny side of things.
 - ☐ As much as I always could..... 0
 - ☐ Not quite so much now..... 1
 - ☐ Definitely not so much now..... 2
 - ☐ Not at all..... 3
2. ... I have looked forward with enjoyment to things.
 - ☐ As much as I ever did..... 0
 - ☐ Rather less than I used to..... 1
 - ☐ Definitely less than I used to..... 2
 - ☐ Hardly at all..... 3
3. ... I have blamed myself unnecessarily when things went wrong.
 - ☐ Yes, most of the time..... 3
 - ☐ Yes, some of the time..... 2
 - ☐ Not very often..... 1
 - ☐ No, never..... 0
4. ... I have been anxious or worried for no good reason.
 - ☐ No, not at all..... 0
 - ☐ Hardly ever..... 1
 - ☐ Yes, sometimes..... 2
 - ☐ Yes, very often..... 3
5. ... I have felt scared or panicky for no very good reason.
 - ☐ Yes, quite a lot..... 3
 - ☐ Yes, sometimes..... 2
 - ☐ No, not much..... 1
 - ☐ No, not at all..... 0
6. ... things have been getting on top of me.
 - ☐ Yes, most of the time I haven't been able to cope at all..... 3
 - ☐ Yes, sometimes I haven't been coping as well as usual..... 2
 - ☐ No, most of the time I have coped quite well..... 1
 - ☐ No, I have been coping as well as ever..... 0
7. ... I have been so unhappy that I have had difficulty sleeping.
 - ☐ Yes, most of the time..... 3
 - ☐ Yes, sometimes..... 2
 - ☐ Not very often..... 1
 - ☐ No, not at all..... 0
8. ... I have felt sad or miserable.
 - ☐ Yes, most of the time..... 3
 - ☐ Yes, quite often..... 2
 - ☐ Not very often..... 1
 - ☐ No, not at all..... 0
9. ... I have been so unhappy that I have been crying.
 - ☐ Yes, most of the time..... 3
 - ☐ Yes, quite often..... 2
 - ☐ Only occasionally..... 1
 - ☐ No, never..... 0
10. ... the thought of harming myself has occurred to me.
 - ☐ Yes, quite often..... 3
 - ☐ Sometimes..... 2
 - ☐ Hardly ever..... 1
 - ☐ Never..... 0

Add up the points. If you have a total score of 13 or higher, please contact a specialist for a more precise clarification.

* 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.