Edinburgh Postnatal Depression Scale (EPDS)

# Please circle the answer which comes 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 things:**  As much as I always could Not quite so much now Definitely not so much now Not at all |  | 6. **Things have been getting on top of me:**  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 | 3 |
| 0  1  2  3 | 2  1  0 |
| 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 | 0 | 7. **I have been so unhappy that I have had difficulty sleeping:**  Yes, most of the time Yes, sometimes  Not very often No, not at all | 3 |
| 1 | 2 |
| 2 | 1 |
| 3 | 0 |
| 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 time Yes, quite often Not very often No, not at all | 3 |
| 3 | 2 |
| 2 | 1 |
| 1 | 0 |
| 0 |  |
| 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 | 3 |
| 0 | 2 |
| 1 | 1 |
| 2 | 0 |
| 3 |  |
| 5. **I have felt scared or panicky for no very 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 | 3 |
| 3 | 2 |
| 2 | 1 |
| 1 | 0 |
| 0 |  |
| **Total Score (add questions 1-10)** | | | |

Reference: Cox, J., Holden, J., & Sagovsky, R. (1987). Detection of postnatal depression: Development of the 10-item Edinburgh Postnatal Depression Scale.

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