

Edinburgh Postnatal Depression Scale (EPDS)

Name: _____

Date: _____

Baby's age: _____

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

Here is an example, already completed:

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 happy most of the time" during the past week. Please complete the other questions in the same way.

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

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

*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

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

No, not at all

Hardly ever

Yes, sometimes

Yes, very often

*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

*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

*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

*8. I have felt sad or miserable.

Yes, most of the time

Yes, quite often

Not very often

No, not at all

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

Yes, most of the time

Yes, quite often

Only occasionally

No, never

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

Yes, quite often

Sometimes

Hardly ever

Never

Source: Reprinted, with permission, from Cox, J.L., Holden, J.M. & Sagovsky, R. (1987). Detection of postnatal depression: development of the 10-item Edinburgh Postnatal Depression Scale. *British Journal of Psychiatry* (150) p.782.