

The Edinburgh Postnatal Depression Scale

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.

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

Scoring: Questions 1, 2, & 4 are scored 0-3 with the top box as 0 and the bottom box as 3. Questions 3, 5-10 are scored 3-0, with the top box scored as 3 and the bottom box as 0.

Maximum score: 30

Possible Depression: 10 or greater (please contact your physician to discuss treatment!)

References: Cox, J.L., Holden, J.M., and Sagovsky, R. Edinburgh Postnatal Depression Scale (EPDS). British Journal of Psychiatry, 1987, Vol 150:782-786.

Resources for more information:

www.4women.gov National Women's Health Information Center
www.chss.iup.edu/postpartum Postpartum Support International
www.depressionafterdelivery.com Depression after Delivery
www.ppdsupportpage.com online PPD Support Group and information