

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