

EDINBURGH POSTNATAL DEPRESSION SCALE (EPDS)

Name _____ Doctor _____

Today's Date _____ Due Date _____ Delivery Date _____

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

Example: I have felt happy.

- 1 Yes, all the time
- 2 Yes, most of the time
- 3 No, not very often
- 4 No, not at all

In the past 7 days:

1. I have been able to laugh and see the funny side of things.

- 0 Yes, all the time
- 1 Not quite so much now
- 2 Definitely not so much now
- 3 Not at all

2. I have looked forward with enjoyment to things.

- 0 As much as I ever did
- 1 Rather less than I use to
- 2 Definitely less than I used to
- 3 Hardly at all

*3. I have blamed myself unnecessarily when things went wrong.

- 3 Yes, most of the time
- 2 Yes, some of the time
- 1 Not very often
- 0 Never

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

- 0 No, not at all
- 1 Hardly ever
- 2 Yes, sometimes
- 3 Yes, very often

*5. I have felt scared or panicky for no good reason.

- 3 Yes, quite a lot
- 2 Yes, sometimes
- 1 No, not much
- 0 No, not at all

*6. Things have been getting to me.

- 3 Yes, most of the time I haven't been able to cope at all
- 2 Yes, sometimes I haven't been coping as well as usual
- 1 No, most of the time I have coped quite well
- 0 No, I have been coping as well as ever

*7. I have been so unhappy that I have had difficulty sleeping.

- 3 Yes, most of the time
- 2 Yes, sometimes
- 1 Not very often
- 0 No, not at all

*8. I have felt sad or miserable.

- 3 Yes, most of the time
- 2 Yes, quite often
- 1 No, not very often
- 0 No, not at all

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

- 3 Yes, most of the time
- 2 Yes, quite often
- 1 Only occasionally.
- 0 Never.

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

- 3 Yes, quite often
- 2 Sometimes
- 1 Hardly ever
- 0 Never

For further information regarding Postpartum Depression, please contact Birdie Meyer, Clarian Women's Health Programs at 962-8191.

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.

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