

EDINBURGH POSTNATAL DEPRESSION SCALE (EPDS)

INSTRUCTIONS:

Please mark one box for each question that is the closest to how you have felt in the **PAST SEVEN DAYS**.

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

- X 0 As much as I always could
☐ 1 Not quite as much now
☐ 2 Definitely not so much now
☐ 3 Not at all

2. I have looked forward with enjoyment to things:

- X 0 As much as I ever did
☐ 1 Rather less than I used 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
X 0 No, never

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

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

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

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

6. Things have been getting on top of 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
X 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
X 0 No, not at all

8. I have felt sad or miserable:

- ☐ 3 Yes, most of the time
☐ 2 Yes, quite often
☐ 1 Not very often
X 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
- X 0 No, never

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

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

ATTENTION: If you have had ANY thoughts of harming yourself, please tell your Provider today.

Comments:

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* Murray and Cox 1990 * Cox, Holden & Sagovsky 1987 (TAMC OB/GYN FEB12)

TOTAL SCORE: 0 /30