

This Edinburgh Postnatal Depression Scale (EPDS) was developed to identify women who may have postpartum depression.

Patient name: \_\_\_\_\_

Please select the answer that comes closest to how you have felt 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

Administered/Reviewed by \_\_\_\_\_ Date \_\_\_\_\_

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

If you have had ANY thoughts of harming yourself or your baby, or you are having hallucinations please tell your doctor or your Midwife immediately or go to your nearest hospital emergency room.

## TOTAL SCORE

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

Source: K. L. Wisner, B.L. Parry, C.M. Piontek, Postpartum Depression *N Engl J med* vol. 347, No 3, July 18, 2002 194-199