

Edinburgh Postnatal Depression Scale (EPDS)

Weeks of Pregnancy: _____

Age of Baby: _____

Name (print): _____ DOB: _____ Age: _____

Since you are either pregnant or have recently had a baby, we want to know how you feel. Please check off the answer that comes closest to how you have felt in the **past 7 days** – not just how you fell today. Please complete all 10 items.

EXAMPLE

I have felt happy:

- | | |
|---|--------------------|
| Yes, all of the time | No, not very often |
| <input checked="" type="checkbox"/> Yes, most of the time | No, not at all |

This would mean: "I have felt happy most of the time" during the past week.

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

Your Score: _____