

Figure 13.1. Edinburgh Postnatal Depression Scale (EPDS)

Date/Time: _____ Baby's Date of Birth: _____

As you have recently had a baby, we would like to know how you are feeling. (As you will soon have a baby, we would like to know how you are feeling.) Please UNDERLINE the answer which comes closest to how you have felt **IN THE PAST 7 DAYS**, not just how you feel today.

Here is an example, already completed.

I have felt happy: Yes, all the time; Yes, most of the time; No, not very often; No, not at all

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

Please complete the other questions in the same way. **In the past 7 days:**

- | | |
|--|--|
| <p>1. I have been able to laugh and see the funny side of things</p> <p>0 As much as I always could</p> <p>1 Not quite so much now</p> <p>2 Definitely not so much now</p> <p>3 Not at all</p> | <p>6. I have felt scared or panicky for no very good reason</p> <p>3 Yes, quite a lot</p> <p>2 Yes, sometimes</p> <p>1 No, not much</p> <p>0 No, not at all</p> |
| <p>2. I have been able to laugh and see the funny side of things</p> <p>0 As much as I always could</p> <p>1 Not quite so much now</p> <p>2 Definitely not so much now</p> <p>3 Not at all</p> | <p>7. Things have been getting on top of me</p> <p>3 Yes, most of the time I haven't been able to cope at all</p> <p>2 Yes, sometimes I haven't been coping as well as usual</p> <p>1 No, most of the time I have coped quite well</p> <p>0 No, have been coping as well as ever</p> |
| <p>3. I have looked forward with enjoyment to things</p> <p>0 As much as I ever did</p> <p>1 Rather less than I used to</p> <p>2 Definitely less than I used to</p> <p>3 Hardly at all</p> | <p>8. I have been so unhappy that I have had difficulty sleeping</p> <p>3 Yes, most of the time</p> <p>2 Yes, sometimes</p> <p>1 Not very often</p> <p>0 No, not at all</p> |

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 blamed myself unnecessarily when things went wrong

3 Yes, most of the time

2 Yes, some of the time

1 Not very often

0 No, never

9. I have felt sad or miserable

3 Yes, most of the time

2 Yes, quite often

1 Not very often

0 No, not at all

10. I have been so unhappy that I have been crying

3 Yes, most of the time

2 Yes, quite often

1 Only occasionally

0 No, never

11. The thought of harming myself has occurred to me

3 Yes, quite often

2 Sometimes

1 Hardly ever

0 Never

Used with permission and adapted from: Cox, J. L., Holden, J.M., & Sagovsky, R. (1987).

Detection of postnatal depression: Development of the 10-item Edinburgh Postnatal Depression

Scale. *British Journal of Psychiatry*, 150, 782-786.