

Patient Name: \_\_\_\_\_

MRN: \_\_\_\_\_

Completed By: \_\_\_\_\_

Date & Time: \_\_\_\_\_

### Edinburgh Postnatal Depression Scale (EPDS)

#### ***Edinburgh Postnatal Depression Scale (EPDS)***

Since you are either pregnant or have recently had a baby, we want to know how you feel. Please select the answer that comes closest to how you have felt IN THE PAST 7 DAYS - not just how you feel today. Complete all 10 items and find your score by adding each number that appears in parentheses (#) by your checked answer. This is a screening test; not a medical diagnosis.

**Mother's OB or Doctor's Name: \***

Please Specify:

**Doctor's Phone #: \***

Please Specify:

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

Select One Response

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

**2. I have looked forward with enjoyment to things: \***

Select One Response

- ☐ As much as I ever did (Score: 0)
- ☐ Rather less than I used to (Score: 1)
- ☐ Definitely less than I used to (Score: 2)
- ☐ Hardly at all (Score: 3)

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

Select One Response

- ☐ Yes, most of the time (Score: 3)
- ☐ Yes, some of the time (Score: 2)
- ☐ Not very often (Score: 1)
- ☐ No, never (Score: 0)

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

Select One Response

- ☐ No, not at all (Score: 0)
- ☐ Hardly ever (Score: 1)
- ☐ Yes, sometimes (Score: 2)
- ☐ Yes, very often (Score: 3)

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

Select One Response

- ☐ Yes, quite a lot (Score: 3)
- ☐ Yes, sometimes (Score: 2)
- ☐ No, not much (Score: 1)
- ☐ No, not at all (Score: 0)

**6. Things have been getting to me: \***

Select One Response

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

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

Select One Response

- ☐ Yes, most of the time (Score: 3)
- ☐ Yes, sometimes (Score: 2)
- ☐ No, not very often (Score: 1)
- ☐ No, not at all (Score: 0)

**8. I have felt sad or miserable: \***

Select One Response

- ☐ Yes, most of the time (Score: 3)
- ☐ Yes, quite often (Score: 2)
- ☐ Not very often (Score: 1)
- ☐ No, not at all (Score: 0)

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

Select One Response

- ☐ Yes, most of the time (Score: 3)
- ☐ Yes, quite often (Score: 2)
- ☐ Only occasionally (Score: 1)
- ☐ No, never (Score: 0)

**10. THE THOUGHT OF HARMING MYSELF HAS OCCURRED TO ME: \***

Select One Response

- ☐ Yes, quite often (Score: 3)
- ☐ Sometimes (Score: 2)
- ☐ Hardly ever (Score: 1)
- ☐ Never (Score: 0)

**Score:** \_\_\_\_\_

**Adapted from:**

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.