Edinburgh Postnatal Depression Scale[1] (EPDS)

Your full name: _____ Date: _____

Your baby's date of birth: _____ Your address: _____

_____ Your phone number: _____

Postpartum depression is the most common complication during pregnancy and after giving birth. And since you're currently pregnant or have given birth recently, we want to know how you've been feeling. Here is a 10-item questionnaire for you to answer so we can gauge how you're feeling. For each item, tick the checkbox that comes closest to how you've been feeling for the past 7 days, not just today.

Please note that the total score will be calculated by the person who administered this test.

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

***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 a lot
- ☐ Sometimes
- ☐ Hardly ever
- ☐ Never

Total Score: _____

Administered/reviewed by: _____ Date: _____

[1]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 .

[2]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

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Edinburgh Postnatal Depression Scale[1] (EPDS)

Postpartum depression is the most common complication of childbearing.[2] The 10-question Edinburgh Postnatal Depression Scale (EPDS) is a valuable and efficient way of identifying patients at risk for “perinatal” depression. The EPDS is easy to administer and has proven to be an effective screening tool.

Mothers who score above 13 are likely to be suffering from a depressive illness of varying severity. The EPDS score should not override clinical judgment. A careful clinical assessment should be carried out to confirm the diagnosis. The scale indicates how the mother has felt during the previous week. In doubtful cases, it may be useful to repeat the tool after 2 weeks. The scale will not detect mothers with anxiety neuroses, phobias, or personality disorders.

Scoring

- Items 1, 2, and 4 (these are the ones not marked with an asterisk) are scored 0-3. The top box is 0. The last box is a 3.
- Items 3 and 5-10 (marked with asterisks) are reverse-scored. The top box is 3. The last box is 0.
- Maximum score is 30.
- Possible depression: score of 10-30.
- Always take note of their answer on Item 10 (which is about self-harm).

Instructions

1. The mother is asked to check the response that comes closest to how she has been feeling in the previous 7 days.
2. All items must be completed.
3. You should make sure that they don’t discuss her answers with others, nor ask other mothers for their opinions on what to answer.
4. The mother should complete the scale herself, unless she has limited English or has difficulty reading.

[1]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 .

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