

Edinburgh Postnatal Depression Scale (EPDS)

UNDERLINE the answer which comes closest to how you have felt **IN THE PAST 7 DAYS**, not just how you feel today.

- 1. I have been able to laugh and see the funny side of things.**
 0. As much as I always could
 1. No quite so much now
 2. Definitely not so much
 3. Not at all
- 2. I have looked forward with enjoyment to things.**
 0. As much as I ever did
 1. A little less than I used to
 2. Definitely less than I used to
 3. Hardly at all
- 3. I have blamed myself unfairly when things went wrong.**
 0. No, never
 1. Not very often
 2. Yes, some of the time
 3. Yes, most of the time
- 4. I have been anxious or worried for no real reason.**
 0. No, not at all
 1. Hardly ever
 2. Yes, sometimes
 3. Yes, very often
- 5. I have felt scared or panicky for no real reason.**
 0. No, not at all
 1. Hardly ever
 2. Yes, sometimes
 3. Yes, very often
- 6. Things have been too much for me.**
 0. No, I have been coping as well as ever
 1. No, most of the time I have coped quite well
 2. Yes, sometimes I haven't coped as well as usual
 3. Yes, most of the time I haven't been able to cope at all
- 7. I have been so unhappy that I have had trouble sleeping.**
 0. No, not at all
 1. Not very often
 2. Yes, sometimes
 3. Yes, most of the time
- 8. I have felt sad or miserable**
 0. No, not at all
 1. Not very often
 2. Yes, quite often
 3. Yes, most of the time
- 9. I have been so unhappy that I have cried.**
 0. No, never
 1. Only once in a while
 2. Yes, quite often
 3. Yes, most of the time
- 10. I have thought of hurting myself.**
 0. Never
 1. Hardly ever
 2. Sometimes
 3. Yes, quite often

SCORE _____ **(if greater than 9-12 points please refer for further examination)**