# Edinburgh Postnatal Depression Scale (EPDS)

**Instructions:**
As you are pregnant or have recently had a baby, we would like to know how you are feeling. Please check the answer that comes closest to how you have felt IN THE PAST 7 DAYS, not just how you feel today.

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td>1</td>
<td>I have been able to laugh and see the funny side of things</td>
<td>0</td>
<td>As much as I always could</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1</td>
<td>Not quite so much now</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2</td>
<td>Definitely not so much now</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3</td>
<td>Not at all</td>
</tr>
<tr>
<td>2</td>
<td>I have looked forward with enjoyment to things</td>
<td>0</td>
<td>As much as I ever did</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1</td>
<td>Rather less than I used to</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2</td>
<td>Definitely less than I used to</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3</td>
<td>Hardly at all</td>
</tr>
<tr>
<td>3</td>
<td>I have blamed myself unnecessarily when things went wrong</td>
<td>3</td>
<td>Yes, most of the time</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2</td>
<td>Yes, some of the time</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1</td>
<td>Not very often</td>
</tr>
<tr>
<td></td>
<td></td>
<td>0</td>
<td>No, never</td>
</tr>
<tr>
<td>4</td>
<td>I have been anxious or worried for no good reason</td>
<td>0</td>
<td>No, not at all</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1</td>
<td>Hardly ever</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2</td>
<td>Yes, sometimes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3</td>
<td>Yes, very often</td>
</tr>
<tr>
<td>5</td>
<td>I have felt scared or panicky for no very good reason</td>
<td>3</td>
<td>Yes, quite a lot</td>
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<tr>
<td></td>
<td></td>
<td>2</td>
<td>Yes, sometimes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1</td>
<td>No, not much</td>
</tr>
<tr>
<td></td>
<td></td>
<td>0</td>
<td>No, not at all</td>
</tr>
<tr>
<td>6</td>
<td>Things have been getting on top of me</td>
<td>3</td>
<td>Yes, most of the time I haven't been able to cope at all</td>
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<tr>
<td></td>
<td></td>
<td>2</td>
<td>Yes, sometimes I haven't been coping as well as usual</td>
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<tr>
<td></td>
<td></td>
<td>1</td>
<td>No, most of the time I have coped quite well</td>
</tr>
<tr>
<td></td>
<td></td>
<td>0</td>
<td>No, I have been coping as well as ever</td>
</tr>
<tr>
<td></td>
<td>Question</td>
<td>Score Options</td>
<td></td>
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<td>---</td>
<td>-------------------------------------------------------------------------</td>
<td>---------------------------------------------------------------------------------------------------</td>
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<tr>
<td>7</td>
<td>I have been so unhappy that I have had difficulty sleeping</td>
<td>3 Yes, most of the time&lt;br&gt;2 Yes, sometimes&lt;br&gt;1 Not very often&lt;br&gt;0 No, not at all</td>
<td></td>
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<tr>
<td>8</td>
<td>I have felt sad or miserable</td>
<td>3 Yes, most of the time&lt;br&gt;2 Yes, quite often&lt;br&gt;1 Not very often&lt;br&gt;0 No, not at all</td>
<td></td>
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<tr>
<td>9</td>
<td>I have been so unhappy that I have been crying</td>
<td>3 Yes, most of the time&lt;br&gt;2 Yes, quite often&lt;br&gt;1 Only occasionally&lt;br&gt;0 No, never</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>The thought of harming myself has occurred to me</td>
<td>3 Yes, quite often&lt;br&gt;2 Sometimes&lt;br&gt;1 Hardly ever&lt;br&gt;0 Never</td>
<td></td>
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