



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.

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



7	I have been so unhappy that I have had difficulty sleeping
3	Yes, most of the time
2	Yes, sometimes
1	Not very often
0	No, not at all
8	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
9	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
10	The thought of harming myself has occurred to me
3	Yes, quite often
2	Sometimes
1	Hardly ever
0	Never