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

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As you have recently had a baby we would like to know how you are feeling. Please UNDERLINE the answer which comes closest to how you have felt IN THE PAST 7 DAYS, not just how you feel today.

Here is an example, already completed.

I have felt happy: Yes, most of the time

Yes, all the time No, not at all

No, not very often

This would mean "I have felt happy most of the time" during the past week. Please complete the other questions in the same way.

IN THE PAST 7 DAYS:		6. Things have been getting on top of me	
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		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	
2 I have looked forward with enjoyment to things  As much as I ever did Rather less than I used to.		7. I have been so unhappy that I have had difficulty sleeping	
	ardly at all	Yes, most of the time Not very often	Yes, sometimes No, not at all
3. I have blamed myself unnecessarily when things went wrong		8. I have felt sad or miserable	
Yes, most of the time.	Yes, some of the time No, never	Yes, most of the time Not very often	Yes, quite often No, not at all
4. I have been anxious or worried for no good reason		9. I have been so unhappy that I have been crying	
No, not at all	Iardly ever 'es, very often	Yes, most of the time Only occasionally	Yes, quite often No, never
5. I have felt scared or panicky for no very good reason		10. The thought of harming myself has occurred to me.	
* *	es, sometimes No, not at all	Yes, quite often Hardly ever	Sometimes Never