

## Edinburgh Postnatal Depression Scale (EPDS)

Baby's Name: \_\_\_\_\_ Baby's Date of Birth: \_\_\_\_\_ Today's date: \_\_\_\_\_

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Please CIRCLE 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:

- a) Yes, all of the time.
- b) Yes, most of the time.
- c) No, not very often.
- d) No, not at all.

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 SEVEN (7) DAYS:

1. I have been able to laugh and see the funny side of things:  
As much as I ever did.  
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:  
No, never.  
Not very often.  
Yes, some of the time.  
Yes, most of the time.
4. I have felt worried and anxious without a very good reason:  
No, not at all.  
Hardly ever.  
Yes, sometimes.  
Yes, most of the time.
5. I have felt scared or panicky without a very good reason:  
No, not at all.  
No, not much.  
Yes, sometimes.  
Yes, quite a lot.
6. I have been feeling overwhelmed:  
No, I have been coping as well as ever.  
No, usually I cope quite well  
Yes, sometimes I haven't been coping as well as usual.  
Yes, most of the time I haven't been able to cope at all.
7. I have had difficulty sleeping even when the baby is asleep:  
No, not at all.  
Not very often.  
Yes, sometimes.  
Yes, most of the time.
8. I have felt sad and miserable:  
No, not at all.  
Not very often.  
Yes, quite often.  
Yes, most of the time.
9. I have been so unhappy that I have been crying or fighting to keep from crying:  
No, never.  
Only occasionally.  
Yes, quite often.  
Yes, most of the time.
10. The thought of harming myself or my baby has occurred to me:  
Never.  
Hardly ever.  
Sometimes.  
Yes, quite often.