



Edinburgh-Postnatal-Depression-Scale EPDS (English)*

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. Please mark the answers by ticking the box in front of that response line which is most applicable for you.

In the past 7 days...	Points
1. ... I have been able to laugh and see the funny side of things	
<input type="checkbox"/> As much as I always could.....	0
<input type="checkbox"/> Not quite so much now.....	1
<input type="checkbox"/> Definitely not so much now.....	2
<input type="checkbox"/> Not at all.....	3
2. ... I could really look forward to something	
<input type="checkbox"/> As much as I ever did.....	0
<input type="checkbox"/> Rather less than I used to.....	1
<input type="checkbox"/> Definitely less than I used to.....	2
<input type="checkbox"/> Hardly at all.....	3
3. ... I have blamed myself unnecessarily when things went wrong	
<input type="checkbox"/> Yes, most of the time.....	3
<input type="checkbox"/> Yes, some of the time.....	2
<input type="checkbox"/> Not very often.....	1
<input type="checkbox"/> No, never.....	0
4. ... have been anxious or worried for no good reason	
<input type="checkbox"/> No, not at all.....	0
<input type="checkbox"/> Rare.....	1
<input type="checkbox"/> Yes, sometimes	2
<input type="checkbox"/> Yes, quite a lot.....	3
5. ... have felt scared or panicky for no very good reason	
<input type="checkbox"/> Yes, quite a lot.....	3
<input type="checkbox"/> Yes, sometimes.....	2
<input type="checkbox"/> No, not much.....	1
<input type="checkbox"/> No, not at all.....	0
6. ... things have been getting on top of me	
<input type="checkbox"/> Yes, most of the time I haven't been able to cope at al.....	3
<input type="checkbox"/> Yes, sometimes I haven't been coping as well as usual.....	2
<input type="checkbox"/> No, most of the time I have coped quite well.....	1
<input type="checkbox"/> No, I have been coping as well as ever.....	0
7. ... have been so unhappy that I have had difficulty sleeping	
<input type="checkbox"/> Yes, most of the time.....	3
<input type="checkbox"/> Yes, sometimes.....	2
<input type="checkbox"/> Not very often.....	1
<input type="checkbox"/> No, not at all.....	0
8. ... have felt sad or miserable	
<input type="checkbox"/> Yes, most of the time.....	3
<input type="checkbox"/> Yes, quite often.....	2
<input type="checkbox"/> Not very often.....	1
<input type="checkbox"/> No, not at all.....	0
9. ... I have been so unhappy that I have been crying	
<input type="checkbox"/> Yes, most of the time.....	3
<input type="checkbox"/> Yes, quite often.....	2
<input type="checkbox"/> Only occasionally.....	1
<input type="checkbox"/> No, never.....	0
10. ... he thought of harming myself has occurred to me	
<input type="checkbox"/> Yes, quite often.....	3
<input type="checkbox"/> Sometimes.....	2
<input type="checkbox"/> Hardly ever.....	1
<input type="checkbox"/> Never.....	0

Add up the points. If you have a total score of 10 or higher, please contact a specialist for a more precise clarification.

*Source: Cox, J.L., Holden, J.M., and Sagovsky, R. 1987. Detection of postnatal depression: Development of the 10-item Edinburgh Postnatal Depression Scale. British Journal of Psychiatry 150:782-786