Edinburgh Postnatal Depression Scale' (EPDS)

Your full name:	Date:
Your baby's date of birth: Your a	address:
	Your phone number:
Postpartum depression is the most common complication during pregnancy and after giving birth. And since you're currently pregnant or have given birth recently, we want to know how you've been feeling. Here is a 10-item questionnaire for you to answer so we can gauge how you're feeling. For each item, tick the checkbox that comes closest to how you've been feeling for the past 7 days, not just today.	
Please note that the total score will be calculated by the person who administered this test.	
In the past 7 days:	
1. I have been able to laugh and see the funny side of things	*6. Things have been getting on top of me
 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	*7. I have been so unhappy that I have had difficulty sleeping
 As much as I ever did Rather less than I used to Definitely less than I used to Hardly at all 	 Yes, most of the time Yes, sometimes Not very often 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 Not very often No, never 	 Yes, most of the time Yes, quite often Not very 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 Hardly ever Yes, sometimes Yes, very often 	 Yes, most of the time Yes, quite often Only occasionally No, never
*5. I have felt scared or panicky for no very good reason	*10. The thought of harming myself has occurred to me
 Yes, quite a lot Yes, sometimes No, not much No, not at all 	 Yes, quite a lot Sometimes Hardly ever Never
Administered/reviewed by:	Total Score: Date:

¹Source: 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.

²Source: K. L. Wisner, B. L. Parry, C. M. Piontek, Postpartum Depression N Engl J Med vol. 347, No 3, July 18, 2002, 194-199

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Edinburgh Postnatal Depression Scale¹ (EPDS)

Postpartum depression is the most common complication of childbearing.² The 10-question Edinburgh Postnatal Depression Scale (EPDS) is a valuable and efficient way of identifying patients at risk for "perinatal" depression. The EPDS is easy to administer and has proven to be an effective screening tool.

Mothers who score above 13 are likely to be suffering from a depressive illness of varying severity. The EPDS score should not override clinical judgment. A careful clinical assessment should be carried out to confirm the diagnosis. The scale indicates how the mother has felt during the previous week. In doubtful cases, it may be useful to repeat the tool after 2 weeks. The scale will not detect mothers with anxiety neuroses, phobias, or personality disorders.

Scoring

- Items 1, 2, and 4 (these are the ones not marked with an asterisk) are scored 0-3. The top box is 0. The last box is a 3.
- Items 3 and 5-10 (marked with asterisks) are reverse-scored. The top box is 3. The last box is 0.
- Maximum score is 30.
- Possible depression: score of 10-30.
- · Always take note of their answer on Item 10 (which is about self-harm).

Instructions

- 1. The mother is asked to check the response that comes closest to how she has been feeling in the previous 7 days.
- 2. All items must be completed.
- 3. You should make sure that they don't discuss her answers with others, nor ask other mothers for their opinions on what to answer.
- 4. The mother should complete the scale herself, unless she has limited English or has difficulty reading.

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