Edinburgh Postnatal Depression Scale¹ (EPDS)

Name:	Address:
Your Date of Birth:	
Baby's Date of Birth:	Phone:
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.	
Here is an example, already completed.	
I have felt happy: ☐ Yes, all the time ☐ Yes, most of the time ☐ No, not very often ☐ No, not at all ☐ No, not at all	It happy most of the time" during the past week. uestions in the same way.
In the past 7 days:	
 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 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 	 *6. Things have been getting on top of me 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 *7 I have been so unhappy that I have had difficulty sleeping Yes, most of the time Yes, sometimes Not very often
*3. I have blamed myself unnecessarily when things went wrong Yes, most of the time Not very often No, never	 No, not at all *8 I have felt sad or miserable Yes, most of the time Yes, quite often Not very often No, not at all
 I have been anxious or worried for no good reason No, not at all Hardly ever Yes, sometimes Yes, very often 	*9 I have been so unhappy that I have been crying Ves, most of the time Yes, quite often Only occasionally No, never
*5 I have felt scared or panicky for no very good reason Yes, quite a lot Yes, sometimes No, not much No, not at all	*10 The thought of harming myself has occurred to me Yes, quite often Sometimes Hardly ever Never
Administered/Reviewed by	Date
¹ Source: Cox, J.L., Holden, J.M., and Sagovsky, R. 1987. Detection of postnatal depression: Development of the 10-item	

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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