

EDINBURGH POSTNATAL DEPRESSION SCALE (EPDS)

NAME: _____ **DATE:** _____

WEEKS OF PREGNANCY: _____ **(or) AGE OF BABY:** _____

Since you are either pregnant or have recently had a baby, we want to know how you feel. Please mark “X” (☒) on the box by the answer that comes closest to how you have felt **IN THE PAST 7 DAYS**—*not just how you feel today*. Complete all 10 items and find your score by adding each number that appears to the right of your checked answer. This is a screening test; not a medical diagnosis. If something doesn't seem right, *talk to your health care provider regardless of your score.*

Below is an example, already completed.

I have felt happy:

- 0 Yes, all of the time
- 1 Yes, most of the time
- 2 No, not very often
- 3 No, not at all

This would mean: *“I have felt happy most of the time” in the past week.*
Please complete the other questions in the same way.

In the past 7 days:

- | | |
|--|---|
| <p>1. I have been able to laugh and see the funny side of things:</p> <ul style="list-style-type: none"> 0 <input type="checkbox"/> As much as I always could 1 <input type="checkbox"/> Not quite so much now 2 <input type="checkbox"/> Definitely not so much now 3 <input type="checkbox"/> Not at all | <p>*6. Things have been getting on top of me</p> <ul style="list-style-type: none"> 3 <input type="checkbox"/> Yes, most of the time I haven't been able to cope 2 <input type="checkbox"/> Yes, sometimes I haven't been coping as well as usual 1 <input type="checkbox"/> No, most of the time I have coped quite well 0 <input type="checkbox"/> No, I have been coping as well as ever |
| <p>2. I have looked forward with enjoyment to things</p> <ul style="list-style-type: none"> 0 <input type="checkbox"/> As much as I ever did 1 <input type="checkbox"/> Rather less than I used to 2 <input type="checkbox"/> Definitely less than I used to 3 <input type="checkbox"/> Hardly at all | <p>*7. I have been so unhappy that I have had difficulty sleeping</p> <ul style="list-style-type: none"> 3 <input type="checkbox"/> Yes, most of the time 2 <input type="checkbox"/> Yes, sometimes 1 <input type="checkbox"/> No, not very often 0 <input type="checkbox"/> No, not at all |
| <p>*3. I have blamed myself unnecessarily when things went wrong</p> <ul style="list-style-type: none"> 3 <input type="checkbox"/> Yes, most of the time 2 <input type="checkbox"/> Yes, some of the time 1 <input type="checkbox"/> Not very often 0 <input type="checkbox"/> No, never | <p>*8. I have felt sad or miserable</p> <ul style="list-style-type: none"> 3 <input type="checkbox"/> Yes, most of the time 2 <input type="checkbox"/> Yes, quite often 1 <input type="checkbox"/> Not very often 0 <input type="checkbox"/> No, not at all |
| <p>4. I have been anxious or worried for no good reason</p> <ul style="list-style-type: none"> 0 <input type="checkbox"/> No, not at all 1 <input type="checkbox"/> Hardly ever 2 <input type="checkbox"/> Yes, sometimes 4 <input type="checkbox"/> Yes, very often | <p>*9. I have been so unhappy that I have been crying</p> <ul style="list-style-type: none"> 3 <input type="checkbox"/> Yes, most of the time 2 <input type="checkbox"/> Yes, quite often 1 <input type="checkbox"/> Only occasionally 0 <input type="checkbox"/> No, never |
| <p>*5. I have felt scared or panicky for no very good reason</p> <ul style="list-style-type: none"> 3 <input type="checkbox"/> Yes, quite a lot 2 <input type="checkbox"/> Yes, sometimes 1 <input type="checkbox"/> No, not much 0 <input type="checkbox"/> No, not at all | <p>*10. The thought of harming myself has occurred to me</p> <ul style="list-style-type: none"> 3 <input type="checkbox"/> Yes, quite often 2 <input type="checkbox"/> Sometimes 1 <input type="checkbox"/> Hardly ever 0 <input type="checkbox"/> Never |

Total Score:

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The EPDS was developed for screening postpartum women in outpatient, home visiting settings, or at the 6–8 week postpartum examination. It has been utilized among numerous populations including U.S. women and Spanish speaking women in other countries. The EPDS consists of 10 questions. The test can usually be completed in less than 5 minutes. Responses are scored 0, 1, 2, or 3 according to increased severity of the symptom. Items marked with an asterisk (*) are reverse scored (i.e., 3, 2, 1, and 0). The total score is determined by adding together the scores for each of the 10 items.

Validation studies have utilized various threshold scores in determining which women were positive and in need of referral. Cut-off scores ranged from 9 to 13 points. **Therefore, to err on safety's side, a woman scoring 9 or more points or indicating any suicidal ideation – that is she scores 1 or higher on question #10 – should be referred immediately for follow-up.** Even if a woman scores less than 9, if the clinician feels the client is suffering from depression, an appropriate referral should be made. The EPDS is only a screening tool. It does not diagnose depression – that is done by appropriately licensed health care personnel. Users may reproduce the scale without permission providing the copyright is respected by quoting the names of the authors, title and the source of the paper in all reproduced copies.

Instructions for Users

1. The mother is asked to underline 1 of 4 possible responses that comes the closest to how she has been feeling the previous 7 days.
2. All 10 items must be completed.
3. Care should be taken to avoid the possibility of the mother discussing her answers with others.
4. The mother should complete the scale herself, unless she has limited English or has difficulty with reading.