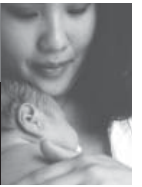




# Edinburgh Postnatal Depression Scale



Please circle the answer that comes closest to how you have felt **IN THE PAST SEVEN DAYS**, not just how you feel today.

**1** I have been able to laugh and see the funny side of things.

- (0) As much as I always could
- (1) Not quite so much now
- (2) Definitely not so much now
- (3) Not at all

**2** I have looked forward with enjoyment to things.

- (0) As much as I ever did
- (1) Rather less than I used to
- (2) Definitely less than I used to
- (3) Hardly at all

**3** I have blamed myself unnecessarily when things went wrong.

- (3) Yes, most of the time
- (2) Yes, some of the time
- (1) Not very often
- (0) No, never

**4** I have been anxious or worried for no good reason.

- (0) No, not at all
- (1) Hardly ever
- (2) Yes, sometimes
- (3) Yes, very often

**5** I have felt scared or panicky for no good reason.

- (3) Yes, quite a lot
- (2) Yes, sometimes
- (1) No, not much
- (0) No, not at all

**6** Things have been getting on top of me.

- (3) Yes, most of the time I haven't been able to cope at all
- (2) Yes, sometimes I haven't been coping as well as usual
- (1) No, most of the time I have coped quite well
- (0) No, I have been coping as well as ever

**7** I have been so unhappy that I have had difficulty sleeping.

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

**8** I have felt sad or miserable.

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

**9** I have been so unhappy that I have been crying.

- (3) Yes, most of the time
- (2) Yes, quite often
- (1) Only occasionally
- (0) No, never

**10** The thought of harming myself has occurred to me.

- (3) Yes, quite often
- (2) Sometimes
- (1) Hardly ever
- (0) Never

The score is calculated by adding together the scores for each of the ten items (1-10). Individuals with a score of 10 or greater will benefit from speaking with a health care professional such as your Family Physician or a Public Health Nurse.

\*Adapted from the *British Journal of Psychiatry*, June 1987, Vol. 150 by J.L. Cox, J.M. Holden, R. Sagovsky