

Edinburgh Postnatal Depression Scale (EPDS): SCORING SHEET

INSTRUCTIONS FOR USERS

Response categories are scored 0, 1, 2, and 3 according to increased severity of the symptom.

Note: Questions 3, 5, 6, 7, 8, 9, 10 are reverse scored (i.e., 3, 2, 1, 0)

Total each individual item to give the overall score.

In the past 7 days:

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 very 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) No, not much
 - (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

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Translations of the scale, and guidance as to its use, may be found in Cox, J.L., Holden, J & Henshaw, C. (2014) *Perinatal Mental Health: The Edinburgh Postnatal Depression Scale (EPDS) Manual*. 2nd Edn. London: RCPsych Publications.

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