



Patient's Name _____ Date _____

Therapist _____

▪ [Edinburgh Postnatal Depression Scale \(EPDS\)](#)

Postpartum depression is the most common complication of childbearing. This 10-question self-rating scale has been proven to be an efficient and effective way of identifying patients at risk for “perinatal” depression. While this test was specifically designed for women who are pregnant or have just had a baby, it has also been shown to be an effective measure for general depression in the larger population.

Please select the answer that comes closest to how you have felt **in the past 7 days**:

1. 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

2. 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

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

- Yes, most of the time
- Yes, some of the time
- Not very often
- No, never

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

- No not at all
- Hardly ever
- Yes, sometimes
- Yes, very often

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

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
- No, not at all

8. I have felt sad or miserable.

- Yes, most of the time
- Yes, sometimes
- Not very often
- No, not at all

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

- Yes, most of the time
- Yes, quite often
- Only occasionally
- No, never

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

- Yes, quite often
- Sometimes
- Hardly ever
- Never

Sources

1. JL Cox, JM Holden, R Sagovsky. *Detection of Postnatal Depression: Development of the 10-item Edinburgh Postnatal Depression Scale.* 150: Br J Psychiatry 782-786. 1987.