

Edinburgh Postnatal Depression Scale: (EPDS)

(Cox, Holden, Sagovsky)

Name: _____ Address: _____

Baby's date of birth: _____ Today's date: _____

As you have recently had a baby, we would like to know how you are feeling. Please CHECK the answer which 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
 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 at all. 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 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 all all.

8. I have felt sad or miserable
 Yes, most of the time. Yes quite often.
 Not very often. No, not 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.

Continued on reverse

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Continued from reverse

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 at all.
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 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.
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0 No, not all all.
8. I have felt sad or miserable
3 Yes, most of the time.
2 Yes quite often.
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0 No, not 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.

Instructions to Give Users of EPDS:

- All the items must be completed.*
- Test is a "self" report
- The woman should complete the test by herself. She should not be discussing answers until the test is completed.

When to Administer the EPDS -Guidelines:

- After "baby blues" period – two weeks after delivery.
- Applicable throughout first year post-partum
- Can be used after cessation of lactation
- Two weeks after termination of pregnancy – VTOP, IUFD May be repeated after two weeks

Scoring:

**Any suicidal ideation at all should be further explored in an interview.*

A total score is reached by adding the scores of each of the ten items. A score of 12 or higher is clinically significant and is the basis for a referral to a mental health professional.

Note: Research has indicated that women who do NOT complete the screening instrument are FOUR TIMES more likely to have a diagnosis of Postpartum Depression on clinical interview.

Clinical Judgment Note: While screening can be helpful for some patients, there are some things to keep in mind when administering any instrument of this type.

Screening tests do not replace clinical judgment. The EPDS scores do not reflect severity of depression. Also, tests of this type do not measure parental adequacy.