

## EDINBURGH POSTNATAL DEPRESSION SCALE <sup>1</sup>

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Baby's age: \_\_\_\_\_

As you have recently had a baby, we would like to know how you are feeling. Please **UNDERLINE** the answer which comes closest to how you have felt **IN THE PAST 7 DAYS**, not just how you feel today. Here is an example, already completed:

I have felt happy

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

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

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### 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

PLEASE TURN OVER

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<sup>1</sup> Cox, J.L., Holden, J.M. & Sagovsky, R. (1987). Detection of postnatal depression: development of the 10-item Edinburgh Postnatal Depression Scale. *British Journal of Psychiatry*, 150, 782-876.

**EDINBURGH POSTNATAL DEPRESSION SCALE (CONT.)**  
**In the past 7 days:**

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
- No, not very often
- No, not at all

8. I have felt sad or miserable

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

10. The thought of harming myself has occurred to me

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