

Edinburgh Postnatal Depression Scale (EPDS)

From the British Journal of Psychiatry June, 1987, Vol. 150 by J.L. Cox, J.M. Holden, R. Sagovsky

As you have recently had a baby, we would like to know how you are feeling. Please check the answer that comes closest to how you have felt IN THE PAST 7 DAYS, not just how you feel today.

1	I have been able to laugh and see the funny side of things.	<input type="radio"/> As much as I always could <input type="radio"/> Not quite so much now <input type="radio"/> Definitely not so much now <input type="radio"/> Not at all
2	I have looked forward with enjoyment to things.	<input type="radio"/> As much as I ever did <input type="radio"/> Rather less than I used to <input type="radio"/> Definitely less than I used to <input type="radio"/> Hardly at all
3	I have blamed myself unnecessarily when things went wrong.	<input type="radio"/> Yes, most of the time <input type="radio"/> Yes, some of the time <input type="radio"/> Not very often <input type="radio"/> No, never
4	I have been anxious or worried for no good reason.	<input type="radio"/> No, not at all <input type="radio"/> Hardly ever <input type="radio"/> Yes, sometimes <input type="radio"/> Yes, very often
5	I have felt scared or panicky for no very good reason.	<input type="radio"/> Yes, quite a lot <input type="radio"/> Yes, sometimes <input type="radio"/> No, not much <input type="radio"/> No, not at all
6	Things have been getting on top of me.	<input type="radio"/> Yes, most of the time I haven't been able to cope at all <input type="radio"/> Yes, sometimes I haven't been coping as well as usual <input type="radio"/> No, most of the time I have coped quite well <input type="radio"/> No, I have been coping as well as ever
7	I have been so unhappy that I have had difficulty sleeping.	<input type="radio"/> Yes, most of the time <input type="radio"/> Yes, sometimes <input type="radio"/> Not very often <input type="radio"/> No, not at all
8	I have felt sad or miserable.	<input type="radio"/> Yes, most of the time <input type="radio"/> Yes, quite often <input type="radio"/> Not very often <input type="radio"/> No, not at all
9	I have been so unhappy that I have been crying.	<input type="radio"/> Yes, most of the time <input type="radio"/> Yes, quite often <input type="radio"/> Only occasionally <input type="radio"/> No, never
10	The thought of harming myself has occurred to me.	<input type="radio"/> Yes, quite often <input type="radio"/> Sometimes <input type="radio"/> Hardly ever <input type="radio"/> Never
