

Edinburgh Postnatal Depression (EPDS)



As you are pregnant or have recently had a baby, we would like to know how you are feeling.

Please check one of the four answers 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

- As much as I always could
- Not quite as much now
- Definitely not so much now
- 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

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

7. I have been so unhappy that I can't sleep

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

3. I have blamed myself when things go wrong

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

8. I have felt sad or miserable

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

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

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

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

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

5. I have felt scared or panicky for no good reason

- Yes, quite a lot
- Yes, sometimes
- No, not much
- No, not at all

10. The thought of harming myself has occurred to me

- Yes, quite often
 - Sometimes
 - Hardly ever
 - Never
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Edinburgh Postnatal Depression Scale (EPDS).

by J.L. Cox, J.M. Holden, R. Segovskyt

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