

SCORING TOOLS

Edinburgh Postnatal Depression (EPDS)

A score ≥ 10 and/or a non-zero response on the last question (self-harm question in red) is a positive screen.

A. Please circle one of the four answers that comes closest to how you have felt in the past 7 days, not just how you feel today.

<p>0</p> <p>1</p> <p>2</p> <p>3</p>	<p>1. I have been able to laugh and see the funny side of things</p> <p><input type="radio"/> As much as I always could</p> <p><input type="radio"/> Not quite as much now</p> <p><input type="radio"/> Definitely not so much now</p> <p><input type="radio"/> Not at all</p>	<p>3</p> <p>2</p> <p>1</p> <p>0</p>	<p>6. Things have been getting on top of me</p> <p><input type="radio"/> Yes, most of the time I haven't been able to cope at all</p> <p><input type="radio"/> Yes, sometimes I haven't been coping as well as usual</p> <p><input type="radio"/> No, most of the time I have coped quite well</p> <p><input type="radio"/> No, I have been coping as well as ever</p>
<p>0</p> <p>1</p> <p>2</p> <p>3</p>	<p>2. I have looked forward with enjoyment to things</p> <p><input type="radio"/> As much as I ever did</p> <p><input type="radio"/> Rather less than I used to</p> <p><input type="radio"/> Definitely less than I used to</p> <p><input type="radio"/> Hardly at all</p>	<p>3</p> <p>2</p> <p>1</p> <p>0</p>	<p>7. I have been so unhappy that I can't sleep</p> <p><input type="radio"/> Yes, most of the time</p> <p><input type="radio"/> Yes, sometimes⁵⁴</p> <p><input type="radio"/> Not very often</p> <p><input type="radio"/> No, not at all</p>
<p>3</p> <p>2</p> <p>1</p> <p>0</p>	<p>3. I have blamed myself when things go wrong</p> <p><input type="radio"/> Yes, most of the time</p> <p><input type="radio"/> Yes, some of the time</p> <p><input type="radio"/> Not very often</p> <p><input type="radio"/> No, never</p>	<p>3</p> <p>2</p> <p>1</p> <p>0</p>	<p>8. I have felt sad or miserable</p> <p><input type="radio"/> Yes, most of the time</p> <p><input type="radio"/> Yes, quite often</p> <p><input type="radio"/> Not very often</p> <p><input type="radio"/> No, not at all</p>
<p>0</p> <p>1</p> <p>2</p> <p>3</p>	<p>4. I have been anxious or worried for no good reason</p> <p><input type="radio"/> No, not at all</p> <p><input type="radio"/> Hardly ever</p> <p><input type="radio"/> Yes, sometimes</p> <p><input type="radio"/> Yes, very often</p>	<p>3</p> <p>2</p> <p>1</p> <p>0</p>	<p>9. I have been so unhappy that I have been crying</p> <p><input type="radio"/> Yes, most of the time</p> <p><input type="radio"/> Yes, quite often</p> <p><input type="radio"/> Only occasionally</p> <p><input type="radio"/> No, never</p>
<p>3</p> <p>2</p> <p>1</p> <p>0</p>	<p>5. I have felt scared or panicky for no good reason</p> <p><input type="radio"/> Yes, quite a lot</p> <p><input type="radio"/> Yes, sometimes</p> <p><input type="radio"/> No, not much</p> <p><input type="radio"/> No, not at all</p>	<p>3</p> <p>2</p> <p>1</p> <p>0</p>	<p>10. The thought of harming myself has occurred to me</p> <p><input type="radio"/> Yes, quite often</p> <p><input type="radio"/> Sometimes</p> <p><input type="radio"/> Hardly ever</p> <p><input type="radio"/> Never</p>

Total: _____