Edinburgh Postnatal Depression Scale

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<th>Name:</th>
<th>Address:</th>
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<td>Your date of birth:</td>
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<td>Baby's date of birth:</td>
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<td>Telephone:</td>
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As you are pregnant or 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.

Here is an example, already completed.

I have felt happy
- Yes, all the time
- No, not very often
- No, not at all

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

*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
- Not very often
- No, not at all

*8. I have felt sad or miserable
- Yes, most of the time
- Yes, quite often
- 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
- Only occasionally
- No, never

*10. The thought of harming myself has occurred to me
- Yes, quite often
- Sometimes
- Hardly ever
- Never

The total score is calculated by adding together the scores of each of the 10 items. Questions 1, 2, and 4 (without an asterisk) are scored 0, 1, 2, or 3, with the top box scored as 0 and the bottom box scored as 3. Questions 3 and 5 to 10 (marked with an asterisk) are reverse scored, with the top box scored as 3 and the bottom box scored as 0. Maximum score is 30.

Recommended follow-up to Edinburgh results is as follows.
- A score of 1-3 indicates a risk of self-harm and requires immediate mental health assessment and intervention as appropriate.
- A score in the range of 11-13 indicates need for monitoring, support, and education.
- A score of ≥ 14 indicates need for follow-up with biopsychosocial diagnostic assessment for depression.