

Patient name			
MHN	DOB	Age	Gender

## Edinburgh Postnatal Depression Scale

### Questionnaire

Appointment date (m/d/y) \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Form completed by:  Self  Other (specify) \_\_\_\_\_

As you are pregnant or have recently had a baby, we would like to know how you are feeling. 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
- 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. Complete the following questions in the same way.

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 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