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