

EDINBURGH POSTNATAL DEPRESSION SCALE (EPDS)

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As you have recently had a baby, we would like to know how you are feeling now. Please <u>underline</u> the answer which best describes 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, most the time Yes, some of the time No, not very often No, not at all

This would mean: "I have felt happy some of the time during the past week". Please complete the other questions in the same way.

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

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*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

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Translations of the scale, and guidance as to its use, may be found in Cox, J.L. & Holden, J. (2003) *Perinatal Mental Health: A Guide to the Edinburgh Postnatal Depression Scale*. London: Gaskell.

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