

EDINBURGH POSTNATAL DEPRESSION SCALE (COX ET AL 1987)

Instructions

We would like to know how you have been feeling in the past week. **Please indicate which of the following comes closest to how you have felt in the past week**, not just how you feel today.

Please **TICK ONE BOX** for each question, which is the closest to how you have felt in the **PAST SEVEN DAYS**.

Here is a completed example.

I have felt happy	<input type="checkbox"/> Yes, all the time
	<input checked="" type="checkbox"/> Yes, most of the time
	<input type="checkbox"/> No, not very often
	<input type="checkbox"/> No, not at all

This would mean:

"I have felt happy most of the time during the past week".

Please complete the other questions in the same way.

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

CALCULATING A SCORE ON THE EDINBURGH POSTNATAL DEPRESSION SCALE

The EPDS is a 10-item questionnaire. Women are asked to answer each question in terms of the past seven days. A clean copy without scores is given on the preceding page.

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

Source: Cox JL, Holden JM, Sagovsky R (1987) Detection of postnatal depression: development of the 10-item Edinburgh postnatal depression scale. *Brit J Psychiatry* 150: 782-86. Developed as the Edinburgh Postnatal Depression Scale and validated for use in both pregnancy and the postnatal period to assess for possible depression and anxiety.