

Edinburgh Postnatal Depression Scale (EPDS)

Date: _____ Clinic Name/Number: _____

Your Age: _____ Weeks of Pregnancy/Age of Baby: _____

Since you are either pregnant or have recently had a baby, we want to know how you are feeling now. Please place a **CHECK MARK (✓)** by the answer that comes closest to how you have felt **IN THE PAST 7 DAYS**—*not just how you feel today*.

Below is an example already completed.

I have felt happy:
 Yes, all of 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" in 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:
 - 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 good reason:
 - Yes quite a lot _____ 3
 - Yes, sometimes _____ 2
 - No, not much _____ 1
 - No, not at all _____ 0

6. Things have been getting to 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
 - No, 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

TOTAL YOUR SCORE HERE

If your total score is more than 12, it means that you have been feeling down over the past few weeks. We are concerned for you and will talk with you during your visit to determine how we can best help you begin to feel better.

Edinburgh Postnatal Depression Scale (EPDS) Scoring & Other Information

ABOUT THE EPDS

Response categories are scored 0, 1, 2 and 3 according to increased severity of the symptom. Items 3, 5-10 are reverse scored (i.e., 3, 2, 1, and 0). The total score is calculated by adding together the scores for each of the ten items. Users may reproduce the scale without further permission providing they respect copyright (which remains with the *British Journal of Psychiatry*) quoting the names of the authors, the title and the source of the paper in all reproduced copies.

The Edinburgh Postnatal Depression Scale (EPDS) was developed to assist primary care health professionals in detecting mothers suffering from postpartum depression (PPD); a distressing disorder more prolonged than the "blues" (which occur in the first week after delivery), but less severe than puerperal psychosis.

Previous studies have shown that PPD affects at least 10 percent of women and that many depressed mothers remain untreated. These mothers may cope with their baby and with household tasks, but their enjoyment of life is seriously affected and it is possible that there are long term effects on the family.

The EPDS was developed at health centers in Livingston and Edinburgh. It consists of 10 short statements. The mother underlines which of the four possible responses is closest to how she has been

feeling during the past week. Most mothers complete the scale without difficulty in less than five minutes.

The validation study showed that mothers who scored above a threshold 12/13 were likely to be suffering from a depressive illness of varying severity. Nevertheless, the EPDS score should not override clinical judgement. A careful clinical assessment should be carried out to confirm the diagnosis. The scale indicates how the mother felt during the previous week, and in doubtful cases it may be usefully repeated after two weeks. The scale will not detect mothers with anxiety neuroses, phobias or personality disorders.

INSTRUCTIONS FOR USERS

1. The mother is asked to underline the response that comes closest to how she has felt during the previous seven days.
2. All 10 items must be completed.
3. Care should be taken to avoid the possibility of the mother discussing her answers with others.
4. The mother should complete the scale herself, unless she has limited English or has difficulty with reading.
5. The EPDS may be used at six to eight weeks to screen postnatal women or during pregnancy. The child health clinic, postpartum check-up or a home visit may provide suitable opportunities for its completion.