

Edinburgh Postnatal Depression Scale (EPDS)

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Patient Information

Name: _____

Date of Birth: _____

Baby's Date of Birth: _____

As you are pregnant or recently had a baby, please indicate how you have felt **over the past 7 days**. Select the response that best reflects your feelings.

*** Questions 1, 2, and 4 have standard scoring (0–3 from top to bottom).**

***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 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

Scoring Instructions

***Items 1, 2, and 4:** Score normally (0–3 from top to bottom).

All other items (3, 5–10): Reverse score (3–0 from top to bottom).

Maximum Score: 30

Possible Depression: 10 or higher

Always review item 10 separately for safety.

Clinical Notes

The EPDS is a screening tool and does not replace clinical judgment. Scores above 13 suggest significant depressive symptoms. Repeat in 2 weeks if results are unclear. The EPDS does not assess anxiety disorders, phobias, or personality disorders.

Sources: Cox, Holden & Sagovsky (1987); Wisner, Parry & Piontek (2002).