

NAME _____ DATE _____

The Edinburgh Postnatal Depression Scale (EDPS) was developed in 1987 to help doctors determine whether a mother may be suffering from postpartum depression. The scale has since been validated, and evidence from a number of research studies has confirmed the tool to be both reliable and sensitive in detecting depression. During the postpartum period, 10 to 15% of women develop significant symptoms of depression or anxiety. Unfortunately, many moms are never treated, and although they may be coping, their enjoyment of life and family dynamics may be seriously affected

Please UNDERLINE the answer that comes closest to how you have felt **in the last seven days**, not just how you are feeling today.

1. I have been able to laugh and see the funny side of things.

As much as I always could

Not so much now

Definitely not so much now

Not at all

2. I have looked forward with enjoyment to things.

As much as I always could

Not so much now

Definitely not so much now

Not 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 not very good reason.

Yes, quite a lot

Yes, sometimes

No, not much

No, not at all

6. Things have been overwhelming 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 I have had difficulty sleeping.

Yes, most of the time

Yes, sometimes

No, not much

No, not at all

8. I have felt sad or miserable.

Yes, most of the time

Yes, sometimes

No, not much

No, not at all

9. I have been so unhappy that I have been crying.

Yes, most of the time

Yes, sometimes

No, not much

No, not at all

10. The thought of harming myself has occurred to me.

Yes, quite often

Sometimes

Hardly ever

Never

Scoring :

Questions 1,2, &4 0-3 points
scored in ascending order

Other questions: 0-3 points
scored in descending order

Score greater than 12* (or any
positive answer on # 10) is
considered significant

*10 in some studies so
using 10 would be more
conservative cut-off