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