

## EDINBURGH POSTNATAL DEPRESSION SCALE

This self-assessment scale has been found through research to accurately detect postpartum depression. Please circle the answer which comes closest to how you have felt IN THE PAST SEVEN DAYS, not just how you feel today.

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

- 0 - As much as I always could
- 1 - Not quite so much now
- 2 - Definitely not so much now
- 3 - Not at all

B. I have looked forward with enjoyment to things:

- 0 - As much as I ever did
- 1 - Rather less than I used to
- 2 - Definitely less than I used to
- 3 - Hardly at all

C. I have blamed myself unnecessarily when things went wrong.

- 3 - Yes, most of the time
- 2 - Yes, some of the time
- 1 - Not very often
- 0 - No, never

D. I have felt worried and anxious for no very good reason:

- 0 - No, not at all
- 1 - Hardly ever
- 2 - Yes, sometimes
- 3 - Yes, Very often

E. I have felt scared or panicky for no very good reason:

- 3 - Yes quite a lot
- 2 - Yes, sometimes
- 1 - No, not much
- 0 - No, not at all

F. Things have been getting on top of me:

- 3 - Yes, most of the time I haven't been able to cope at all
- 2 - Yes, sometimes I haven't been coping as well as usual
- 1 - No, most of the time I have coped quite well
- 0 - No I have been coping as well as ever

G. I have been so unhappy that I have had difficulty sleeping:

- 3 - Yes, most of the time
- 2 - Yes sometimes
- 1 - Not very often
- 0 - No, not at all

H. I have felt sad or miserable:

- 3 - Yes, most of the time
- 2 - Yes, quite often
- 1 - Not very often
- 0 - No, not at all

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

- 3 - Yes, most of the time
- 2 - Yes, quite often
- 1 - Only occasionally
- 0 - No, never

J. The thought of harming myself has occurred to me:

- 3 - Yes, quite often
- 2 - Sometimes
- 1 - Hardly ever
- 0 - Never

\_\_\_\_\_ TOTAL SCORE

Add up your scores using the numbers to the left of your response and if the total is 10 or greater, speak with your health care provider. You can also contact the Postpartum Health Alliance for information and referrals to mental health providers and support groups at (619) 685-7458 or [www.postpartumhealthalliance.org](http://www.postpartumhealthalliance.org).

Cox, J.L., Holden, J.M. & Sagovsky, R. (1987). Detection of postnatal depression: development of the 10- item Edinburgh Postnatal Depression Scale. *British Journal of Psychiatry*, 150,782-876.

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