

EDINBURGH POSTNATAL DEPRESSION SCALE (EPDS)

Patient's Name: _____ Today's Date: _____

Patient's Date of Birth: _____ Baby's Date of Birth: _____

As you are pregnant or have recently had a baby, we would like to know how you are feeling.
Please check the answer that comes closest to how you have felt IN THE PAST 7 DAYS, not just how you feel today.

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 do - 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 very good reason

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

6. Things have been getting on top of 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
- 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

Reviewed by: _____

Date: _____ Score: _____

EPDS INSTRUCTIONS AND SCORING

Postpartum depression is the most common complication of childbearing. The 10-question Edinburgh Postnatal Depression scale (EPDS) is a valuable and efficient way of identifying patients at risk for “perinatal” depression. The EPDS is easy to administer and has proven to be an effective screening tool.

Mothers who score above 13 are likely to be suffering from a depressive illness of varying severity. A careful clinical assessment should be carried out to confirm the diagnosis. The scale indicates how the mother has felt during the previous week. In doubtful cases it may be useful to repeat the tool after 2 weeks. The scale will not detect mothers with anxiety neuroses, phobias or personality disorder.

Women with postpartum depression need not feel alone. They may find useful information on the web sites of the National Women’s Health Information Center www.4women.gov and from groups such as Postpartum support International www.chss.iup.edu/postpartum and Depression after Delivery www.depressionafterdelivery.com

Instruction For Using The Edinburgh Postnatal Depression Scale:

1. Then mother is asked to check the response that comes closest to how she has been feeling in the previous 7 days.
2. All items must be completed.
3. Care should be taken to avoid the possibility of the mother discussing her answers with others. (Answers come from the mother or pregnant women.)
4. The mother should complete the scale herself, unless she has limited English or has difficulty with reading.

SCORING:

Questions 1, 2, & 4 are scored 0, 1, 2 or 3 with top box scored as 0 and the bottom box scored as 3.

Questions 3, 5-10 are reverse scored, with top box scored as a 3 and the bottom box scored as 0.

Maximum score: 30
Possible Depression: 10 or greater
Always look at item 10 (suicidal thoughts)

Range of Scores:

Item 10: any woman who scores 1, 2 or 3 on item 10 requires further evaluation before leaving the office to insure her own safety and that of her baby.