



Edinburgh Postnatal Depression Scale (EPDS)

Postpartum depression (PPD) is one of the most common problems women face after having a baby. PPD affects up to 20% of women after having a baby and can even affect up to 10% women while they are pregnant.

The EPDS is a tool that helps identify if you are at risk or are suffering from PPD. This quick, self completed, 10 item questionnaire shows if there is a need for further assessment by a doctor. This tool can be used after you have a baby or while you are pregnant.

Please circle the answer which comes closest to how you have felt in the PAST 7 DAYS, not just how you feel today.

In the past 7 days:

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	0 1 2 3	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	3 2 1 0
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	0 1 2 3	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	3 2 1 0
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	3 2 1 0	8. I have felt sad or miserable: Yes, most of time Yes, quite often Not very often No, not at all	3 2 1 0
4. I have been anxious or worried for no good reason: No, not at all Hardly ever Yes, sometimes Yes, very often	0 1 2 3	9. I have been so unhappy that I have been crying: Yes, most of the time Yes, quite often Only occasionally No, never	3 2 1 0
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	3 2 1 0	10. The thought of harming myself has occurred to me: Yes, quite often Sometimes Hardly ever Never	3 2 1 0
Total Score (add questions 1-10) _____			

Reference: Cox, J., Holden, J., & Sagovsky, R. (1987). Detection of postnatal depression: Development of the 10-item Edinburgh Postnatal Depression Scale. *British Journal of Psychiatry*, 150, 782-786

A total score more than 12, or an answer other than 0 to number 10 indicates the need for further assessment. Please speak with your doctor about how you are feeling.

For more information about postpartum mood disorders, or to speak to a Public Health Nurse contact the Durham Health Connection Line 1-800-841-2729 or visit www.durham.ca