**Edinburgh Postnatal Depression Scale (EPDS)1**

*Please check the answer that comes closest to how you have felt IN THE PAST 7 DAYS, not just how you feel today.*

*Here is an example, already completed.*

*I have felt happy:*

* *Yes, all the time*
* *Yes, most of the time*
* *No, not very often*
* *No, not at all*

*This would mean: “I have felt happy most of the time” during the past week. Please complete the other questions in the same way.*

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

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

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 no very good reason

* Yes, quite a lot
* Yes, sometimes
* No, not much
* No, not at all

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

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

8. I have felt sad or miserable

* Yes, most of the time
* Yes, quite often
* Not very often
* No, not at all

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

* Yes, most of the time
* Yes, quite often
* Only occasionally
* No, never

10. The thought of harming myself has occurred to me

* Yes, quite often
* Sometimes
* Hardly ever
* Never

1Source: Cox, J.L., Holden, J.M., and Sagovsky, R. 1987. Detection of postnatal depression: Development of the 10-item Edinburgh Postnatal Depression Scale. *British Journal of Psychiatry* 150:782-786