

Edinburgh Postnatal Depression Scale (EPDS)

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Name: _____

EPDS Score: _____

Assessment Date: _____

Assessor: _____

As you have recently had a baby, we would like to know how you are feeling. Please circle the answer which 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:

- 1) Yes, all of the time 2) Yes, most of the time 3) No, not very often 4) No, not at all

In the Past 7 days:

1. I have been able to laugh and see the funny side of things –

- a. As much as I always could (*0 points*)
- b. Not quite so much now (*1 point*)
- c. Definitely not so much now (*2 points*)
- d. Not at all (*3 points*)

2. I have looked forward with enjoyment to things –

- a. As much as I ever did (*0 points*)
- b. Rather less than I used to (*1 point*)
- c. Definitely less than I used to (*2 points*)
- d. Hardly at all (*3 points*)

3. I have blamed myself unnecessarily when things went wrong –

- a. Yes, most of the time (*3 points*)
- b. Yes, some of the time (*2 points*)
- c. Not very often (*1 point*)
- d. No, never (*0 points*)

4. I have been anxious or worried for no good reason –

- a. No, not at all (*0 points*)
- b. Hardly ever (*1 point*)
- c. Yes, sometimes (*2 points*)
- d. Yes, very often (*3 points*)

5. I have felt scared or panicky for no good reason –

- a. Yes, quite a lot (*3 points*)
- b. Yes, sometimes (*2 points*)
- c. No, not much (*1 point*)
- d. No, not at all (*0 points*)

6. Things have been getting on top of me –

- a. Yes, most of the time I haven't been able to cope at all (*3 points*)
- b. Yes, sometimes I haven't been coping as well (*2 points*)
- c. No, most of the time I have coped quite well (*1 point*)
- d. No, I have been coping as well as ever (*0 points*)

7. I have been so unhappy that I have had difficulty sleeping

- a. Yes, most of the time (3 points)
- b. Yes, sometimes (2 points)
- c. Not very often (1 point)
- d. No, not at all (0 points)

8. I have felt sad or miserable

- a. Yes, most of the time (3 points)
- b. Yes, quite often (2 points)
- c. Not very often (1 point)
- d. No, not at all (0 points)

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

- a. Yes, most of the time (3 points)
- b. Yes, quite often (2 points)
- c. Only occasionally (1 point)
- d. No, never (0 points)

10. The thought of harming myself has occurred to me

- a. Yes, quite often (3 points)
- b. Sometimes (2 points)
- c. Hardly ever (1 point)
- d. Never (0 points)

Edinburgh Post Natal Depression Scale (EPDS) Guidelines for raters

According to Warner, Appleby, Whitton, & Faragher (1996), postpartum depression affects 10% of new mothers, with the range being from eight to 15%. The Edinburgh Postnatal Depression Scale (EPDS) was developed in 1987 to act as a specific measurement tool to identify depression in new mothers. 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.

Response categories are scored 0,1,2, and 3 according to increased severity of the symptom.

Questions 3,5,6,7,8,9,10 are reverse scored (ie, 3,2,1,0)

Individual items are totaled to give an overall score. A score of 12+ indicates the likelihood of depression, but not its severity. The EPDS Score is designed to assist, not replace clinical judgment.