

EDINBURGH POSTPARTUM DEPRESSION SCALE

Record the answer that comes closest to how you have felt **in the past 7 to 10 days, not just how you feel today.**

1. I have been able to laugh and see the funny side of things:
 - a As much as I always could 0 _____
 - b Not quite as much now 1 _____
 - c Definitely not so much now 2 _____
 - d Not at all 3 _____

2. I have looked forward with enjoyment to things:
 - a As much as I ever did 0 _____
 - b Rather less than I used to 1 _____
 - c Definitely less than I used to 2 _____
 - d Hardly at all 3 _____

3. I have blamed myself unnecessarily when things went wrong:
 - a Yes, most of the time 3 _____
 - b Yes, some of the time 2 _____
 - c Not very often 1 _____
 - d No, never 0 _____

4. I have felt worried and anxious for no very good reason:
 - a No, not at all 0 _____
 - b Hardly ever 1 _____
 - c Yes, sometimes 2 _____
 - d Yes, very often 3 _____

5. I have felt scared and panicky for no very good reason:
 - a Yes, quite a lot 3 _____
 - b Yes, sometimes 2 _____
 - c No, not much 1 _____
 - d No, not at all 0 _____

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 _____

- b Yes, sometimes I haven't been coping as well as usual 2 _____
- c No, most of the time I have coped quite well 1 _____
- d No, I have been coping as well as ever 0 _____

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

- a Yes, most of the time 3 _____
- b Yes, sometimes 2 _____
- c Not very often 1 _____
- d No, not at all 0 _____

8. I have felt sad or miserable:

- a Yes, most of the time 3 _____
- b Yes, quite often 2 _____
- c Not very often 1 _____
- d No, not at all 0 _____

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

- a Yes, most of the time 3 _____
- b Yes, quite often 2 _____
- c Only occasionally 1 _____
- d No, never 0 _____

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

- a Yes, quite often 3 _____ (please ask for help)
- b Sometimes 2 _____ (please ask for help)
- c Hardly ever 1 _____ (please ask for help)
- d Never 0 _____

TOTAL SCORE _____

A score of 12 + indicates some form of postpartum depression, including depression, anxiety, etc. A score of 12 or higher indicates that **you should contact your doctor or a public health nurse right away to talk about how you are feeling.**

No matter what your score, if you feel the need to speak to someone about this test and your results, please visit the mama2mama website <http://mamalove.org>

Please feel free to use the contact numbers and emails at our website <http://mamalove.org>