

EDINBURGH POSTNATAL DEPRESSION SCALEToday's Date: / / Name: _____ Baby's Age: _____

As you have recently had a baby, we want to know how you are feeling now.

Please underline the answers which come closest to how you have felt in the past seven days, not just how you feel today.

IN THE PAST SEVEN DAYS:

- | | |
|--|--|
| <p>A. I have been able to laugh and see the funny side of things . . .</p> <p>0 As much as I always could</p> <p>1 Not quite so much now</p> <p>2 Definitely not quite so much now</p> <p>3 Not at all</p> | <p>F. Things have been getting on top of me . . .</p> <p>3 Yes, most of the time I haven't been able to cope at all</p> <p>2 Yes, sometimes I haven't been coping as well as usual</p> <p>1 No, most of the time I have coped quite well</p> <p>0 No, I have been coping as well as ever</p> |
| <p>B. I have looked forward with enjoyment to things . . .</p> <p>0 As much as I ever did</p> <p>1 Rather less than I used to</p> <p>2 Definitely less than I used to</p> <p>3 Hardly at all</p> | <p>G. I have been so unhappy that I have had difficulty sleeping . . .</p> <p>3 Yes, most of the time</p> <p>2 Yes, sometimes</p> <p>1 Not very often</p> <p>0 Not at all</p> |
| <p>C. I have blamed myself unnecessarily when thing went wrong . . .</p> <p>3 Yes, most of the time</p> <p>2 Yes, some of the time</p> <p>1 Not very often</p> <p>0 No, never</p> | <p>H. I have felt sad or miserable . . .</p> <p>3 Yes, most of the time</p> <p>2 Yes, quite often</p> <p>1 Not very often</p> <p>0 No, not at all</p> |
| <p>D. I have been anxious or worried for no good reason . . .</p> <p>0 No, not at all</p> <p>1 Hardly ever</p> <p>2 Yes, sometimes</p> <p>3 Yes, very often</p> | <p>I. I have been so unhappy that I have been crying . . .</p> <p>3 Yes, Most of the time</p> <p>2 Yes, Quite often</p> <p>1 Only occasionally</p> <p>0 No, Never</p> |
| <p>E. I have felt scared or panicky for no very good reason . . .</p> <p>3 Yes, quite a lot</p> <p>2 Yes, sometimes</p> <p>1 No, not much</p> <p>0 No, not at all</p> | <p>J. The thought of harming myself has occurred to me . . .</p> <p>3 Yes, Quite often</p> <p>2 Sometimes</p> <p>1 Hardly ever</p> <p>0 Never</p> |

EDINBURGH POSTNATAL DEPRESSION SCREENING

INSTRUCTIONS FOR USERS

1. The mother is asked to underline the responses which come closest to how she has been feeling in the previous seven days.
2. All ten items must be completed.
3. Care should be taken to avoid the possibility of the mother discussing her answers with others.
4. The mother should complete the scale herself unless she has limited English or difficulty with reading.
5. The EPDS may be used to screen women either prenatal or postnatal. The child health clinic, postnatal check-up, or a home visit may provide suitable opportunities for its completion.

Scoring

The EPDS was developed at health centers in Livingston and Edinburgh. It consists of ten short statements. The mother underlines which of the four possible responses is closest to how she has been feeling during the past week. Most mothers complete the scale without difficulty in less than five minutes.

The EPDS has been developed to assist primary care health professionals to detect mothers suffering from postnatal depression, a distressing disorder more prolonged than the “blues” (which occur in the first week after delivery), but less severe than puerperal psychosis.

Previous studies have shown that postnatal depression affects at least 10-15% of women and that many depressed mothers remain untreated. These mothers may cope with their baby and with household tasks, but their enjoyment of life is seriously affected, and it is possible that there are long-term effects on the family.

Response categories are scored 0, 1, 2, and 3, according to increased severity of the symptom. Items 3 and 5-10 are reverse-scored (e.g., 3, 2, 1, 0). The total score is calculated by adding together the scores for each of the ten items. Users may reproduce the scale without further permission, providing they respect copyright (which remains with the [British Journal of Psychiatry](#)), quoting the names of the authors, the title, and the source of the paper in all reproduced copies.

The validation study showed that mothers who scored above threshold **12/13** were likely to be suffering from a depressive illness of varying severity. Nevertheless, the EPDS score should not override clinical judgment. A careful clinical assessment should be carried out to confirm the diagnosis. The scale indicates how the mother has felt during the previous week, and in doubtful cases it may be usefully repeated after two weeks. The scale will not detect mothers with anxiety neuroses, phobias, or personality disorders.

Cox, J.L., Holden, J.M., and Sagovsky, R. (1987). “Detection of Postnatal Depression: Development of the Ten-Item Edinburgh Postnatal Depression Scale.” [British Journal of Psychiatry](#), 150, 782-786.