

EPDS Questionnaire

Weeks pregnant _____ or weeks postpartum _____

Instructions:

Please check one box for each question that is the closest to how you have felt in the **PAST SEVEN DAYS**.

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|--|---|--|---|---|
| 1. I have been able to laugh and see the funny side of things: | As much as I always could 0 | Not quite as much now 1 | Definitely not so much now 2 | Not at all 3 |
| 2. I have looked forward with enjoyment to things: | As much as I ever did 0 | Rather less than I used to 1 | Definitely less than I used to 2 | Hardly at all 3 |
| 3. I have blamed myself unnecessarily when things went wrong: | Yes, most of the time 3 | Yes, some of the time 2 | Not very often 1 | No, never 0 |
| 4. I have been anxious or worried for no good reason: | No, not at all 0 | Hardly ever 1 | Yes, sometimes 2 | Yes, very often 3 |
| 5. I have felt scared or panicky for no very good reason: | Yes, quite a lot 3 | Yes, sometimes 2 | No, not much 1 | No, not at all 0 |
| 6. Things have been getting on top of me: | Yes, most of the time I haven't been able to cope at all 3 | Yes, sometimes I haven't been coping as well as usual 2 | No, most of the time I have coped quite well 1 | No, I have been coping as well as ever 0 |
| 7. I have been so unhappy that I have had difficulty sleeping: | Yes, most of the time 3 | Yes, sometimes 2 | Not very often 1 | No, not at all 0 |
| 8. I have felt sad or miserable: | Yes, most of the time 3 | Yes, quite often 2 | Not very often 1 | No, not at all 0 |
| 9. I have been so unhappy that I have been crying: | Yes, most of the time 3 | Yes, quite often 2 | Only occasionally 1 | No, Never 0 |
| 10. The thought of harming myself has occurred to me: | Yes, quite often 3 | Sometimes 2 | Hardly ever 1 | Never 0 |

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

For office coding: Total = _____