

Edinburgh Postnatal Depression Scale (EPDS)

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Name: _____ Date of Birth: _____

Address: _____

Phone Number: _____ Baby's Date of Birth: _____

Because you have recently had a baby, we would like to know how you are feeling. Please CHECK the answer that comes closest to how you have felt IN THE PAST 7 DAYS, not just how you feel today.

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

- As much as I always could (0)
- Not quite so 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)

Administered/Reviewed By: _____ Date _____

If you need help right away: **988 Suicide & Crisis Lifeline — Call or Text 988 (24/7)**

If you are in immediate danger, call **911**.

Scoring (0-30)

0-9: Low probability of depression

13+: likely depression, **clinical evaluation urged**

10-12: possibility of depression, **follow up recommended**

**** any score other than 0 for question 10 requires IMMEDIATE attention**

Screening tool only- not diagnosis

Resources/Recommendations:

Please keep this handout somewhere safe that you can refer to later if needed.

Regardless of your score- if you have concerns about depression or anxiety, please contact your health care provider (OB/Gyn, Family Doctor, or nurse-midwife) for the safety of you and your baby.

Feeling down but scored low on EPDS? It is common for freshly postpartum mothers to experience mood swings, often times making them cry or get angry easily. Your feelings may be completely normal. However, if they worsen or continue for more than a week, call your health care provider.

Being a mother can be a new and stressful experience, take care of yourself by:

- Getting sleep- nap when the baby naps.
- Asking friends and family for help.
- Drinking plenty of fluids.
- Eating a good and balanced diet.
- Getting exercise- even if it is just walking outside.

If you need help right away: **988 Suicide & Crisis Lifeline — Call or Text 988 (24/7)**

If you are in immediate danger, call **911** or **GO TO THE EMERGENCY ROOM NOW**.

Please ask any of our staff if you have any questions about this handout while in office.

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recommended

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IMMEDIATE attention

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