

Baby's Name:

Name:

Date:

Address:

Baby's Age:

As you have recently had a baby, we would like to know how you are feeling. Please UNDERLINE 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:

Yes, all the time

Yes, most of the time

No, not very often

No, not at all

This would mean: "I have felt happy most of the time" during the past week. Please complete the other questions in the same way.

In the past 7 days:

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

EDINBURGH POSTNATAL DEPRESSION SCALE (EPDS)

J. L. Cox, J.M. Holden, R. Sagovsky

From: *British Journal of Psychiatry* (1987), 150, 782-786.