

SELF-TEST

This short test is the **Edinburgh Postnatal Depression Scale (EPDS)**, which has been validated in many studies as a highly effective screening tool for Postpartum Depression (PPD).

In taking this test, complete all 10 items by underlining the response that most closely reflects how you have been feeling over the past 7 days.

\_\_\_\_\_ Pregnant      \_\_\_\_\_ Postpartum ( # weeks/months \_\_\_\_\_ )      Baby Loss \_\_\_\_\_

1. I have been able to laugh and see the funny side of things.
  0. As much as I always could
  1. Not quite so much now
  2. Definitely not so much now
  3. Not at all
  
2. I have looked forward with enjoyment to things.
  0. As much as I ever did
  1. Rather less than I used to
  2. Definitely less than I used to
  3. Hardly at all
  
3. I have blamed myself unnecessarily when things went wrong.
  3. Yes, most of the time
  2. Yes, some of the time
  1. Not very often
  0. No, never
  
4. I have been anxious or worried for no good reason.
  - 0 No, not at all
  1. Hardly ever
  2. Yes, sometimes
  3. Yes, very often
  
5. I have felt scared or panicky for not very good reasons.
  3. Yes, quite a lot
  2. Yes, sometimes
  1. No, not much
  0. No, not at all



6. Things have been too much for me.
  3. Yes, most of the time I haven't been able to cope at all
  2. Yes, sometimes I haven't been coping as well as usual
  1. No, most of the time I have coped quite well
  0. No, I have been coping as well as ever
  
7. I have been so unhappy that I have had difficulty sleeping.
  3. Yes, most of the time
  2. Yes, quite often
  1. Not very often
  0. No, not at all
  
8. I have felt sad or miserable.
  3. Yes, most of the time
  2. Yes, quite often
  1. Not very often
  0. No, not at all
  
9. I have been so unhappy that I have been crying.
  3. Yes, most of the time
  2. Yes, quite often
  1. Only occasionally
  0. No, never
  
10. The thought of harming myself has occurred to me.
  3. Yes, quite often
  2. Sometimes
  1. Hardly ever
  0. Never

**SCORING:** A score of 10 or above suggests that a mother may be suffering from a PMAD like Postpartum Depression. For question #10, anything other than “0-never” requires an immediate call to a health professional. The EPDS is for assessment only and is not diagnostic and further assessment with a health care provider is recommended.

Edinburgh Postnatal Depression Scale (EPDS). Adapted from the *British Journal of Psychiatry*, June, 1987, vol. 150 by J.L. Cox, J.M. Holden, R. Segovsky.

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