

Edinburgh-Postnatal-Depression-Scale EPDS (English)

As you are pregnant or 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. Please mark the answers by ticking the box in front of that response line which is most applicable for you.

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

Add up the points. If you have a total score of 10 or higher*, please contact a specialist for a more precise clarification.

*Although the EPDS was developed, as the name suggests, for the postpartal period, it has also been validated in several languages for the pregnancy period (cf. Murray & Cox, 1990). However, it is debated whether a different cut-off is necessary for pregnancy than for the postpartum. Further research could provide more precise information on the optimal cut-off for pregnancy. Until then, in line with some studies suggesting the use of the EPDS in pregnancy, we will use the value of 13. We therefore invite periodic consultation of our website and further sources to stay up-to-date.

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