

The Edinburgh Postnatal Depression Scale (EDPS)
Written by J.L. Cox, J.M. Holden, and R. Sagovsky
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Please circle the answer that comes closest to how you have felt in the past seven days.

- A. 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 quite so much now
3 - Not at all
- B. 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
- C. 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
- D. I have been anxious or worried for no good reason:
0 - No, not at all
1 - Hardly ever
2 - Yes, sometimes
3 - Yes, often
- E. I have felt scared or panicky for no very good reason:
3 - Yes, quite a lot
2 - Yes, sometimes
1 - No, not much
0 - No, not at all
- F. Things have been getting on top of me (translated from British English to American English, this means, "I've been feeling overwhelmed."):
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

G. I have been so unhappy that I have had difficulty sleeping:

3 - Yes, most of the time

2 - Yes, sometimes

1 - Not very often

0 - No, not at all

H. 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

I. 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, not at all

J. The thought of harming myself has occurred to me:

3 - Yes, quite often

2 - Sometimes

1 - Hardly ever

0 - Never

Total Score: _____

Add your circled scores for each question. If your score is 14 or greater, you may have postpartum depression or anxiety. But no matter what your score is...if you are not feeling like "YOU," speak with your healthcare provider.