

Edinburgh Postnatal Depression Scale (EPDS)

Cox J L, Holden J M, and Sagovsky R

Detection of Postnatal Depression: Development of the 10-item Edinburgh Postnatal Depression Scale

British Journal Of Psychiatry (1987),150, 782-786

Instruction for users

1. The mother is asked to underline the response which comes closest to how she has been feeling in the previous 7 days.
2. All ten items must be completed.
3. Care should be undertaken to avoid the possibility of the mother discussing her answers with others.
4. The mother should complete the scale herself, unless she has limited English or has difficulty with reading.
5. The EPDS may be used at 6-8 weeks to screen postnatal women. The child health clinic, postnatal check-up or a home visit may provide suitable opportunities for its completion.

Scoring the EPDS

Response categories are scored 0, 1, 2 and 3 according to increased severity of the symptom.

Items marked with an asterisk are reverse scored (i.e. 3, 2, 1 and 0). The total score is calculated by adding together the scores for each of the 10 items.

Mothers who score above a threshold 12/13 are likely to be suffering from a depressive illness of varying severity. Nevertheless the EPDS score should not override clinical judgement. A careful clinical assessment should be carried out to confirm the diagnosis. The scale indicates how the mother has felt *during the previous week*, and in doubtful cases it may be usefully repeated after 2 weeks. The scale will not detect mothers with anxiety neuroses, phobias or personality disorders.

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Name:

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:

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

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5.* I have felt scared or panicky for no very good reason

Yes, quite a lot

Yes, sometimes

No, not much

No, not at all

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- 6.* Things have been getting on top of me**
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, I have been coping as well as ever
- 7.* I have been so unhappy that I have had difficulty sleeping**
Yes, most of the time
Yes, sometimes
Not very often
No, not at all
- 8.* I have felt sad or miserable**
Yes, most of the time
Yes, quite often
Not very often
No, not at all
- 9.* I have been so unhappy that I have been crying**
Yes, most of the time
Yes, quite often
Only occasionally
No, never
- 10.* The thought of harming myself had occurred to me**
Yes, quite often
Sometimes
Hardly ever
Never

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