

Edinburgh Postnatal Depression Scale

Name: _____

Date: _____

- This scale has 10 questions and typically takes less than 5 minutes to complete.
- There are 7 questions about postnatal depression. There are 3 questions about anxiety (these are in the light blue boxes).

Please check (✓) the answer which comes closest to how you have felt in the PAST 7 DAYS, not just how you feel today.

In the Past 7 Days:	Score
1. I have been able to laugh and see the funny side of things: ☐ As much as I always could (0) ☐ Not quite so much now (1) ☐ Definitely not so much now (2) ☐ Not at all (3)	
2. I have looked forward with enjoyment to things: ☐ As much as I ever did (0) ☐ Rather less than I used to (1) ☐ Definitely less than I used to (2) ☐ Hardly at all (3)	
3. I have blamed myself unnecessarily when things went wrong: ☐ Yes, most of the time (3) ☐ Yes, some of the time (2) ☐ Not very often (1) ☐ No, never (0)	
4. I have been anxious or worried for no good reason: ☐ No, not at all (0) ☐ Hardly ever (1) ☐ Yes, sometimes (2) ☐ Yes, very often (3)	
5. I have felt scared or panicky for no very good reason: ☐ Yes, quite a lot (3) ☐ Yes, sometimes (2) ☐ No, not much (1) ☐ No, not at all (0)	

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

Depression Score

Total Score for Depression
(All 10 Questions)

Question	Score
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
Total Score: (0-30)	

	Score	Action
Total Score for Females	9 or Higher	Refer
Total Score for Males	10 or Higher	Refer
Score for Question #10:	A score of 1, 2, or 3	Immediate referral. (Suicidality risk)

Anxiety Score

Total Score for Anxiety
(Questions 3-5)

Question	Score
3.	
4.	
5.	
Total Score : (0-9)	

	Score	Action
Total Score for Females & Males	5 or Higher	Refer

Cox, J.L., Holden, J.M., & Sagovsky, R. (1987). DETECTION OF POSTNATAL DEPRESSION: DEVELOPMENT OF THE 10-ITEM EDINBURGH POSTNATAL DEPRESSION SCALE. *BRITISH JOURNAL OF PSYCHIATRY*, 150, 782-786.