

Edinburgh Postnatal Depression Scale (EPDS)

The following questionnaire was developed to detect if a woman may have depression following childbirth. Please save this questionnaire and answer the questions six to eight weeks after your delivery. It usually takes about five minutes to complete. We recommend that you bring the completed questionnaire to your provider when you have your check-up appointment after delivery to discuss the results.

Please check the answer that comes closest to how you have felt in the past seven days, not just how you feel today.

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| <p>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)</p> <p>2. I have looked forward with enjoyment to things.
 <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)</p> <p>3. I have blamed myself unnecessarily when things go 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)</p> <p>4. I have been anxious or worried for no good reason.
 <input type="radio"/> No, not at all (0)
 <input type="radio"/> Hardly ever (1)
 <input type="radio"/> Yes, sometimes (2)
 <input type="radio"/> Yes, very often (3)</p> <p>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)</p> <p>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 all (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)</p> | <p>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)</p> <p>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)</p> <p>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)</p> <p>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)</p> |
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Scoring	
Question Number	Your Score
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
Total:	

Scoring: Please add all your scores together from questions 1-10. A total score higher than 12 indicates you may be experiencing symptoms of depression. Talk to your doctor for further information. Or, if you prefer, you may contact the Tufts Health Plan Outpatient Service at (800) 208-9565 for assistance selecting a behavioral health clinician.