

## Edinburgh Postnatal Depression Scale (EPDS)

Identifier

Date

As you have recently had a baby, we would like to know how you are feeling. Please select the answer which is closest to how you have felt **IN THE PAST 7 DAYS**, not just how you feel today.

There are no right or wrong answers. Do not spend too much time on any one statement. This assessment is not intended to be a diagnosis. If you are concerned about your results in any way, please speak with a qualified health professional.

1 I have been able to laugh and see the funny side of things

2 I have looked forward with enjoyment to things

3 I have blamed myself unnecessarily when things went wrong

4 I have been anxious or worried for no good reason

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

6 Things have been getting on top of me

7 I have been so unhappy that I have had difficulty sleeping

8 I have felt sad or miserable

9 I have been so unhappy that I have been crying

10 The thought of harming myself has occurred to me

EPDS Score (Maximum score is 30, lower scores are better)

The 10-item Edinburgh Postnatal Depression Scale (EPDS) is designed to be completed in 5 minutes or less and can be useful in identifying depression post-partum and determining changes in severity over time.

A validation study<sup>1</sup> has shown that mothers who score above 12 – 13 are likely to be suffering from some form of depression, but for the purposes of referral to a GP a threshold of 9 – 10 is suggested.

Women scoring above this may be suffering from depression and should therefore be further assessed.

Borderline cases may be reassessed 2 weeks later. The EPDS score is intended to be an adjunct, not a replacement for clinical judgement. It should be noted that the EPDS will not help identify mothers with anxiety neuroses, phobias or personality disorders, for whom further assessments may be required.

Privacy - please note - this form does not transmit any information about you or your assessment scores.

If you wish to keep your results, either print this document or save this file locally to your computer.

If you click 'save' before closing, your results will be saved in this document.

These results are intended as a guide to your health and are presented for educational purposes only.

They are not intended to be a clinical diagnosis.

If you are concerned in any way about your health, please consult with a qualified health professional.

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: 782–6.