

Child's Name: _____

Date: _____

Edinburgh Postnatal Depression Scale

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

SCORE _____

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 (0)
- Not quite so much now (1)
- Definitely not so much now (2)
- Not at all (3)

6. Things have been getting on top of me

- Yes, most of the time I don't cope well (3)
- Yes, sometimes I haven't been coping as well (2)
- No, most of the time I have coped quite well (1)
- No, I have been coping as well as ever (0)

2. I have looked forward to 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)

7. I have been so unhappy, I have difficulty sleeping

- Yes, most of the time (3)
- Yes, sometimes (2)
- Not very often (1)
- Not at all (0)

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)

8. I have felt sad or miserable

- Yes, most of the time (3)
- Yes, quite often (2)
- Not very often (1)
- No, not at all (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)

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)

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)

10. The thought of harming myself has occurred to me

- Yes, quite often (3)
- Sometimes (2)
- Hardly ever (1)
- Never (0)