Edinburgh Postnatal Depression Scale (EPDS)

Your Age:	Dat	e:Clinic Name/Num	_Clinic Name/Number:				
the blank by the answer that comes closest to how you have felt. IN THE PAST 7 DAYS—not, just how you feel today. Complete all Oltems and find your score by adding each number that appears in parentheses (#) by your checked answer. This is a screening test; not a medical diagnosis. If something doesn't seem right, call your health care provider regardless of your score. ### Below is an example already completed. ### Past your health care provider regardless of your score. ### Past your health care provider regardless of your score. ### Past your health care provider regardless of your score. ### Past your health care provider regardless of your score. ### Past your health care provider regardless of your score. ### Past your health care provider regardless of your score. ### Past your health care provider head difficulty sleeping:	Your Age:Weeks of Pregnancy/Age of Baby:						
I have felt happy: Yes, most of the time Yes, most of the time No, not very often No, never 10. The thought of harming myself has occurred to me: Yes, quite often Sometimes Yes, ownet of the time Yes, ownet of the time Yes, sometimes No, not very often No, not very often No, not very often No, never 10. The thought of harming myself has occurred to me: Yes, quite often 10. The thought of harming myself has occurred to me: Yes, quite often 10. The thought of harming myself has occurred to me: Yes, ownet of the time Yes, ownet of the time Yes, sometimes (1) Yes, some of the time Yes, sometimes (2) Yes, sometimes (3) No, not very often (4) No, never 10. The thought of harming myself has occurred to me: Yes, quite often (3) No, never 10. The thought of harming myself has occurred to me: Yes, quite often (3) No never 10. The thought of harming myself has occurred to me: Yes, quite often (3) No never 10. The thought of harming myself has occurred to me: Yes, quite often (1) No, never 11. I have been anxious or worried for no good reason: No, not at all Hardly ever Yes, somet of the time Yes, sometimes (1) Yes, somet of the time Yes, worst of the time Yes, worst of the time Yes	the 10	blank by the answer that comes closest to how y items and find your score by adding each number	you have felt IN THE PAST 7 DAYS —not just how you feel today. Complete all r that appears in parentheses (#) by your checked answer. This is a				
I have felt happy: Yes, all of the time No, not very often No, not very often No, not at all This would mean: "I have felt happy most of the time" in the past week. Please complete the other questions in the same way. I. I have been able to laugh and see the funny side of things: As much as I always could Not quite so much now Not at all 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 Larry 194 at all I have blamed myself unnecessarily when things went wrong: Yes, some of the time Yes, quite often Yes, onost of the time Yes, quite often Yes, most of the time Yes, guite often Yes, most of the time Yes, quite often Yes, q	Be	low is an example already completed.	1119				
Yes, most of the time Yes, most of the time No, not very often No, not very often No, not very often No, not at all This would mean: 'I have felt happy most of the time' in the past week. Please complete the other questions in the same way. 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 No, not at all I have looked forward with enjoyment to things: As much as I ever did Rather less than I used to Hardly at all I have blamed myself unnecessarily when things went wrong: Yes, most of the time Yes, some of the time Yes, sometimes Yes, quite often Yes, most of the time Yes, quite often Yes, q		have felt happy	1. 9				
Yes, most of the time No, not very often No, not very often No, not very often No, not at all This would mean: 'I have felt happy most of the time' in the past week. Please complete the other questions in the same way. I. 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 I. I have looked forward with enjoyment to things: As much as I ever did Rather less than I used to Hardly at all I have beam dryself unnecessarily when things went wrong: Yes, somes of the time Yes, some of the time No, not at all I have been anxious or worried for no good reason: No, not at all I have been anxious or worried for no good reason: Yes, sometimes Yes, sometimes Yes, sometimes Yes, sometimes Yes, sometimes Yes, sometimes Yes, quite a lot Yes, sometimes Yes, quite often Yes, quite o		113	Yes sometimes (2)				
No, not very often No, not at all No, not at		es, most of the time	No, not very often $\underline{\hspace{1cm}}$ (1)				
No, not at all This would mean: "I have felt happy most of the time" in the past week. Please complete the other questions in the same way. 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 (1) Definitely not so much now (2) 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 Definitely less than I used to Hardly at all 3. I have blamed myself unnecessarily when things went wrong: Yes, most of the time (3) Yes, some of the time (3) Yes, sometimes (3) I have been so unhappy that I have been crying: Yes, most of the time Yes, quite often (3) No, never 10. The thought of harming myself has occurred to me:* Yes, quite often (3) Yes, quite often (3) No, never 10. The thought of harming myself has occurred to me:* Yes, quite often (3) No, never (4) 10. The thought of harming myself has occurred to me:* Yes, quite often (3) Yes, quite often (3) No prever (4) 10. The thought of harming myself has occurred to me:* Yes, quite often (3) Yes, quite often (3) Yes, quite often (3) Yes, quite often (3) No prever (4) 10. The thought of harming myself has occurred to me:* Yes, quite often (3) Yes, quite often (3) Yes, quite often (3) Yes, quite often (3) Yes, quite often (4) No prever (4) Yes, quite often (5) No prever (6) 10. The thought of harming myself has occurred to me:* Yes, quite often (5) Yes, quite often (6) No prever (9) 10. The thought of harming myself has occurred to me:* Yes, quite often (6) Yes, and prever (9) Yes, quite often (9) Yes, qoulte often (9) Yes, quite often (9) Yes, one often (9) Yes, one often time (9) Yes, sometimes (9) Yes often (9) Yes							
This would mean: "I have felt happy most of the time" in the past week. Please complete the other questions in the same way. 1. I have been able to laugh and see the funny side of things: As much as I always could Rather less than I used to Definitely less than I used to Hardly at all 2. I have blamed myself unnecessarily when things went wrong: Yes, most of the time (2) Not quite so much now (3) (4) 1. I have been so unhappy that I have been crying: Yes, most of the time Yes, quite often (3) (3) (4) (5) (6) (7) (8) (8) (8) (8) (8) (9) (8) (9) (10) (10)	N	lo, not at all	(3)				
the past week. Please complete the other questions in the same way. 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 (1) Definitely not so much now (2) Not at all 2. I have looked forward with enjoyment to things: As much as I ever did Rather less than I used to Hardly at all 3. I have blamed myself unnecessarily when things went wrong: Yes, most of the time (3) Yes, some of the time (3) Yes, some of the time (4) No, not at all Hardly ever (4) I have been anxious or worried for no good reason: No, not at all Hardly ever (5) No, not at all Hardly ever (6) I have felt scared or panicky for no good reason: Yes, quite a lot Yes, sometimes (2) No, not much No, not at all Yes, sometimes (2) No, not much No, not at all Yes, sometimes (3) Yes, sometimes (2) No, not at all Yes, sometimes (2) No, not much No, not at all Yes, sometimes 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 (1) No, not or unlease or part all Yes, sometimes I haven't been coping as well as usual No, most of the time I have coped quite well (1) No, not or unlease or part all Yes, sometimes I haven't been coping as well as usual No, most of the time I have coped quite well (1) No, nost or the time I have coped quite well (1) No, nost or the time I have coped quite well (1) No, nost or the time I have coped quite well (1) No, nost or the time I have coped quite well (1) No, nost of the time I have coped quite well (1) No, nost of the time I have coped quite well (1) No, nost of the time I have coped quite well (1) No, nost of the time I have coped quite well (1) No, nost of the time I have coped quite well (1) No, nost of the time I have coped quite well (1) No, nost of the time I have coped quite well (1) No, not much (1) No, not mu			We would of the Plant				
Not very often No, not at all Not very often No, not at all No, not not at all No, not at all No, not at all No, not at all No, not not at all No, not at a	T	his would mean: "I have felt happy most of the time	TE III				
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 No, never No, never 1. 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 1. I have blamed myself unnecessarily when things went wrong: Yes, most of the time No, never 1. I have blamed myself unnecessarily when things went wrong: Yes, most of the time No, never 1. I have been anxious or worried for no good reason: No, not at all Hardly ever No, not at all No,	tl	ne past week. Please complete the other questions					
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 (1) Definitely less than I used to Hardly at all 3. I have blamed myself unnecessarily when things went wrong: Yes, most of the time (1) No, never 10. The thought of harming myself has occurred to me: Yes, quite often (2) Hardly at all 3. I have blamed myself unnecessarily when things went wrong: Yes, most of the time (3) Yes, some of the time (3) No, never 10. The thought of harming myself has occurred to me: Yes, quite often (3) Hardly ever (4) No, never 10. The thought of harming myself has occurred to me: Yes, quite often (3) Hardly ever (4) No, never 10. The thought of harming myself has occurred to me: Yes, quite often (3) Hardly ever (4) Hardly ever (5) Hardly ever (6) Hardly ever (9) Hardly ever (10) Hardly ever (10) Hardly ever (10) Hardly ever (10) Yes, most of the time (21) Yes, ownetimes (22) Yes, very often (3) I have been anxious or worried for no good reason: No, not at all (4) No, not at all (5) I have felt scared or panicky for no good reason: Yes, quite a lot Yes, ounctimes (22) No, not at all Yes, most of the time 1 haven't been able to cope at all Yes, sometimes 1 haven't been coping as well as usual No, nost of the time I haven't been coping as well as usual No, nost of the time I haven't been coping as well as usual No, nost of the time I haven coped quite well (2) No, nost of the time I haven't been coping as well as usual No, nost of the time I haven coped quite well (2) No, most of the time I haven coped quite well (2) No most of the time I haven coped quite well (2) No most of the time I haven coped quite well (3) No mever 10. The thought of harming myself have corule one: Yes, quite often (2) No, never 10. The thought of harming myself have corule one: Yes, quite often (90) No, never 10. The thought of harming myself have corule one: Yes, quite often (90) No, neve	S	ame way.					
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 Definitely 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 Wong: Yes, some of the time Wong: Yes, word of the time Wong: Yes, some of the time Wong: Yes, word of the time Wong: Yes, quite often Wong the fharming myself has occurred to me:* Yes, quite often Wong the fharming myself has occurred to me:* Yes, quite often Wong the flamming myself has occurred to me:* Yes, quite often Wong the flamming myself has occurred to me:* Yes, quite often Wong the flamming myself has occurred to me:* Yes, quite often Wong the flamming myself has occurred to me:* Yes, quite often Wong the flamming myself has occurred to me:* Yes, quite often Wong the flamming myself has occurred to me:* Yes, quite often Wong the flamming myself has occurred to me:* Yes, quite often Wong the flamming myself has occurred to me:* Yes, quite often Wong the flamming myself has occurred to me:* Yes, quite often Wong the flamming myself has occurred to me:* Yes, quite often Wong the flamming myself has occurred to me:* Yes, quite often Wong the flamming myself has occurred to me:* Yes, quite often Wong the flamming myself has occurred to me:* Yes, quite often Wong the flamming myself has occurred to me:*	_						
As much as I always could Not quite so much now Definitely not so much now (1) 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 No, never 4. I have been anxious or worried for no good reason: No, not at all Hardly ever Yes, very often Yes, sometimes Yes, sometimes Yes, auite often 30 TOTAL YOUR SCORE HERE * If you scored a 1, 2 or 3 on question 10, PLEASE CALL YOUR HEALTH CARE PROVIDER (0B/Gyn, family doctor or nurse-midwife) OR GO TO THE EMERGEAVE ROOM NOW to ensure your own safety and that of your baby. If your total score is 11 or more, you could be experiencing postpartum depression (PPD) or anxiety. PLEASE CALL YOUR HEALTH CARE PROVIDER (0B/Gyn, family doctor or nurse-midwife). I have been anxious or worried for no good reason: Yes, very often Yes, sometimes Yes, ownetimes Yes, quite often 30 TOTAL YOUR SCORE HERE * If you scored a 1, 2 or 3 on question 10, PLEASE CALL YOUR HEALTH CARE PROVIDER (0B/Gyn, family doctor or nurse-midwife) OR GO TO THE EMERGEAVE ROOM NOW to ensure your own safety and that of your baby. If your total score is 11 or more, you could be experiencing postpartum depression (PBO) or anxiety. PLEASE CALL YOUR HEALTH CARE PROVIDER (0B/Gyn, family doctor or nurse-midwife). Bion to the time of	1.		e of 9. I have been so unhappy that I have been crying:				
Not quite so much now			Ves most of the time (3)				
Definitely not so much now Not at all 3 (3) 2. I have looked forward with enjoyment to things: As much as I ever did Rather less than I used to (1) Definitely 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 (1) No, never (1) No, never (1) No, never (1) No, never (1) 4. I have been anxious or worried for no good reason: No, not at all (1) Hardly ever (1) Hardly ever (1) Hardly ever (1) Yes, sometimes (1) Hardly ever (1) Yes, sometimes (2) Yes, very often (3) 5. I have felt scared or panicky for no good reason: Yes, quite a lot (2) No, not much (3) No, not much (3) No, not much (3) No, not at all (4) No, not much (5) No, not much (6) No, not much (7) No, not much (7) No, not much (7) No, not of the time I haven't been able to cope at all (4) Yes, sometimes I haven't been coping as well as usual (5) No, most of the time I have coped quite well (1) No, most of the time I have coped quite well (1) No, nost of the time I have coped quite well (1) No, nost of the time I have coped quite well (1) No, nost of the time I have coped quite well (1) No, never (1) No,			— (0) Ves quite often				
No, never (0) No, never (0) No, never (0) No, never (0) 10. The thought of harming myself has occurred to me:* Yes, quite often Sometimes Yes, outle a lot Yes, sometimes Yes, quite often Yes, quite often Yes, sometimes Yes, quite often Yes, quite o			—— (1) Only considerally				
2. I have looked forward with enjoyment to things: As much as I ever did Rather less than I used to			No never				
As much as I ever did Rather less than I used to							
As much as I ever did Rather less than I used to	2.	I have looked forward with enjoyment to things:					
Rather less than I used to Definitely less than I used to Sometimes (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 (1) Hardly ever (1) Yes, sometimes (2) Yes, sometimes (2) Yes, sometimes (2) Yes, very often (3) 5. I have felt scared or panicky for no good reason: Yes, quite a lot Yes, sometimes (2) No, not much (3) Yes, sometimes (2) No, not at all (1) No, not at all (2) No, not at all (3) Yes, sometimes (2) No, not much (3) Yes, sometimes (2) No, not much (3) Yes, sometimes (2) No, not at all (3) Yes, sometimes (2) No, not at all (3) Yes, sometimes (2) No, not much (3) No, not at all (3) Yes, sometimes (2) No, not at all (3) Yes, sometimes (2) No, not much (3) No, not at all (3) Yes, sometimes (2) No, not much (3) No, not at all (4) No, not much (5) No, not at all (6) No, not much (7) No, not at all (7) No, not at all (7) No not			(0)				
All have blamed myself unnecessarily when things went wrong: Yes, most of the time Yes, some of the time Yes, some of the time No, never 1 have been anxious or worried for no good reason: No, not at all Yes, sometimes Yes, ery often Yes, wery often Yes, sometimes Yes, according to the felt scared or panicky for no good reason: Yes, guite a lot Yes, sometimes Yes, guite a lot Yes, sometimes Yes, goine a lot Yes, according to 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 Yes most of the time I have coped quite well Never TOTAL YOUR SCORE HERE * If you scored a 1, 2 or 3 on question 10, PLEASE CALL YOUR HEALTH CARE PROVIDER (OB/Gyn, family doctor or nurse-midwife) OR GO TO THE EMERGENCY ROOM NOW to ensure your own safety and that of your baby. If your total score is 11 or more, you could be experiencing postpartum depression (PPD) or anxiety. PLEASE CALL YOUR HEALTH CARE PROVIDER (OB/Gyn, family doctor or nurse-midwife) OR GO TO THE EMERGENCY ROOM NOW to ensure your own safety and that of your baby. If your total score is 11 or more, you could be experiencing postpartum depression (PPD) or anxiety Planta depression (PPD			(1) Sometimes (2)				
Asking friends are label to cope at all Yes, most of the time (3) 1 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 good reason: Yes, quite a lot (3) Yes, sometimes (2) No, not much (1) No, not at all (0) 6. Things have been getting to me: Yes, most of the time I haven't been coping as well as usual (2) No, most of the time I have coped quite well (2) No, most of the time I have coped quite well (1) No, most of the time I have coped quite well (1) No, most of the time I have coped quite well (1) TOTAL YOUR SCORE HERE ▶ * If you scored a 1, 2 or 3 on question 10, PLEASE CALL YOUR HEALTH CARE PROVIDER (OB/Gyn, family doctor or nurse-midwife) OR GO TO THE EMERGENCY ROOM NOW to ensure your own safety and that of your baby. If your total score is 11 or more, you could be experiencing postpartum depression (PPD) or anxiety. PLEASE CALL YOUR HEALTH CARE PROVIDER (OB/Gyn, family doctor or nurse-midwife) now to keep you and your baby safe. If your total score is 9-10, we suggest you repeat this test in one week or call your health care provider (OB/Gyn, family doctor or nurse-midwife). If your total score is 1-8, new mothers often have mood swings that make them cry or get angry easily. Your feelings may be normal. However, if they worsen or continue for more than a week or two, call your health care provider (OB/Gyn, family doctor or nurse-midwife). If your total score is 1-8, new mothers often have mood swings that make them cry or get angry easily. Your feelings may be normal. However, if they worsen or continue for more than a week or two, call your health care provider (OB/Gyn, family doctor or nurse-midwife). If your total score is 1-8, new mothers often have mood swings that make them cry or get angry easi		Definitely less than I used to	(2)				
* If you scored a 1, 2 or 3 on question 10, PLEASE CALL YOUR HEALTH CARE PROVIDER (OB/Gyn, family doctor or nurse-midwife) Or GO TO THE EMERGENCY ROOM NOW to ensure your own safety and that of your baby. 1 have been anxious or worried for no good reason: No, not at all Hardly ever Yes, sometimes Yes, very often 5. I have felt scared or panicky for no good reason: Yes, quite a lot Yes, sometimes Yes, sometimes Yes, sometimes Yes, and that of your baby. 1 have felt scared or panicky for no good reason: Yes, quite a lot Yes, sometimes Yes, quite a lot Yes, sometimes Yes, and that of your baby. 1 have felt scared or panicky for no good reason: Yes, quite a lot Yes, sometimes Yes, and that of your baby. 1 have felt scared or panicky for no good reason: Yes, quite a lot Yes, sometimes Yes, and that of your baby. 1 have been anxious or worried for no good reason: Yes, very often 5. I have felt scared or panicky for no good reason: Yes, quite a lot Yes, sometimes Yes, and that of your baby. 1 have been anxious or worried for no good reason: Yes, a worlines Yes, a worlines Yes, a worlines Yes, sometimes 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 2 No, most of the time I have coped quite well 3 No, most of the time I have coped quite well 4 If you scored a 1, 2 or 3 on question 10, PLEASE CALL YOUR HEALTH CARE PROVIDER (OB/Gyn, family doctor or nurse-midwife) now to keep you and your baby. If your total score is 9-10, we suggest you repeat this test in one week or call your health care provider (OB/Gyn, family doctor or nurse-midwife). If your total score is 9-10, we suggest you repeat this test in one week or call your health care provider (OB/Gyn, family doctor or nurse-midwife). If your total score is 9-10, we suggest you repeat this test in one week or call your health care provider (OB/Gyn, family doctor or nurse-midwife). If your total score is 9-10, we suggest you repeat this test in one		Hardly at all	(3) Never (0)				
Wrong: Yes, most of the time Yes, some of the time Not very often No, never 1 have been anxious or worried for no good reason: No, not at all Yes, sometimes Yes, very often Yes, very often Yes, sometimes Yes, very often Yes, sometimes Yes, quite a lot Y	3.	I have blamed myself unnecessarily when things went					
Yes, most of the time Yes, some 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 5. I have felt scared or panicky for no good reason: Yes, sometimes Yes, sometimes Yes, sometimes Yes, sometimes Yes, sometimes Yes, sometimes Yes, ouite a lot Yes, sometimes Yes, ouite a lot Yes, sometimes Yes, ont much No, not at all No, not at all Yes, sometimes 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 Yes, own of the time I have coped quite well Yes, sometimes I haven been getting to me: Yes, most of the time I have coped quite well Yes, sometimes I haven't been coping as well as usual No, most of the time I have coped quite well Yes acroes I The Edinburgh Pesnatal Depression Scale (EPDS) is a screening tool worn safety and that of your baby. If your total score is 11 or more, you could be experiencing postpartum depression (PPD) or anxiety. PLEASE CALL YOUR HEALTH CARE PROVIDER (OB/Gyn, family doctor or nurse-midwife). If your total score is 12 or more, you could be experiencing postpartum depression (PPD) or anxiety. PLEASE CALL YOUR HEALTH CARE PROVIDER (OB/Gyn, family doctor or nurse-midwife). If your total score is 12 or more, you could be experiencing postpartum depression (PPD) or anxiety. PLEASE CALL YOUR HEALTH CARE PROVIDER (OB/Gyn, family doctor or nurse-midwife). If your total score is 12 or more, you could be experiencing postpartum depression (PPD) or anxiety. PLEASE CALL YOUR HEALTH CARE PROVIDER (OB/Gyn, family docto	٠.		* If you scored a 1, 2 or 3 on question 10, PLEASE CALL YOUR				
Yes, some of the time Not very often No, never (1) No, never (2) Not very often No, never (3) (4) I have been anxious or worried for no good reason: No, not at all Hardly ever Yes, sometimes Yes, very often (1) I have felt scared or panicky for no good reason: Yes, quite a lot Yes, sometimes Yes, sometimes No, not at all No, not at all No, not at all Yes, sometimes 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 (2) No, most of the time I have coped quite well (3) No worried for no good reason: (1) (1) (1) (2) (3) (4) (4) (4) (5) (6) (7) (7) (8) (8) (9) (10) (11) (11) (12) (12) (13) (14) (14) (15) (15) (14) (16) (17) (17) (18) (19) (19) (10) (10) (10) (11) (11) (12) (12) (13) (14) (14) (15) (15) (14) (15) (15) (14) (15) (15) (14) (16) (16) (17) (17) (17) (18) (19) (19) (10) (10) (10) (11) (11) (12) (12) (13) (14) (14) (14) (15) (15) (14) (14) (15) (15) (15) (14) (16) (16) (17) (17) (17) (18) (18) (19) (19) (10) (10) (10) (10) (10) (11) (11) (12) (12) (13) (14) (14) (14) (15) (15) (14) (14) (15) (15) (15) (14) (16) (16) (16) (16) (16) (16) (16) (16							
Not very often No, never (1) No, never (2) 4. I have been anxious or worried for no good reason: No, not at all Hardly ever (1) Yes, sometimes (2) Yes, very often (3) 5. I have felt scared or panicky for no good reason: Yes, quite a lot Yes, sometimes (2) No, not at all (2) No, not at all (3) No, not at all (2) No, not at all (3) Yes, sometimes (2) No, not much (3) No, not at all (3) No, not at all (3) Yes, sometimes 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 (2) No, most of the time I have coped quite well (1) No, most of the time I have coped quite well (1) If your total score is 11 or more, you could be experiencing postpartum depression (PPD) or anxiety. PLEASE CALL YOUR HEALTH CARE PROVIDER (0B/Gyn, family doctor or nurse-midwife) now to keep you and your baby safe. If your total score is 11 or more, you could be experiencing postpartum depression (PPD) or anxiety. PLEASE CALL YOUR HEALTH CARE PROVIDER (0B/Gyn, family doctor or nurse-midwife) now to keep you and your baby safe. If your total score is 9.10, we suggest you repeat this test in one week or call your health care provider (OB/Gyn, family doctor or nurse-midwife). If your total score is 9.10, we suggest you repeat this test in one week or call your health care provider (OB/Gyn, family doctor or nurse-midwife). If your total score is 9.10, we suggest you repeat this test in one week or call your health care provider (OB/Gyn, family doctor or nurse-midwife). If your total score is 9.10, we suggest you repeat this test in one week or call your health care provider (OB/Gyn, family doctor or nurse-midwife). If your total score is 9.10, we suggest you repeat this test in one week or call your health care provider (OB/Gyn, family doctor or nurse-midwife). If your total score is 9.10, we suggest you repeat this test in one week or call your health care provider (OB/Gyn, family doctor or nurse-midwife). If your total score is 9.10, we suggest you repeat			midwile) or do to the elivergence room now to elistic your				
No, never 4. I have been anxious or worried for no good reason: No, not at all Hardly ever Yes, sometimes Yes, very often 5. I have felt scared or panicky for no good reason: Yes, quite a lot Yes, sometimes No, not at all No, not at all No, not at all No, most of the time I haven't been coping as well as usual No, most of the time I have coped quite well A. I have been anxious or worried for no good reason: (0) (1) (1) (2) (3) (3) (4) (1) (4) (5) (6) (7) (8) (8) (9) (1) (1) (1) (1) (1) (1) (1) (1) (1) (1		Not very often	(1)				
 4. I have been anxious or worried for no good reason: No, not at all Hardly ever Yes, sometimes Yes, very often 5. I have felt scared or panicky for no good reason: Yes, quite a lot Yes, sometimes No, not much No, not at all No, not at all No, most of the time I haven't been coping as well as usual No, most of the time I have coped quite well Aradly ever (1) (1) (2) (2) (3) (3) (4) (1) (1) (1) (2) (3) (4) (4) (5) (6) (7) (1) (1) (1) (1) (1) (1) (1) (2) (2) (3) (4) (4) (5) (6) (6) (6) (7) (6) (8) (9) (9) (1) (1) (1) (1) (1) (2) (3) (4) (4) (5) (6) (6) (6) (6) (7) (6) (8) (9) (9) (1) (1) (1) (1) (1) (1) (1) (2) (2) (3) (4) (4) (4) (5) (6) (6) (6) (6) (6) (7) (6) (6) (7) (6) (8) (9) (6) (9) (6) (9) (6) (9) (6) (9) (6) (9) (6) (9) (6) (9) (6) (9) (6) (9) (9) (9) (9) (9) (9) (9) (1) (1) (1) (1) (1) (1) (1) (1) (1) (1		No, never	(0) If your total score is 11 or more, you could be experiencing				
No, not at all Hardly ever Yes, sometimes Yes, very often 5. I have felt scared or panicky for no good reason: Yes, quite a lot Yes, sometimes No, not much No, not at all 6. Things have been getting to 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, most of the time I have coped quite well No, most of the time I have coped quite well If your total score is 9-10, we suggest you repeat this test in one week or call your health care provider (OB/Gyn, family doctor or nurse-midwife). If your total score is 1-8, new mothers often have mood swings that make them cry or get angry easily. Your feelings may be normal. However, if they worsen or continue for more than a week or two, call your health care provider (OB/Gyn, family doctor or nurse-midwife). If your total score is 1-8, new mothers often have mood swings that make them cry or get angry easily. Your feelings may be normal. However, if they worsen or continue for more than a week or two, call your health care provider (OB/Gyn, family doctor or nurse-midwife). If your total score is 1-8, new mothers often have mood swings that make them cry or get angry easily. Your feelings may be normal. However, if they worsen or continue for more than a week or two, call your health care provider (OB/Gyn, family doctor or nurse-midwife). If your total score is 1-8, new mothers often have mood swings that make them cry or get angry easily. Your feelings may be normal. However, if they worsen or continue for more than a week or two, call your health care provider (OB/Gyn, family doctor or nurse-midwife). If your total score is 1-8, new mothers often have mood swings that make them cry or get angry easily. Your feelings may be normal. However, if they worsen or continue for nurse-midwife). If your total score is 1-8, new mothers often have mood swings that make them cry or get angry easily.			HEALTH CARE PROVIDER (OB/Gvn. family doctor or nurse-				
Hardly ever Yes, sometimes Yes, very often 5. I have felt scared or panicky for no good reason: Yes, quite a lot Yes, sometimes No, not much No, not at all 6. Things have been getting to 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 If your total score is 9-10, we suggest you repeat this test in one week or call your health care provider (OB/Gyn, family doctor or nurse-midwife). If your total score is 1-8, new mothers often have mood swings that make them cry or get angry easily. Your feelings may be normal. However, if they worsen or continue for more than a week or two, call your health care provider (OB/Gyn, family doctor or nurse-midwife). If your total score is 9-10, we suggest you repeat this test in one week or call your health care provider (OB/Gyn, family doctor or nurse-midwife). If your total score is 9-10, we suggest you repeat this test in one week or call your health care provider (OB/Gyn, family doctor or nurse-midwife). If your total score is 9-10, we suggest you repeat this test in one week or call your health care provider (OB/Gyn, family doctor or nurse-midwife). If your total score is 9-10, we suggest you repeat this test in one week or call your health care provider (OB/Gyn, family doctor or nurse-midwife). If your total score is 9-10, we suggest you repeat this test in one week or call your health care provider (OB/Gyn, family doctor or nurse-midwife). If your total score is 1-8, new mothers often have mood swings that make them cry or get angry easily. Your feelings may be normal. However, if they worsen or continue for nurse-midwife). If your total score is 1-8, new mothers often have mood swings that make them cry or get angry easily. Your feelings may be normal. However, if you health care provider (OB/Gyn, family doctor or nurse-midwife). If your total score is 1-8, new mothers often have mood swings that make them cry or get angry easily. Y	4.	_	midwire) now to keep you and your baby sale.				
Yes, sometimes Yes, very often 1. I have felt scared or panicky for no good reason: Yes, quite a lot Yes, sometimes No, not much No, not at all 1. Things have been getting to 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 2. (2) No, most of the time I have coped quite well 3. (3) (3) (3) (4) (4) (5) (6) 1. If your total score is 1-8, new mothers often have mood swings that make them cry or get angry easily. Your feelings may be normal. However, if they worsen or continue for more than a week or two, call your health care provider (OB/Gyn, family doctor or nurse-midwife). 1. If your total score is 1-8, new mothers often have mood swings that make them cry or get angry easily. Your feelings may be normal. However, if they worsen or continue for more than a week or two, call your health care provider flowers from the provider (OB/Gyn, family doctor or nurse-midwife). 1. If your total score is 1-8, new mothers often have mood swings that make them cry or get angry easily. Your feelings may be normal. However, if they worsen or continue for more than a week or two, call your health care provider flowers from the provider (OB/Gyn, family doctor or nurse-midwife). 1. If your total score is 1-8, new mothers often have mood swings that make them cry or get angry easily. Your feelings may be normal. However, if they worsen or continue for more than a week or two, call your health care provider flowers from the flowers flowe		-,					
Yes, very often (3) I have felt scared or panicky for no good reason: Yes, quite a lot Yes, sometimes No, not much No, not at all (3) Things have been getting to 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 (3) If your total score is 1-8, new mothers often have mood swings that make them cry or get angry easily. Your feelings may be normal. However, if they worsen or continue for more than a week or two, call your health care provider (OB/Gyn, family doctor or nurse-midwife). Being a mother can be a new and stressful experience. Take care of yourself by: Asking friends and family for help. Drinking plenty of fluids. Eating a good diet. Getting exercise, even if it's just walking outside. Regardless of your score, if you have concerns about depression or anxiety, please contact your health care provider. Please note: The Edinburgh Postnatal Depression Scale (EPDS) is a screening tool		•					
 If your total score is 1-8, new mothers often have mood swings that make them cry or get angry easily. Your feelings may be normal. However, if they worsen or continue for more than a week or two, call your health care provider (OB/Gyn, family doctor or nurse-midwife). Being a mother can be a new and stressful experience. Take care of yourself by: No, not at all 6. Things have been getting to 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 if your total score is 1-8, new mothers often have mood swings that make them cry or get angry easily. Your feelings may be normal. However, if they worsen or continue for more than a week or two, call your health care provider (OB/Gyn, family doctor or nurse-midwife). Being a mother can be a new and stressful experience. Take care of yourself by: Asking friends and family for help. Drinking plenty of fluids. Eating a good diet. Getting exercise, even if it's just walking outside. Regardless of your score, if you have concerns about depression or anxiety, please contact your health care provider. Please note: The Edinburgh Postnatal Depression Scale (EPDS) is a screening tool 							
Yes, quite a lot Yes, sometimes No, not much No, not at all 6. Things have been getting to 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 Yes nost of the time I have coped quite well Yes nost of the time I have coped quite well Yes nost of the time I have coped quite well Yes note: The Edinburgh Postnatal Depression Scale (EPDS) is a screening tool		roo, very cream	If your total score is 1-8, new mothers often have mood swings				
Yes, quite a lot Yes, sometimes No, not much No, not at all 6. Things have been getting to 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 Yes, most of the time I have coped quite well Yes, most of the time I have coped quite well Yes, a cometimes I have coped quite well Yes, quite a lot (3) (4) Nor, call your health care provider (OB/Gyn, family doctor or nurse-midwife). Being a mother can be a new and stressful experience. Take care of yourself by: Asking friends and family for help. Drinking plenty of fluids. Eating a good diet. Getting exercise, even if it's just walking outside. Regardless of your score, if you have concerns about depression or anxiety, please contact your health care provider. Please note: The Edinburgh Postnatal Depression Scale (EPDS) is a screening tool	5.	I have felt scared or panicky for no good reason:					
Yes, sometimes No, not much No, not at all 6. Things have been getting to 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 Yes, most of the time I have coped quite well Yes, sometimes I haven't been able to cope at all Yes, sometimes I haven't been coping as well as usual Yes, sometimes I haven't been coping as well as usual Yes, sometimes I haven't been coping as well as usual Yes, sometimes I haven't been coping as well as usual Yes, sometimes I haven't been coping as well as usual Yes, sometimes I haven't been coping as well as usual Yes, sometimes I haven't been coping as well as usual Yes, sometimes I haven't been coping as well as usual Yes, sometimes I haven't been coping as well as usual Yes, sometimes I haven't been able to cope at all yes, sometimes I haven't been able to cope at all yes, sometimes I haven't been able to cope at all yes, sometimes I haven't been able to cope at all yes, sometimes I haven't been able to cope at all yes, sometimes I haven't been able to cope at all yes, sometimes I haven't been able to cope at all yes, sometimes I haven't been able to cope at all yes, sometimes I haven't been able to cope at all yes, sometimes I haven't been able to cope at all yes, sometimes I haven't been able to cope at all yes, sometimes I haven't been able to cope at all yes, sometimes I haven't been able to cope at all yes, sometimes I			normal. However, if they worsen or continue for more than a week				
No, not much No, not at all 6. Things have been getting to 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 (1) (2) (3) (3) (4) (4) (5) (6) (6) (7) (8) (8) (8) (9) (9) (1) (1) (1) (1) (1) (1) (1) (1) (2) (1) (2) (3) (4) (4) (5) (6) (6) (6) (6) (7) (7) (8) (8) (8) (8) (9) (9) (9) (9) (1) (9) (1) (9) (1) (1) (1) (1) (1) (1) (1) (1) (2) (1) (2) (1) (2) (1) (3) (4) (4) (4) (5) (6) (6) (6) (6) (6) (6) (6) (6) (6) (6		Yes, sometimes	of two, call your health care provider (Ob/ dyn, fairling doctor of				
No, not at all (0) Getting sleep—nap when the baby naps. Asking friends and family for help. Asking friends and family for help. Drinking plenty of fluids. Eating a good diet. Getting exercise, even if it's just walking outside. Regardless of your score, if you have concerns about depression or anxiety, please contact your health care provider. Please note: The Edinburgh Postnatal Depression Scale (EPDS) is a screening tool		No, not much	(1)				
6. Things have been getting to 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 On things have been getting to me: Drinking plenty of fluids. Eating a good diet. Getting exercise, even if it's just walking outside. Regardless of your score, if you have concerns about depression or anxiety, please contact your health care provider. Please note: The Edinburgh Postnatal Depression Scale (EPDS) is a screening tool		No, not at all					
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 Yes, sometimes I haven't been coping as well as usual No, most of the time I have coped quite well Yes, sometimes I haven't been coping as well as usual Yes, sometimes I haven't been coping as well as usual Yes, sometimes I haven't been coping as well are coping as well as usual Yes, sometimes I haven't been coping as well are coping as well as usual Yes, sometimes I haven't been coping as well are coping as well as usual Yes, sometimes I haven't been coping as well are coping as well as usual Yes, sometimes I haven't been coping as well are coping as well as usual Yes, sometimes I haven't been coping as well are coping as well as usual Yes, sometimes I haven't been coping as well are coping as well as usual Yes, sometimes I haven't been coping as well are coping as well as usual Yes, sometimes I haven't been coping as well are coping as well as usual Yes, sometimes I haven't been coping as well are coping as well are coping as well as usual Yes, sometimes I haven't been coping as well are coping as well			Asking friends and family for help.				
cope at all Yes, sometimes I haven't been coping as well as usual No, most of the time I have coped quite well Yes, sometimes I haven't been coping as well as usual (2) No, most of the time I have coped quite well (3) Regardless of your score, if you have concerns about depression or anxiety, please contact your health care provider. Please note: The Edinburgh Postnatal Depression Scale (EPDS) is a screening tool	6.						
Yes, sometimes I haven't been coping as well as usual No, most of the time I have coped quite well Regardless of your score, if you have concerns about depression or anxiety, please contact your health care provider. Please note: The Edinburgh Postnatal Depression Scale (EPDS) is a screening tool			Catting aversion over if it's just walking autoids				
as usual No, most of the time I have coped quite well (2) Or anxiety, please contact your health care provider. Please note: The Edinburgh Postnatal Depression Scale (EPDS) is a screening tool		•					
No, most of the time I have coped quite well (1) Please note: The Edinburgh Postnatal Depression Scale (EPDS) is a screening tool		,					
that does not discover materials and according (DDD) an accident							
		No, I have been coping as well as ever					

Edinburgh Postnatal Depression Scale (EPDS) Scoring & Other Information

ABOUT THE EPDS

Studies show that postpartum depression (PPD) affects at least 10 percent of women and that many depressed mothers do not get proper treatment. These mothers might cope with their baby and with household tasks, but their enjoyment of life is seriously affected, and it is possible that there are long term effects on the family.

The Edinburgh Postnatal Depression Scale (EPDS) was developed to assist health professionals in detecting mothers suffering from PPD; a distressing disorder more prolonged than the "blues" (which can occur in the first week after delivery).

The scale consists of 10 short statements. A mother checks off one of four possible answers that is closest to how she has felt during the past week. Most mothers easily complete the scale in less than five minutes.

Responses are scored 0, 1, 2 and 3 based on the seriousness of the symptom. Items 3, 5 to 10 are reverse scored (i.e., 3, 2, 1, and 0). The total score is found by adding together the scores for each of the 10 items.

Mothers scoring above 12 or 13 are likely to be suffering from depression and should seek medical attention. A careful clinical evaluation by a health care professional is needed to confirm a diagnosis and establish a treatment plan. The scale indicates how the mother felt during the previous week, and it may be useful to repeat the scale after two weeks.

INSTRUCTIONS FOR USERS

- 1. The mother checks off the response that comes closest to how she has felt during the previous seven days.
- 2. All 10 items must be completed.
- 3. Care should be taken 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 reading difficulties.
- 5. The scale can be used at six to eight weeks after birth or during pregnancy.

Please note: Users may reproduce this scale without further permission providing they respect the copyright (which remains with the *British Journal of Psychiatry*), quote the names of the authors and include the title and the source of the paper in all reproduced copies. Cox, J.L., Holden, J.M. and Sagovsky, R. (1987). Detection of postnatal depression: Development of the 10-item Edinburgh Postnatal Depression Scale. *British Journal of Psychiatry*, 150, 782-786.

Escala Edinburgh para la Depresión Postnatal (Spanish Version)

Nombre de participante:			Número de identificación de participante:		
F	echa:	_			
Ν	como usted está embarazada o hace poco que tuvo un bel MARQUE ($$) la respuesta que más se acerca a como se ha entido hoy.		_		
E ti	continuación se muestra un ejemplo completado: Me he sentido feliz: Sí, todo el tiempo 0 Sí, la mayor parte del tiempo 1 No, no muy a menudo 2 No, en absoluto 3 isto significa: "Me he sentido feliz la mayor parte del tiempo" durante la última semana. Por favor complete as otras preguntas de la misma manera.	6.	Las cosas me oprimen o agobian: Sí, la mayor parte del tiempo no he podido sobrellevarlas Sí, a veces no he podido sobrellevarlas de la manera No, la mayoría de las veces he podido sobrellevarlas bastante bien No, he podido sobrellevarlas tan bien como lo hecho siempre	3210	
1.	He podido reír y ver el lado bueno de las cosas: Tanto como siempre he podido hacerlo 0 No tanto ahora 1 Sin duda, mucho menos ahora 2 No, en absoluto 3	7.	Me he sentido tan infeliz, que he tenido difici para dormir: Sí, casi siempre Sí, a veces No muy a menudo No, en absoluto	3 2 1	
2.	He mirado al futuro con placer para hacer cosas: Tanto como siempre 0 Algo menos de lo que solía hacerlo 1 Definitivamente menos de lo que solía hacerlo 2 Prácticamente nunca 3	8.	Me he sentido triste y desgraciada: Sí, casi siempre Sí, bastante a menudo No muy a menudo No, en absoluto	3 2 1 0	
3.	Me he culpado sin necesidad cuando las cosas marchaban mal: Sí, casi siempre 3 Sí, algunas veces 2 No muy a menudo 1 No, nunca 0	9.	Me he sentido tan infeliz que he estado llora Sí, casi siempre Sí, bastante a menudo Ocasionalmente No, nunca He pensado en hacerme daño: Sí bastante a menudo	3 2 1 0	
4.	He estado ansiosa y preocupada sin motivo alguno: No, en absoluto Casi nada Sí, a veces Sí, muy a menudo Description in motivo alguno: 2 2 3		Sí, bastante a menudo A veces Casi nunca No, nunca	3 1 0	
5.	He sentido miedo o pánico sin motivo alguno: Sí, bastante 3 Sí, a veces 2 No, no mucho 1 No, en absoluto 0				

Edinburgh Postnatal Depression Scale (EPDS). Texto adaptado del British Journal of Psychiatry, Junio, 1987, vol. 150 por J.L. Cox, J.M. Holden, R. Segovsky.

Edinburgh Postnatal Depression Scale (EPDS) Scoring & Other Information

ABOUT THE EPDS

Response categories are scored 0, 1, 2 and 3 according to increased severity of the symptom. Items 3, 5-10 are reverse scored (i.e., 3, 2, 1, and 0). The total score is calculated by adding together the scores for each of the ten items. Users may reproduce the scale without further permission providing they respect copyright (which remains with the *British Journal of Psychiatry*) quoting the names of the authors, the title and the source of the paper in all reproduced copies.

The Edinburgh Postnatal Depression Scale (EPDS) was developed to assist primary care health professionals in detecting mothers suffering from postpartum depression (PPD); a distressing disorder more prolonged than the "blues" (which occur in the first week after delivery), but less severe than puerperal psychosis.

Previous studies have shown that PPD affects at least 10 percent of women and that many depressed mothers remain untreated. These mothers may cope with their baby and with household tasks, but their enjoyment of life is seriously affected and it is possible that there are long term effects on the family.

The EPDS was developed at health centers in Livingston and Edinburgh. It consists of 10 short statements. The mother underlines which of the four possible responses is closest to how she has been feeling during the past week. Most mothers complete the scale without difficulty in less than five minutes.

The validation study showed that mothers who scored above a threshold 12/13 were 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 felt during the previous week, and in doubtful cases it may be usefully repeated after two weeks. The scale will not detect mothers with anxiety neuroses, phobias or personality disorders.

INSTRUCTIONS FOR USERS

- The mother is asked to underline the response that comes closest to how she has felt during the previous seven days.
- 2. All 10 items must be completed.
- 3. Care should be taken 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 six to eight weeks to screen postnatal women or during pregnancy. The child health clinic, postpartum check-up or a home visit may provide suitable opportunities for its completion.