



Edinburgh Postnatal Depression Scale (EPDS)

Ages: 2-4 weeks, 2 mo, 4 mo, 6 mo

Parent name: _____

Infant's name: _____

Infant's birth date: _____

In the past 7 days:

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

- As much as always
- 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
- Hardly at all

*3. I have blamed myself unnecessarily when things went wrong

- Yes, most 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, quite a lot
- Yes, sometimes
- No, not much
- No, not at all

Please read: This is a recommended screening. This will be billed to your insurance. If it's not a covered benefit on your policy, the max out of pocket is \$21.

*6. Things have been getting on top of 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, I have been coping as well as ever

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

- Yes, most of the time
- Yes, sometimes
- Not very often
- No, not at all

*8. I have felt sad or miserable

- Yes, most of the time
- Yes, quite often
- Not very often
- No, not at all

*9. I have been so unhappy that I have been crying

- Yes, most of the time
- Yes, quite often
- Only occasionally
- No, never

*10. The thought of harming myself has occurred to me

- Yes, quite often
- Sometimes
- Hardly ever
- Never

Staff use for Scoring: * = 3,2,1,0

SCORE: _____