

Edinburgh Postnatal Depression Scale (EPDS)

The EPDS was developed for screening postpartum women in outpatient, home visiting settings, or at the 6-8 week postpartum examination. It has been utilized among numerous populations and has been translated into several languages. The EPDS consists of 10 questions. The test can usually be completed in less than 5 minutes. Responses are scored 0, 1, 2, or 3 according to the severity of the symptoms. Items marked with an asterisk (*) are reverse scored (i.e., 3, 2, 1, and 0). The total scores are determined by adding together the scores for each of the 10 items. Validation studies have utilized various threshold scores in determining which women were positive and in need of referral. Any woman scoring higher than 9 should be asked follow up questions to further assess mood and safety; women scoring above 12 or indicating suicidal thoughts by answering 1 or higher on #10 are considered to have positive screens and need a complete assessment, referral, and possible immediate intervention. Even if a woman scores 9 or less, if the clinician feels she is suffering from depression, an appropriate referral should be made. The EPDS is only a screening tool. It does not diagnose depression- that is done by an appropriately licensed health care professional.

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Translations of the scale, and guidance as to its use, may be found in Cox, J.L. & Holden, J. (2003) *Perinatal Mental Health: A Guide to the Edinburgh Postnatal Depression Scale*. London: Gaskell.

Instructions for Users:

- 1) The mother is asked to underline 1 of 4 possible responses that comes the closest to how she has been feeling the previous 7 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.

Name:
Date:
Address:
Baby's Age:

As you have recently had a baby, we would like to know how you are feeling. Please **UNDERLINE** the answer which best describes how you have felt **in the past 7 days**, not just how you feel today.

Here is an example, already completed.

I have felt happy:

Yes, all the time

Yes, most of the time

No, not very often

No, not at all

This would mean: "I have felt happy most of the time" during the past week. Please complete the other questions the same way.

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
Not quite so much now
Definitely not so much now
Not at all | *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 |
| 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 | *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 |
| *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 | *8. I have felt sad or miserable
Yes, most of the time
Yes, quite often
Not very often
No, not at all |
| 4. I have been anxious or worried for no good reason
No, not at all
Hardly ever
Yes, sometimes
Yes, very often | *9. I have been so unhappy that I have been crying
Yes, most of the time
Yes, quite often
Only occasionally
No, never |
| *5. I have felt scared or panicky for no very good reason
Yes, quite a lot
Yes, sometimes
No, not much
No, not at all | *10. The thought of harming myself has occurred to me
Yes, quite often
Sometimes
Hardly ever
Never |