

## Edinburgh Postnatal Depression Scale (EPDS)

Postpartum depression (PPD) is one of the most common problems women face after having a baby. PPD affects up to 20% of women after having a baby and can even affect up to 10% women while they are pregnant.

The EPDS is a tool that helps identify if you are at risk or are suffering from PPD. This quick, self completed, 10 item questionnaire shows if there is a need for further assessment by a doctor. This tool can be used after you have a baby or while you are pregnant.

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

In the past 7 days:

	6. Things have been getting on top of me:	
	Yes, most of the time I haven't been able to cope at all	3
0	Yes, sometimes I haven't been coping as well as	
1	usual	2
2	No, most of the time I have coped quite well	1
3	No, I have been coping as well as ever	0
	7. I have been so unhappy that I have had difficulty	
0	Yes, most of the time	3
-	,	2
2		1
3	No, not at all	0
	8. I have felt sad or miserable:	
	Yes, most of time	3
3	Yes, quite often	2
2	Not very often	1
1	No, not at all	0
0		
	9. I have been so unhappy that I have been crying:	
	Yes, most of the time	3
0	Yes, quite often	2
1	Only occasionally	1
2	No, never	0
3		
	10. The thought of harming myself has occurred to me:	
	Yes, quite often	3
3	Sometimes	2
2	Hardly ever	1
1	Never	0
0		
	Total Score (add questions 1-10)	
	1 2 3 0 1 2 3 3 2 1 0 0 1 2 3 3 2 1	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 time Yes, quite 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

Reference: Cox, J., Holden, J., & Sagovsky, R. (1987). Detection of postnatal depression: Development of the 10-item Edinburgh Postnatal Depression Scale. British Journal of Psychiatry, 150, 782-786

A total score more than 12, or an answer other than 0 to number 10 indicates the need for further assessment. Please speak with your doctor about how you are feeling.

For more information about postpartum mood disorders, or to speak to a Public Health Nurse contact the Durham Health Connection Line 1-800-841-2729 or visit www.durham.ca