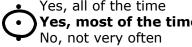
Edinburgh Perinatal/Postna	ital Depression Scale (EPDS)		
Your Name:		_ Your Birthdate:	
Full Address:			
Best telephone number:		Your Doctor:	
Weeks pregnant:	<i>or</i> Baby's age:	or Pregnancy loss:	
	est to how you have felt IN THE PA	o know how you are feeling. Please AST 7 DAYS, not just how you feel	
I have felt happy			
Yes, all of the time Yes, most of the time No, not very often			



No, not at all

The response above would mean, "I have felt happy most of the time" during the past week.

Please complete the questions below.

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
- **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

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

Source: Cox, JL, Holden, JM & Sagovsky, R (EPDS)