

Edinburgh Postpartum Depression Scale



Since you have recently had a baby, we would like to know how you are feeling now.

Please record the answer which comes closest to how you have felt in the past seven days, not just how you feel today.

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

- a) As much as I always could. 0 _____
- b) Not quite as much now. 1 _____
- c) Definitely not so much now. 2 _____
- d) Not at all. 3 _____

2. I have looked forward with enjoyment to things:

- a) As much as I ever did. 0 _____
- b) Rather less than I used to. 1 _____
- c) Definitely less than I used to. 2 _____
- d) Hardly at all. 3 _____

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

- a) Yes, most of the time. 3 _____
- b) Yes, some of the time. 2 _____
- c) Not very often. 1 _____
- d) No, never. 0 _____

4. I have felt worried and anxious for no very good reason:

- a) No, not at all. 0 _____
- b) Hardly ever. 1 _____
- c) Yes, sometimes. 2 _____
- d) Yes, very often. 3 _____

5. I have felt scared and panicky for no very good reason:

- a) Yes, quite a lot. 3 _____
- b) Yes, sometimes. 2 _____
- c) No, not much. 1 _____
- d) No, not at all. 0 _____

6. Things have been getting on top of me:

- a) Yes, most of the time I haven't been able to cope at all. 3 _____
- b) Yes, sometimes I haven't been coping as well as usual. 2 _____
- c) No, most of the time I have coped quite well. 1 _____
- d) No, I have been coping as well as ever. 0 _____

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

- a) Yes, most of the time. 3 _____
- b) Yes, sometimes. 2 _____
- c) Not very often. 1 _____
- d) No, not at all. 0 _____

8. I have felt sad or miserable:

- a) Yes, most of the time. 3 _____
- b) Yes, quite often. 2 _____
- c) Not very often. 1 _____
- d) No, not at all. 0 _____

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

- a) Yes, most of the time. 3 _____
- b) Yes, quite often. 2 _____
- c) Only occasionally. 1 _____
- d) No, never. 0 _____

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

- a) Yes, quite often. (please ask for help) 3 _____
- b) Sometimes. (please ask for help) 2 _____
- c) Hardly ever. (please ask for help) 1 _____
- d) No, never. 0 _____

TOTAL SCORE: _____

A score of 12+ indicates depression. It would appear that you have been feeling down over the past few weeks. The test indicates that you should bring this form to your midwife or doctor and talk about how you are feeling.

You can also call the Renfrew County and District Health Info Line at 613-735-8666 or 1-800-267-1097 Ext. 666.

Telephone support is available through the Mental Health Crisis Line at 1-866-996-0991, 24 hours a day, 7 days a week, or visit the website at www.crisisline.ca.