

# Primary Care Pediatrics

Trusted - Experienced - Loving Care

Re: Edinburgh Postnatal Depression Scale

Congratulations on your new baby!

We are excited to be a part of this important time in your life! Our job is to make sure your baby is getting the best health care possible and to help you adjust to the changes your new baby brings to your life.

We'd like to ask about how you are adjusting during these first few weeks. Please take a moment to answer the brief questionnaire found on the following page. Your answers should reflect your feelings over the past 7 days.

We would like your permission to share your responses with your OB doctor. Please indicate your physician's name below and sign where indicated to give permission to share your responses.

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Obstetrician's Name

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OB's Phone #

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Your Name (Printed)

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Your Signature

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Date

## Edinburgh Postnatal Depression Scale (EPDS)

Patient's name \_\_\_\_\_ Patient's DOB \_\_\_\_\_ Date: \_\_\_\_\_

Mother's name \_\_\_\_\_ Mother's DOB \_\_\_\_\_ OBGYN: \_\_\_\_\_

**As you are pregnant or have recently had a baby, we would like to know how you are feeling. Please check the answer that comes closest to how you have felt IN THE PAST 7 DAYS, not just how you feel today.**

**In the past 7 days:**

**1. I've been able to laugh & see the funny side of things**

<input type="checkbox"/>	As much as I always could	0
<input type="checkbox"/>	Not quite so much now	1
<input type="checkbox"/>	Definitely not so much now	2
<input type="checkbox"/>	Not at all	3

**2. I have looked forward with enjoyment to things**

<input type="checkbox"/>	As much as I ever did	0
<input type="checkbox"/>	Rather less than I used to	1
<input type="checkbox"/>	Definitely less than I used to	2
<input type="checkbox"/>	Hardly at all	3

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

<input type="checkbox"/>	Yes, most of the time	3
<input type="checkbox"/>	Yes, some of the time	2
<input type="checkbox"/>	Not very often	1
<input type="checkbox"/>	No, never	0

**4. I have been anxious or worried for no good reason**

<input type="checkbox"/>	No, not at all	0
<input type="checkbox"/>	Hardly ever	1
<input type="checkbox"/>	Yes, sometimes	2
<input type="checkbox"/>	Yes very often	3

**5. I have felt scared or panicky for no very good reason**

<input type="checkbox"/>	Yes, quite a lot	3
<input type="checkbox"/>	Yes, sometimes	2
<input type="checkbox"/>	No, not much	1
<input type="checkbox"/>	No, not at all	0

**6. Things have been getting on top of me**

<input type="checkbox"/>	Yes, most of the time I haven't been able to cope at all	3
<input type="checkbox"/>	Yes, sometimes I haven't been coping as well as usual	2
<input type="checkbox"/>	No, most of the time I have coped quite well	1
<input type="checkbox"/>	No, I have been coping as well as ever	0

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

<input type="checkbox"/>	Yes, most of the time	3
<input type="checkbox"/>	Yes, sometimes	2
<input type="checkbox"/>	Not very often	1
<input type="checkbox"/>	No, not at all	0

**8. I have felt sad or miserable**

<input type="checkbox"/>	Yes, most of the time	3
<input type="checkbox"/>	Yes, quite often	2
<input type="checkbox"/>	Not very often	1
<input type="checkbox"/>	No, not at all	0

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

<input type="checkbox"/>	Yes, most of the time	3
<input type="checkbox"/>	Yes, quite often	2
<input type="checkbox"/>	Only occasionally	1
<input type="checkbox"/>	No, never	0

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

<input type="checkbox"/>	Yes, quite often	3
<input type="checkbox"/>	Sometimes	2
<input type="checkbox"/>	Hardly ever	1
<input type="checkbox"/>	Never	0

Source: Cox, J.L., Holden, J.M., and Sagovsky, R. 1987. Detection of postnatal depression: Development of the 10-item Edinburgh Postnatal Depression Scale. *British Journal of Psychiatry* 150:782-786  
 Source: K.L. Wisner, B.L. Parry, C.M. Piontek, Postpartum Depression N Engl J Med vol. 347, No 3, July 18, 2002, 194-199  
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<p>Score</p> <hr style="width: 80%; margin: auto;"/>
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