



# Life with a new baby is not always what you expect.

*Please underline the answer that most accurately describes your feelings in the last 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 very 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 me\*.**

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



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## Edinburgh Postnatal Depression Scale

Response categories are scored 0, 1, 2, and 3 according to increased severity of the symptoms. Items marked with an asterisk are reverse scored (i.e. 3, 2, 1, and 0). The total score is calculated by adding together the scores for each of the ten items. A woman scoring 10 or higher should be referred to a physician or mental health specialist for further assessment. A score of 13 or higher could indicate major depression. Any positive score on item 10 warrants further clinical assessment. Some women scoring below the cut-off scores may also have PPD and/or will benefit from support services. These scores may not be applicable to all populations.

### Instructions for users:

1. The mother is asked to underline the response which comes closest to how she has been feeling in the previous 7 days.
2. All ten 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

The EPDS was developed at health centers in Livingston and Edinburgh. It consists of ten short statements. The mother underlines which of the four possible responses is closest to how she has been feeling during the past week. Most mothers complete the scale without difficulty in less than 5 minutes. The validation study showed that a score above the threshold was an indication of possible depression. Nevertheless the EPDS score should not override clinical judgment. A careful clinical assessment should be carried out to confirm the diagnosis. The scale indicates how the mother has felt during the previous week and in doubtful cases it may be useful to repeat it one to two weeks later. The scale will not detect mothers with anxiety neuroses, phobias or personality disorder.



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The Royal College of Psychiatrists 1987. The Edinburgh Postnatal Depression Scale may be photocopied by individual researchers or clinicians for their own use without seeking permission from the publishers. The scale must be copied in full and all copies must acknowledge the following source:

Cox, J.L., Holden, J.M. & Sagovsky, R. (1987). Detection of postnatal depression. Development of the 10-item Edinburgh Depression Scale. *British Journal of Psychiatry*, 150, 782-786. Written permission must be obtained from the Royal College of Psychiatrists for copying and distribution to others or for republication (in print, online or by any other medium).

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.

EPDS is a tool used to assist health care professionals to screen mothers for postpartum depression.