

EPDS (Practice Case #1)

Circle the number for each statement, which best describes how often you felt or behaved this way *in the past 7 days...*

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

Things have been getting on top of me.

- Ⓛ Yes, most of the time I have not been able to cope at all
- Ⓐ Yes, sometimes I have not 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

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

I have felt so unhappy that I have had difficulty sleeping.

- Ⓛ Yes, most of the time
- Ⓐ Yes, sometimes
- Ⓛ Not very often
- Ⓐ No, not at all

I have blamed myself unnecessarily when things went wrong.

- Ⓐ No not at all
- Ⓛ Hardly ever
- Ⓐ Yes, sometimes
- Ⓛ Yes, very often

I have felt sad and miserable.

- Ⓛ Yes, most of the time
- Ⓐ Yes, quite often
- Ⓛ Not very often
- Ⓐ No, not at all

I have been anxious or worried for no good reason.

- Ⓛ Yes, quite a lot
- Ⓐ Yes, sometimes
- Ⓛ No, not much
- Ⓐ No, not at all

I have been so unhappy that I have been crying

- Ⓛ Yes, most of the time
- Ⓐ Yes, quite often
- Ⓛ Only occasionally
- Ⓐ No, never

I felt scared or panicky for no very good reason.

- Ⓛ Yes, quite a lot
- Ⓐ Yes, sometimes
- Ⓛ No, not much
- Ⓐ No, not at all

The thought of harming myself has occurred to me.

- Ⓛ Yes, quite often
- Ⓐ Sometimes
- Ⓛ Hardly
- Ⓐ Never

Column Total = _____	Column Total = _____	Total = _____
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Cox, J.L., Holden, J.M., Sagovsky, R. (1987). Detection of postnatal depression: Development of the 10-item Edinburgh Postnatal Depression Scale. *British Journal of Psychiatry*, 150: 782-786.

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