

EPDS (Practice Case #2)

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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