

EDINBURGH POSTNATAL DEPRESSION SCALE - QUESTIONS

Please select one option for each question that is the closest to how you have felt in the PAST SEVEN 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 good reason
Yes, quite a lot
Yes, sometimes
No, not much
No, not at all
6. Things have been getting to 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
No, 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