

VALLEY OB-GYN CLINIC, P.C.

Edinburgh Postnatal Depression Scale¹

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Saginaw, MI 48602
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¹Cox, 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 150:893-786

Enter score that
most closely reflects
your feelings for
the past week.

Question 1: In the past week I have been able to laugh and see the funny side of things

As much as I always could -- 0 points	Not quite so much now -- 1 point	_____
Definitely not so much now -- 2 points	Not at all -- 3 points	

Question 2: In the past week I have looked forward with enjoyment to things

As much as I ever did -- 0 points	Rather less than I used to -- 1 point	_____
Definitely less than I used to -- 2 points	Hardly at all -- 3 points	

Question 3: In the past week I have blamed myself unnecessarily when things went wrong

Yes, most of the time -- 3 points	Yes, some of the time -- 2 points	_____
Not very often -- 1 point	No, Never -- 0 points	

Question 4: In the past week I have been anxious or worried for no good reason

No, Not at all -- 0 points	Hardly ever -- 1 point	_____
Yes, sometimes -- 2 points	Yes, very often -- 3 points	

Question 5: In the last week I have felt scared or panicky for no very good reason

Yes, quite a lot -- 3 points	Yes, sometimes -- 2 points	_____
No, not much -- 1 point	No, not at all -- 0 points	

Question 6: In the past week things have been getting on top of me

Yes, most of the time I haven't been able to cope at all -- 3 points	_____
Yes, sometimes I haven't been coping as well as usual -- 2 points	
No, most of the time I have coped quite well -- 1 point	
No, I have coping as well as ever -- 0 points	

Question 7: In the past week I have been so unhappy that I have difficulty sleeping

Yes, most of the time -- 3 points	Yes, sometimes -- 2 points	_____
Not very often -- 1 point	No, not at all -- 0 points	

Question 8: In the past week I have felt sad or miserable

Yes, most of the time -- 3 points	Yes, quite often -- 2 points	_____
Not very often -- 1 point	No, not at all -- 0 points	

Question 9: In the past week I have been so unhappy that I have been crying

Yes, most of the time -- 3 points	Yes, quite often -- 2 points	_____
Only occasionally -- 1 point	No, Never -- 0 points	

Question 10: In the past week the thought of harming myself has occurred to me

Yes, quite often -- 3 points	Sometimes -- 2 points	_____
Hardly ever -- 1 point	Never -- 0 points	

Total points: _____

Scores of 10 or less are considered normal. Scores of 13 or more suggest significant depression.