



---

## Edinburgh Postnatal Depression Scale

**#1 I have been able to laugh and see the funny side 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 a 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 copes 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, quite often
- 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



# Comox Valley Midwifery

Comox Valley Midwifery  
343 Third Street  
Courtenay  
BC, V9N 1E3  
250-338-4810

**#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
- Never

## Edinburgh Postnatal Depression Scale

### Scoring:

Response categories are scored 0, 1, 2, 3 according to increased severity of the symptoms. Items marked with an asterisk (\*) are reverse scored ( i.e. 3, 2, 1, 0). The total score is calculated by adding together the scores for each of the ten items.

A score of 12+ indicates the likelihood of depression, but not its severity.

Edinburgh Postnatal Depression Scale Reproduced with permission from [www.kellymom.com](http://www.kellymom.com) (april 12th 2006)