Edinburgh Perinatal/Postnatal Depression Scale (EPDS)

For use between 28–32 weeks in all pregnancies and 6–8 weeks postpartum

Name: ___________________________ Date: _______________ Gestation in Weeks: ______

As you are having a baby, we would like to know how you are feeling. Please mark “X” in the box next to the answer which comes closest to how you have felt in the past 7 days—not just how you feel today.

In the past 7 days:

1. I have been able to laugh and see the funny side of things
   0 ☐ As much as I always could
   1 ☐ Not quite so much now
   2 ☐ Definitely not so much now
   3 ☐ Not at all

2. I have looked forward with enjoyment to things
   0 ☐ As much as I ever did
   1 ☐ Rather less than I used to
   2 ☐ Definitely less than I used to
   3 ☐ Hardly at all

3. I have blamed myself unnecessarily when things went wrong
   3 ☐ Yes, most of the time
   2 ☐ Yes, some of the time
   1 ☐ Not very often
   0 ☐ No, never

4. I have been anxious or worried for no good reason
   0 ☐ No, not at all
   1 ☐ Hardly ever
   2 ☐ Yes, sometimes
   3 ☐ Yes, very often

5. I have felt scared or panicky for no very good reason
   3 ☐ Yes, quite a lot
   2 ☐ Yes, sometimes
   1 ☐ No, not much
   0 ☐ No, not at all

6. Things have been getting on top of me
   3 ☐ Yes, most of the time I haven't been able to cope
   2 ☐ Yes, sometimes I haven't been coping as well as usual
   1 ☐ No, most of the time I have coped quite well
   0 ☐ No, I have been coping as well as ever

7. I have been so unhappy that I have had difficulty sleeping
   3 ☐ Yes, most of the time
   2 ☐ Yes, sometimes
   1 ☐ Not very often
   0 ☐ No, not at all

8. I have felt sad or miserable
   3 ☐ Yes, most of the time
   2 ☐ Yes, quite often
   1 ☐ Not very often
   0 ☐ No, not at all

9. I have been so unhappy that I have been crying
   3 ☐ Yes, most of the time
   2 ☐ Yes, quite often
   1 ☐ Only occasionally
   0 ☐ No, never

10. The thought of harming myself has occurred to me
    3 ☐ Yes, quite often
    2 ☐ Sometimes
    1 ☐ Hardly ever
    0 ☐ Never

Talk about your answers to the above questions with your health care provider.

Translations for care-provider use available on PSBC website: perinatalservicesbc.ca.