



Project Healthy Moms Toolkit

A Maternal Mental Health Initiative by Mental Health America of Georgia

Adapted from materials by Mental Health America of Greater Houston's Yates Children Memorial Fund

Edinburgh Postnatal Depression Scale (EPDS)

Taken from the *British Journal of Psychiatry*

June, 1987, Vol. 150 by J.L. Cox, J.M. Holden, R. Sagovsky

Please underline the response that comes closest to describing how you have been feeling in the past 7 days, not just how you feel today.

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 felt worried and anxious for no very 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 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
- 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

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Por favor subraye la respuesta que describe como se ha sentido durante la semana pasada, no sólo hoy:

1. He estado de buenos ánimos y suelo verle el humor a las cosas:

- Como de costumbre
- No tanto ahora
- Mucho menos ahora
- No, para nada

2. Disfruto de pensar en el futuro:

- Siempre
- Algo menos de lo que solía hacer
- Definitivamente menos
- No, casi nunca

3. Me he culpado innecesariamente cuando las cosas marchan mal:

- Sí, la mayor parte de las veces
- Sí, algunas veces
- No, muy a menudo
- No, nunca

4. He estado ansiosa y preocupada sin motivo:

- No, nunca
- Casi nunca
- Sí, a veces
- Sí, bastante

5. He sentido miedo y pánico sin motivo alguno:

- Sí, bastante
- Sí, a veces
- No, no mucho
- No, para nada

6. Me desespero y siento como que no puedo enfrentar la situación en la que estoy:

- Sí, casi siempre siento como que no tengo control de mi situación
- Sí, a veces siento que no controlo las cosas como de costumbre
- No, casi siempre me desenvuelvo bastante bien
- No, controlo las cosas como de costumbre

7. He estado tan angustiada que no puedo dormir por la noche:

- Sí, casi siempre
- Sí, a veces
- No, muy a menudo
- No, para nada

8. He estado triste y angustiada:

- Sí, casi todo el tiempo
- Sí, muy a menudo
- No, muy a menudo
- No, para nada

9. He estado tan infeliz que lloro:

- Sí, casi todo el tiempo
- Sí, bastante a menudo
- Sólo a veces
- No, nunca

10. He pensado en hacerme daño a mí misma:

- Sí, bastante a menudo
- A veces
- Casi nunca
- No, nunca

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Scoring Sheet

Response categories are scored 0, 1, 2, and 3 according to increased severity of symptoms.

Note that items 3, 5, 6, 7, 8, 9, and 10 are reverse scored (e.g., 3, 2, 1, and 0).

The total score is calculated by adding together the scores for each of the ten items.

A score of 10 or above is considered a positive screen.

1. I have been able to laugh and see the funny side of things:

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

2. I have looked forward with enjoyment to things:

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

3. I have blamed myself unnecessarily when things went wrong:

- Yes, most of the time = 3
- Yes, some of the time = 2
- Not very often = 1
- No, never = 0

4. I have felt worried and anxious for no very good reason:

- No, not at all = 0
- Hardly ever = 1
- Yes, sometimes = 2
- Yes, very often = 3

5. I have felt scared or panicky for no very good reason:

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

6. Things have been getting on top of me:

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

7. I have been so unhappy that I have had difficulty sleeping:

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

8. I have felt sad or miserable:

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

9. I have been so unhappy that I have been crying:

- Yes, most of the time = 3
- Yes, quite often = 2
- Only occasionally = 1
- No, never = 0

10. The thought of harming myself has occurred to me:

- Yes, quite often = 3
- Sometimes = 2
- Hardly ever = 1
- Never = 0