

## Edinburgh Postnatal Depression Scale

As you have recently had a baby, we would like to know how you are feeling. Please UNDERLINE the answer which comes closest to how you have felt IN THE PAST 7 DAYS, not just how you feel today. Here is an example, already completed

I have felt happy:

Yes, all the time

Yes, most of the time

No, not very often

No, not at all

This would mean: "I have felt happy most of the time" during the past week.

Please complete the following questions in the same way.

<p>In the past 7 days:</p> <p>1. I have been able to laugh and see the funny side of things</p> <p>0 = As much as I always could 1 = Not quite so much now 2 = Definitely not so much now 3 = Not at all</p> <p>2. I have looked forward with enjoyment to things</p> <p>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</p> <p>3. I have blamed myself unnecessarily when things went wrong</p> <p>3 = Yes, most of the time 2 = Yes, some of the time 1 = Not very often 0 = No, never</p> <p>4. I have been anxious or worried for no good reason</p> <p>0 = No, not at all 1 = Hardly ever 2 = Yes, sometimes 3 = Yes, very often</p> <p>5. I have felt scared or panicky for no very good reason:</p> <p>3 = Yes, quite a lot 2 = Yes, sometimes 1 = No, not much 0 = No, not at all</p>	<p>In the past 7 days:</p> <p>6. Things have been getting on top of me</p> <p>3 = Yes, most of the time I haven't been able to cope at all 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</p> <p>7. I have been so unhappy that I have had difficulty sleeping</p> <p>3 = Yes, most of the time 2 = Yes, sometimes 1 = Not very often 0 = No, not at all</p> <p>8. I have felt sad or miserable</p> <p>3 = Yes, most for the time 2 = Yes, quite often 1 = Not very often 0 = No, not at all</p> <p>9. I have been so unhappy that I have been crying</p> <p>3 = Yes, most of the time 2 = Yes, quite often 1 = Only occasionally 0 = No, never</p> <p>10. The thought of harming myself has occurred to me</p> <p>3 = Yes, quite often 2 = Sometimes 1 = Hardly ever 0 = Never</p>
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