Edinburgh Postnatal Depression Scale (EPDS*)

Name:		Phone:	
Your Date of Birth:		Baby's Date of Birth:	
As you are pregnant or have recently had a left to how you have felt IN THE PAST 7 DAY		ow how you are feeling. Please check the answer that contoday.	nes close
Here is an example, already completed.			
I have felt happy: ☐ Yes, all the time ☐ Yes, most of the time (This would mean ☐ No, not very often ☐ No, not at all	: "I have felt happy most of the ti	time" during the past week. Complete the other questions in the sam	ne way.)
In the past 7 days:			
1. I have been able to laugh and see the fu ☐ As much as I always could ☐ Not quite so much now ☐ Definitely not so much now ☐ Not at all	nny side of things	*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 as usual	well
2. I have looked forward with enjoyment As much as I ever did Rather less than I used to Definitely less than I used to Hardly at all	to things	No, most of the time I have coped quite we No, I have been coping as well as ever *7. I have been so unhappy that I have had difficulty Yes, most of the time Yes, sometimes	
*3. I have blamed myself unnecessarily w went wrong Yes, most of the time Yes, some of the time Not very often No, never	hen things	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	
4. I have been anxious or worried for no g No, not at all Hardly ever Yes, sometimes Yes, very often	good reason	 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 	
*5. I have felt scared or panicky for no ve Yes, quite a lot Yes, sometimes No, not much No, not at all	ery good reason	 No, never *10. The thought of harming myself has occurred to Yes, quite often Sometimes Hardly ever Never 	o me
For Office Use Only Patient # Administered/Reviewed by:	Screen Administration Self Administered: Assisted:	Week/Date: Total:	



Edinburgh Postnatal Depression Scale (EPDS)

Postpartum depression and related disorders are the most common complication of childbearing**. The 10-question Edinburgh Postnatal Depression Scale (EPDS) is a valuable and efficient way of identifying patients at risk for "perinatal" depression. The EPDS is easy to administer and has proven to be an effective screening tool. Mothers who score above 13 are likely to be suffering from a depressive illness of varying severity. The EPDS score should not override clinical judgment. A careful clinical assessment should be carried out to confirm the diagnosis. The scale indicates how the mother has felt during the previous week. In doubtful cases it may be useful to repeat the tool after 2 weeks.

SCORING

QUESTIONS 1, 2, & 4 (without an *)

Are scored 0, 1, 2 or 3 with top box scored as 0 and the bottom box scored as 3.

QUESTIONS 3, 5-10 (marked with an *)

Are reverse scored, with the top box scored as a 3 and the bottom box scored as 0.

Maximum score: 30

Possible Depression: 10 or greater

Question 10 on the EPDS tool addresses suicidal ideation. If a patient scores higher than zero (0) specifically on question 10, immediate action is needed. An immediate emergency referral to a mental health professional may be the most appropriate next step if a patient has suicidal ideation.

Instructions for using the Edinburgh Postnatal Depression Scale:

- 1. The mother is asked to check the response that comes closest to how she has been feeling in the previous seven days.
- 2. All the items must be completed.
- 3. Care should be taken to avoid the possibility of the mother discussing her answers with others.
- 4. The mother should complete the scale herself, unless she has limited English or has difficulty with reading.



The POEM (Perinatal Outreach and Encouragement for Moms) program of Mental Health America of Franklin County provides a phone support line with specialized information and referrals, support groups and a mom-to-mom mentoring program.

614-315-8989 | www.mhafc.org

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^{*}Source: Cox, 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 150:782-786.

^{**}Source: K. L. Wisner, B. L. Parry, C. M. Piontek, Postpartum Depression N Engl J Med vol. 347, No 3, July 18, 2002, 194-199