



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

Total Score

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

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