Do not write, stamp, punch holes or affix a sticker in this area.

## **Edinburgh Postnatal Depression Scale**

Please answer every question

To reproduce, follow the printing instructions.
Do not fold this form.

= =	_ =	PL	EASE	PRI	NT F	PATII	ENT'	S LA	ST N	AM	E	_	_				_		_		_	
<b>Marking Instructions</b>	A STATE OF THE STA																					
use a #2 nencil		PL	EASE	PRI	NT F	PATII	ENT'	S FIF	RSTN	NAM	ΙE			PAT	IENT	'S D	ATE	OF E	BIRTI	Н		

Please use a #2 pencil.
Fill in the complete oval as shown...

PLEASE PRINT PATIENT'S FIRST NAME PATIENT'S DATE OF BIRTH

Please mark the answer which comes closest to how you have	d like to know how you are feeling. e felt IN THE PAST 7 DAYS, not just how you feel today.						
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						
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						
	yes, most of the time						
I have blamed myself unnecessarily when things went wrong.	yes, some of the time ont very often						
	no, never						
I have been anxious or worried for no good reason.	no, not at all hardly ever						
	yes, sometimes yes, very often						
	yes, quite a lot						
I have felt scared or panicky for no very good reason.	yes, sometimes ono, not much						
	no, not at all						
	yes, most of the time I haven't been able to cope at all						
	ves, sometimes I haven't been coping as well as usual ( )						
Things have been getting on top of me.	yes, sometimes I haven't been coping as well as usual no, most of the time I have coped quite well						
Things have been getting on top of me.	no, most of the time I have coped quite well ono, I have been coping as well as ever						
	no, most of the time I have coped quite well no, I have been coping as well as ever yes, most of the time yes, sometimes						
Things have been getting on top of me.  I have been so unhappy that I have had difficulty sleeping.	no, most of the time I have coped quite well no, I have been coping as well as ever yes, most of the time						
	no, most of the time I have coped quite well no, I have been coping as well as ever  yes, most of the time yes, sometimes not very often no, not at all  yes, most of the time						
	no, most of the time I have coped quite well no, I have been coping as well as ever  yes, most of the time yes, sometimes not very often no, not at all  yes, most of the time yes, quite often						
I have been so unhappy that I have had difficulty sleeping.	no, most of the time I have coped quite well no, I have been coping as well as ever  yes, most of the time yes, sometimes not very often no, not at all  yes, most of the time						
I have been so unhappy that I have had difficulty sleeping.	no, most of the time I have coped quite well no, I have been coping as well as ever  yes, most of the time yes, sometimes not very often no, not at all  yes, most of the time yes, quite often not very often no, not at all  yes, most of the time						
I have been so unhappy that I have had difficulty sleeping.	no, most of the time I have coped quite well no, I have been coping as well as ever  yes, most of the time yes, sometimes not very often no, not at all  yes, most of the time yes, quite often not very often not very often not very often no, not at all						
I have been so unhappy that I have had difficulty sleeping.  I have felt sad or miserable.	no, most of the time I have coped quite well no, I have been coping as well as ever  yes, most of the time yes, sometimes not very often no, not at all  yes, most of the time yes, quite often not very often not very often not very often yes, quite often yes, quite often yes, quite often						
I have been so unhappy that I have had difficulty sleeping.  I have felt sad or miserable.  I have been so unhappy that I have been crying.	no, most of the time I have coped quite well no, I have been coping as well as ever  yes, most of the time yes, sometimes not very often no, not at all  yes, most of the time yes, quite often not very often no, not at all  yes, most of the time yes, quite often no, not at all  yes, most of the time yes, quite often no, not at all  yes, quite often						
I have been so unhappy that I have had difficulty sleeping.  I have felt sad or miserable.	no, most of the time I have coped quite well no, I have been coping as well as ever  yes, most of the time yes, sometimes not very often no, not at all  yes, most of the time yes, quite often not very often no, not at all  yes, most of the time yes, quite often no, not at all  yes, most of the time yes, quite often no, not at all  no, not at all						

EDINBURGH POSTNATAL DEPRESSION SCALE (EPDS)
J.L. Cox, J.M. Holden, R. Sagovsky
From: British Journal of Psychiatry (1987), 150, 782-786.

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