



# Edinburgh Postnatal Depression Scale

*Select the answers that resonates how  
you have felt in the past 7-10 days.*

**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 LOOK 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 ALWAYS BLAME MYSELF WHEN THINGS GO  
WRONG.**

- YES MOST OF THE TIME
- YES SOME OF THE TIME
- NO NOT VERY OFTEN
- NO NOT AT ALL

**4) I AM ANXIOUS OR WORRIED FOR NO REASON.**

- NO NOT AT ALL
- HARDLY EVER
- YES SOMETIMES
- YES ALMOST ALL THE TIME

**5) I FEEL SCARED OR PANICKY FOR NO REASON.**

- YES A LOT OF THE TIME
- YES SOME OF THE TIME
- NO NOT SO MUCH
- NO NOT AT ALL



# Edinburgh Postnatal Depression Scale

*Select the answers that resonates how  
you have felt in the past 7-10 days.*

**6. THINGS HAVE BEEN GETTING ON TOP OF ME.**

- YES MOST OF THE TIME IT'S BEEN DIFFICULT
- YES SOMETIMES IT'S BEEN DIFFICULT
- NO MOST OF THE TIME I HAVE COPEDED WELL
- NO I HAVE BEEN COING FAIRLY WELL

**7) I HAVE BEEN SO UNHAPPY THAT I HAVE DIFICULTY SLEEPING.**

- YES ALMOST ALL OF THE TIME
- YES VERY OFTEN
- NO NOT VERY OFTEN
- NO NOT AT ALL

**8) I FEEL VERY SAD OR MISERABLE.**

- YES ALMOST ALL OF THE TIME
- YES VERY OFTEN
- NO NOT VERY OFTEN
- NO NOT AT ALL

**9) I FEEL SO UNHAPPY I HAVE BEEN CRYING.**

- YES ALMOST ALL OF THE TIME
- YES VERY OFTEN
- NO NOT VERY OFTEN
- NO NOT AT ALL

**10) THE THOUGHT OF HARMING MYSELF HAS OCCURRED TO ME.**

- YES A LOT OF THE TIME
- YES SOMETIMES
- NO NOT OFTEN
- NO NEVER