

# Edinburgh Postnatal Depression Scale<sup>1</sup> (EPDS)

Name: \_\_\_\_\_ Date \_\_\_\_\_

Your Date of Birth: \_\_\_\_\_ Baby's Date of Birth \_\_\_\_\_ Score \_\_\_\_\_

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Now that your baby is 3 months old, we would like to know how you are feeling. Please take a few minutes to answer the questions below. Check the answer that 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      This would mean: "I have felt happy most of the time" during the past week.
- No, not very often      Please complete the other questions in the same way.
- No, not at all

In the past 7 days:

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

<sup>1</sup> 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 .

# Edinburgh Postnatal Depression Scale<sup>1</sup> (EPDS)

## SCORING

Add up the numbers next to each answer that you checked. You must answer all of the questions to get an accurate assessment. If your score is 10 or higher it is recommended that you discuss these results with your primary healthcare provider. If you would like to speak with one of our nurses or to set up a home visit, please call the Juneau Public Health Center at 465-3353.

If you answered yes to question 10 please seek help immediately. Help can be found by calling your primary provider, 911 or the Careline at 452-4357 or 1-800-273-8255.

Postpartum Depression affects up to 20% of women 1 month to 1 year after having a baby. Unrecognized and untreated postpartum depression can have long term effects for you and your baby. This questionnaire is an effective way to see if you are at risk for or might have postpartum depression. It is just a screening tool, not a diagnosis. Postpartum depression is treatable with counseling, support groups and/or medication. Rest, exercise, changes in diet and seeking support from family and friends can also help. It is important to work with your healthcare provider to find what works for you.

## How to Help Yourself

Try to:

- \*Find joy and relaxation in life
- \*Exercise 20-30 mins each day
- \*Sleep 6 hours out of 24
- \*Eat healthy and regularly, drink plenty of fluids
- \*Avoid alcohol, tobacco and drugs
- \*Reach out for support from family, friends, parenting groups

## Local Resources

Beyond Baby Blues Support Group  
meets the second and fourth  
Thursday 5:30-6:30 at the Juneau  
Birth Center

Careline Crisis Line  
800-273-8255

Juneau Public Health  
Center  
465-3353

JAMHI

463-3303

Bartlett Outpatient  
Psych  
796-8498

SEARHC:

Main #: 463-4040  
Behavioral Health  
364-4445

24 Hour Helpline  
294-0074

Kathryn Cranor, MA, LPC  
500-2365

## Online Resources

**postpartum.net**

-online support groups  
-information about  
postpartum depression

**beyondblue.org**

-online version of EPDS  
-information about  
postpartum depression  
-links to other resources

**marchofdimes.com**

-information about  
postpartum depression

**juneaumentalhealth.org**

**juneausuicideprevention.org**