

Edinburgh Postnatal Depression Scale



Name: _____

Age: 32

ID Number: 123456

Date Tested: 5/31/2006 12:25:55 PM

Reviewed by: _____

**Positive Case: This individual's most recent test results indicate Likely Depression.
Please Review Question 10.**



- | | |
|---|---|
| 1. I have been able to laugh and see the funny side of things | Not quite so much now |
| 2. I have looked forward with enjoyment to things | Definitely less than I used to |
| 3. I have blamed myself unnecessarily when things went wrong | Not very often |
| 4. I have been anxious or worried for no good reason | Yes, sometimes |
| 5. I have felt scared or panicky for no very good reason | No, not much |
| 6. Things have been getting on top of me | Yes, sometimes I haven't been coping as well as usual |
| 7. I have been so unhappy that I have had difficulty sleeping | Yes, sometimes |
| 8. I have felt sad or miserable | Yes, quite often |
| 9. I have been so unhappy that I have been crying | Yes, quite often |
| 10. The thought of harming myself has occurred to me | Hardly ever |

Note: Item responses are from the most recent test administration.

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.