

## Are You Experiencing Postpartum Depression?

Using the Edinburgh Postnatal Depression Scale (EPDS) below, please circle the answer that best describes how you have felt over the past seven 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

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

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

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

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

6. Things have been getting on top of me.

3 = Yes, most of the time I have not been able to cope at all

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

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

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

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

10. The thought of harming myself has occurred to me.

3 = Yes, quite often

2 = Sometimes

1 = Hardly ever

0 = Never

If your total score is 12 or higher two weeks in a row, call your health care provider. If your score is more than eight, record your answers weekly to track whether your scores change. Share these scores and dates with your health care providers at your appointments.

**NOTE:** If your answer to question number 10 was NOT "0=Never," you may be experiencing suicidal thoughts. It is important that you contact your health care provider to discuss options for further evaluation.