The Edinburgh Postnatal Depression Scale (EPDS)

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| Name | Click or tap here to enter text. | Date | Click or tap here to enter text. |

The Edinburg Postnatal Depression Scale (EPDS) is a 10 item self-reported questionnaire that assists your GP to screen for emotional distress during pregnancy and postnatally.

It is not a test and does not make a diagnosis. It is a tool which helps discussion with your GP.

Please read each statement and **select a statement and score that best** indicates how much this applied to you over the past week. There are no right or wrong answers. Do not spend too much time on any statement. Once finished, please add your scores and enter them into the box below

1.  I have been able to laugh and see the funny side of things:



2.  I have looked forward with enjoyment to things:



3.  I have blamed myself unnecessarily when things went wrong:



4.  I have been anxious or worried for no good reason:



5.  I have felt scared or panicky for no good reason:



6.  things have been getting on top of me:



7.  I have been so unhappy that I have had difficulty sleeping:



8.  I have felt sad or miserable:



9.  I have been so unhappy that I have been crying:



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



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| **Total Score** | Click or tap here to enter text. |

Scores 0-9 : Scores in this range may indicate the presence of some symptoms of distress that may be short lived and are less likely to interfere with day to day ability to function at home or at work. However if these symptoms have persisted more than a week or two further enquiry is warranted.  
10-12 : Scores within this range indicate presence of symptoms of distress that may be discomforting. The EDS should be repeated in 2 weeks’ time and continue monitoring progress regularly.  
13 +: Scores above 12 require further assessment and appropriate management.