
The Edinburgh Postnatal Depression Scale

Last updated October 2023

Introduction: The Edinburgh Postnatal Depression Scale (EPDS) is the most validated and widely used screening test for postpartum depression. It's typically administered at 6-8 weeks after childbirth but, given its diagnostic value and user-friendliness, we advocate for its use throughout the first postpartum year and even during pregnancy. The EPDS is freely accessible and printable from various online sources, and you'll find an interactive version on MDCalc at: <https://www.mdcalc.com/calc/10466/edinburgh-postnatal-depression-scale-epds>.

Instructions for Administration:

- Self-administered based on patient's emotional state over the previous 7 days
- A score of 13 or higher indicates a high likelihood of postpartum depression, but patients with lower scores may still benefit from interventions like support groups and counseling.

The EPDS Questionnaire

Question 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

Question 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

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

- 0: Yes, most of the time
- 1: Yes, some of the time
- 2: Not very often
- 3: No, never

Question 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

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

- 0: Yes, quite a lot
- 1: Yes, sometimes
- 2: No, not much
- 3: No, not at all

Question 6: Things have been getting on top of me

- 0: No, I have been coping as well as ever
- 1: Yes, most of the time I haven't been coping as well
- 2: No, most of the time I have coped as well
- 3: Yes, I haven't been able to cope at all

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

- 0: Yes, most of the time
- 1: Yes, sometimes
- 2: No, not much
- 3: No, not at all

Question 8: I have felt sad or miserable

- 0: Yes, most of the time
- 1: Yes, quite often
- 2: No, not very often
- 3: No, not at all

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

- 0: Yes, most of the time
- 1: Yes, quite often
- 2: Only occasionally
- 3: No, never

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

- 0: Yes, quite often
- 1: Sometimes
- 2: Hardly ever
- 3: Never

[Learn more about these fact sheets and give feedback.
www.thecarlatreport.com](http://www.thecarlatreport.com)