



## EDINBURGH POSTNATAL DEPRESSION SCALE

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

Select the answer that comes closest to how you have felt in the past 7 days:

1. I have been able to laugh and see the funny side of things.
<input type="radio"/> 0 As much as I always could <input type="radio"/> 1 Not quite so much now <input type="radio"/> 2 Definitely not so much now <input type="radio"/> 3 Not at all
2. I have looked forward with enjoyment to things
<input type="radio"/> 0 As much as I ever did <input type="radio"/> 1 Rather less than I used to <input type="radio"/> 2 Definitely less than I used to <input type="radio"/> 3 Hardly at all
3. I have blamed myself unnecessarily when things went wrong.
<input type="radio"/> 3 Yes, most of the time <input type="radio"/> 2 Yes, some of the time <input type="radio"/> 1 Not very often <input type="radio"/> 0 No, never
4. I have been anxious or worried for no good reason.
<input type="radio"/> 0 No not at all <input type="radio"/> 1 Hardly ever <input type="radio"/> 2 Yes, sometimes <input type="radio"/> 3 Yes, very often
5. I have felt scared or panicky for no good reason.
<input type="radio"/> 3 Yes, quite a lot <input type="radio"/> 2 Yes, sometimes <input type="radio"/> 1 No, not much <input type="radio"/> 0 No, not at all
6. Things have been getting on top of me.
<input type="radio"/> 3 Yes, most of the time I haven't been able to cope at all <input type="radio"/> 2 Yes, sometimes I haven't been coping as well as usual <input type="radio"/> 1 No, most of the time I have coped quite well <input type="radio"/> 0 No, I have been coping as well as ever

7. I have been so unhappy that I have had difficulty sleeping.
<input type="radio"/> 3 Yes, most of the time <input type="radio"/> 2 Yes, Sometimes <input type="radio"/> 1 Not very often <input type="radio"/> 0 No, not at all
8. I have felt sad or miserable.
<input type="radio"/> 3 Yes, most of the time <input type="radio"/> 2 Yes, Sometimes <input type="radio"/> 1 Not very often <input type="radio"/> 0 No, not at all
9. I have been so unhappy that I have been crying.
<input type="radio"/> 3 Yes, most of the time <input type="radio"/> 2 Yes, quite often <input type="radio"/> 1 Only occasionally <input type="radio"/> 0 No, never
10. The thought of harming myself has occurred to me
<input type="radio"/> 3 Yes, quite often <input type="radio"/> 2 Sometimes <input type="radio"/> 1 Hardly ever <input type="radio"/> 0 Never

SCORE \_\_\_\_\_

*0-8 Advise patient score is WNL. keep regularly scheduled PPAR office visit.*

*8-11 Appointment is advised. Ask Pt if they would like an appointment otherwise keep regularly scheduled PPAR office visit.*

*≥ 12 Pt needs to be seen for an office visit in 24-48 hours. Make appt with delivery MD. If no available appointments then schedule with WHNP Patricia Heasty. Patient will also need to keep regularly scheduled PPAR office visit.*