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.
   - ○ 0 As much as I always could
   - ○ 1 Not quite so much now
   - ○ 2 Definitely not so much now
   - ○ 3 Not at all

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

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

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

5. I have felt scared or panicky for no good reason.
   - ○ 3 Yes, quite a lot
   - ○ 2 Yes, sometimes
   - ○ 1 No, not much
   - ○ 0 No, not at all

6. Things have been getting on top of me.
   - ○ 3 Yes, most of the time I haven't 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

8. I have felt sad or miserable.
   - ○ 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

10. The thought of harming myself has occurred to me
    - ○ 3 Yes, quite often
    - ○ 2 Sometimes
    - ○ 1 Hardly ever
    - ○ 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.