EDINBURGH Postpartum Depression Scale

This scale has been found, through research, to accurately detect postpartum depression. Nine out of ten women with a score of 10 or greater could benefit from treatment.

Please underline the answer which best comes closest to how you have felt in the past seven days, not just how you feel today.

IN THE PAST SEVEN DAYS:

A. 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 quite so much now
3 Not at all

B. 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

C. 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

D. I have felt worried and anxious for no very good reason:
0 No, hardly at all
1 Hardly ever
2 Yes, sometimes
3 Yes, very often

E. 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

F. 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 well
0 No, I have been coping as well as ever

G. 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

H. I have felt sad or miserable:
3 Yes, most of the time
2 Yes, quite often
1 Not very often
0 No, never

I. I have been so unhappy that I have been crying:
3 Yes, most of time
2 Yes, quite often
1 Only occasionally
0 No, never

J. The thought of harming myself has occurred to me:
3 Yes, quite often
2 Sometimes
1 Hardly ever
0 Never

The total score is calculated by adding together the scores for each of the ten items (A-J) underlined.

WARMLINE (One-to-one support)
The new Parent information line provides confidential sharing and new parent support. The person who will return your call is a trained parent volunteer who is able to provide one-to-one support, discussion, suggestion and information. Call us at the New Parent Information line:
(905) 897-6262