

Edinburgh Postnatal Depression Scale (EPDS)

NAME (PRINT) _____

DATE _____

Since you are either pregnant or have recently had a baby, we want to know how you feel. Please check off the answer that comes closest to how you have felt in the **past 7 days**—not just how you feel today. Please complete all 10 items.

I have felt happy:

EXAMPLE

- Yes, all of the time
- Yes, most of the time
- No, not very often
- No, not at all

This would mean: "I have felt happy most of the time" during the past week.

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

- As much as I always could
- Not quite so much now
- Definitely not so much now
- Not at all

6 Things have been getting to me.

- Yes, most of the time I haven't been able to cope at all
- Yes, sometimes I haven't been coping as well as usual
- No, most of the time I have coped quite well
- No, I have been coping as well as ever

2 I have looked forward with enjoyment to things.

- As much as I ever did
- Rather less than I used to
- Definitely less than I used to
- Hardly at all

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

- Yes, most of the time
- Yes, sometimes
- No, not very often
- No, not at all

3 I have blamed myself unnecessarily when things went wrong.

- Yes, most of the time
- Yes, some of the time
- Not very often
- No, never

8 I have felt sad or miserable.

- Yes, most of the time
- Yes, quite often
- Not very often
- No, not at all

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

- No, not at all
- Hardly ever
- Yes, sometimes
- Yes, very often

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

- Yes, most of the time
- Yes, quite often
- Only occasionally
- No, never

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

- Yes, quite a lot
- Yes, sometimes
- No, not much
- No, not at all

10 The thought of harming myself has occurred to me.

- Yes, quite often
- Sometimes
- Hardly ever
- Never

FOR PHYSICIANS ONLY

TOTAL SCORE _____

ABOUT POSTPARTUM DEPRESSION



It is estimated that postpartum depression (PPD) affects approximately **1 in 9** new mothers in the US annually.¹



Unaddressed PPD can have harmful, long-term effects on mothers, their babies, and their family members.²⁻⁹

BE PREPARED

Consider screening your patients at multiple time points:

PRIOR TO DELIVERY

Onset of PPD symptoms can occur during pregnancy⁷

POSTDELIVERY

Consider administering the EPDS or another validated screener tool within 10 days after childbirth⁸

DURING POSTNATAL FOLLOW-UP

The American College of Gynecologists (ACOG) recommends continued support as needed with a comprehensive visit no later than 12 weeks after birth⁸

The American Academy of Pediatricians recommends integrating PPD screening and surveillance at the 1-, 2-, 4-, and 6-month well-child visits.^{9,10}

If PPD is not addressed, symptoms may persist for months or up to a year.¹¹⁻¹³

ABOUT THE EPDS AND INSTRUCTIONS FOR USE



The EPDS questionnaire asks women to self-report their experiences in the last week using 10 simple questions. After your patient has answered all 10 questions, total the answers to calculate the EPDS score.

SCORING

FOR PHYSICIANS ONLY																			
SCORE CALCULATOR																			
1	0	2	0	3	3	4	0	5	3	6	3	7	3	8	3	9	3	10	3
	1		1		2		1		2		2		2		2		2		2
	2		2		1		2		1		1		1		1		1		1
	3		3		0		3		0		0		0		0		0		0

INTERPRETING EPDS SCORE

A woman scoring 12/13 or above is most likely suffering from depression in the peripartum period. Data suggest that lowering the threshold to a score of 9/10 may increase the detection of symptoms of PPD. Women screening positive for symptoms of PPD should be further assessed by a healthcare provider to confirm whether or not clinical depression is present. Screening tools are not a substitute for this clinical assessment, and scores just below the cutoff should not be taken to indicate the absence of depression, especially if the healthcare provider has other reasons to consider this diagnosis.¹⁴

Any woman answering the self-harm question affirmatively should be referred to a psychiatrist immediately.¹⁵

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