

# Postpartum Depression: Self-Assessment

Take this self-assessment quiz to find out if you need additional help.

## Edinburgh Postnatal Depression Scale (EPDS)

Please circle the answer that best describes how you have felt **over the past seven 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 very 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 have not 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, quite often

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

If your total score is 12 or higher, contact your health care provider. If less than 12, you may repeat weekly to track your scores.

Scoring:

A score of 10 may require a repeat assessment, as depression symptoms may be present. A score of 12 indicates that depression is likely and further assessment by a trained healthcare provider is recommended. If any number other than “ 0” is circled for item number 10, further assessment is required right away. Please contact your healthcare provider immediately.

The EPDS is an assessment tool and should not override clinical judgment. A comprehensive clinical assessment should confirm the diagnosis.

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