

Edinburgh Postnatal Depression Scale (EPDS)

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.

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 postpartum depression (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.**¹

Any woman answering the self-harm question affirmatively should be referred to a psychiatrist immediately.²

NAME (PRINT)

SCORE CALCULATOR (For Healthcare Professionals Only)

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

DATE COMPLETED

TOTAL SCORE

About PPD

PPD, a perinatal/postpartum mood and anxiety disorder, is a common complication during and after pregnancy.³ Although the definition of PPD varies among medical organizations, it is a condition that causes minor and major depressive episodes that occur during pregnancy or 12 months of delivery.^{4,5} In the US, about **1 in 8 moms** suffer from symptoms of PPD.³ Approximately **50%** of cases may go undiagnosed without proper screening.⁶⁻⁸

[See following page for EPDS Screening Tool →](#)

References: **1.** Cox JL, Holden JM, Sagovsky R. Detection of postnatal depression: development of the 10-item Edinburgh Postnatal Depression Scale. *Br J Psychiatry*. 1987;150:782-786. **2.** Moses-Kolko EL, Roth EK. Antepartum and postpartum depression: healthy mom, healthy baby. *J Am Med Womens Assoc*. 2004;59(3):181-191. **3.** Bauman BL et al. Vital signs: Postpartum depressive symptoms and provider discussions about perinatal depression—United States; 2018. *MMWR Morb Mortal Wkly Rep*. 2020;69(19):575-581. **4.** ACOG Committee Opinion No. 757: Screening for Perinatal Depression. *Obstet Gynecol*. 2018;132(5):e208-e212. **5.** American Psychiatric Association. Diagnostic and Statistical Manual of Mental Disorders. 5th ed. American Psychiatric Association Publishing; 2013. **6.** Cox EQ, Sowa NA, Meltzer-Brody SE, Gaynes BN. The perinatal depression treatment cascade: baby steps toward improving outcomes. *J Clin Psychiatry*. 2016;77(9):1189-1200. **7.** Coates AO Schaefer CA, Alexander JL. Detection of postpartum depression and anxiety in a large health plan. *J Behav Health Serv Res*. 2004;31(2): 117-133. **8.** Goodman JH, Tyler-Viola L. Detection, treatment, and referral of perinatal depression and anxiety by obstetrical providers. *J Womens Health (Larchmt)*. 2010;19(3): 477-490.

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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.

EXAMPLE: I have felt happy

- 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.

← See previous page for EPDS Instructions

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

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

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

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

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

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

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

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

8. I have felt sad or miserable.

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

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

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

10. The thought of harming myself has occurred to me.

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