## **Edinburgh Postnatal Depression Scale**



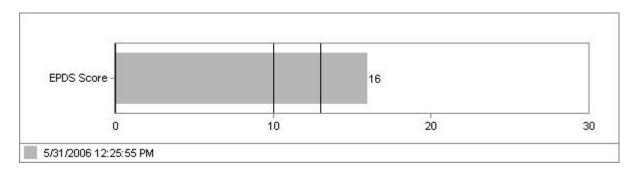
Name:	Age:	32
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**ID Number:** 123456

**Date Tested:** 5/31/2006 12:25:55 PM **Reviewed by:** \_\_\_\_\_

Positive Case: This individual's most recent test results indicate Likely Depression.

Please Review Question 10.



- 1. I have been able to laugh and see the funny side of things
- 2. I have looked forward with enjoyment to things
- 3. I have blamed myself unnecessarily when things went wrong
- 4. I have been anxious or worried for no good reason
- 5. I have felt scared or panicky for no very good reason
- 6. Things have been getting on top of me
- 7. I have been so unhappy that I have had difficulty sleeping
- 8. I have felt sad or miserable
- 9. I have been so unhappy that I have been crying
- 10. The thought of harming myself has occurred to me

Not quite so much now

Definitely less than I used to

Not very often

Yes, sometimes

No, not much

Yes, sometimes I haven't been coping as well as usual

Yes, sometimes

Yes, quite often

Yes, quite often

Hardly ever

Note: Item responses are from the most recent test administration.

Source: Cox, J.L., Holden, J.M., and Sagovsky, R. 1987. Detection of postnatal depression: Development of the 10-item Edinburgh Postnatal Depression Scale. British Journal of Psychiatry 150:782-786.