

Edinburgh Postnatal Depression Scale

In the past 7 days:

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

In the past 7 days:

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

In the past 7 days:

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

In the past 7 days:

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

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

In the past 7 days:

5) I have felt scared or panicky for no very good reason

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

In the past 7 days:

- 6) Things have been getting on top of 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

In the past 7 days:

- 7) I have been so unhappy that I have had difficulty sleeping
- Yes, most of the time
 - Yes, sometimes
 - Not very often
 - No, not at all

In the past 7 days:

- 8) I have felt sad or miserable
- Yes, most of the time
 - Yes, quite often
 - Not very often
 - No, not at all

In the past 7 days:

- 9) I have been so unhappy that I have been crying
- Yes, most of the time
 - Yes, quite often
 - Only occasionally
 - No, never

In the past 7 days:

- 10) The thought of harming myself has occurred to me
- Yes, quite often
 - Sometimes
 - Hardly ever
 - Never