

# EPDS

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Baby's Age: \_\_\_\_\_

As you have recently had a baby, we would like to know how you are feeling. Please mark the answer that comes closest to how you have felt **IN THE PAST 7 DAYS**, not just how you feel today. Here is an example.

I have felt happy:

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

**This would mean: "I have felt happy most of the time" during the past week. Please complete the other questions in the same way.**

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 not very good reason.

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

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 \_\_\_\_\_

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 \_\_\_\_\_

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 \_\_\_\_\_