

# Edinburgh Postnatal Depression Scale

**As you are about to have a baby, we would like to know how you are feeling. Please underline the answer which comes closest to how you have felt in the past seven days, not just how you feel today.**

**1. I have been able to laugh and see the funny side of things:**

- As much as I always could
- Not quite as much now
- Definitely not as 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 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 sometimes
- Not very often
- No, not at all

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

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

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

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

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