# The Edinburgh Post Natal Depression Scale

**Instructions:** To correctly take this postpartum depression test, please select the answer which comes closest to how you have felt **DURING THE PAST 7 DAYS ONLY** – not just how you feel today. Answer the following ten questions by choosing the appropriate response. You can take the completed test to your doctor for evaluation.

<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
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| 1. I have been able to laugh and see the funny side of things. | a. As much as I always could  
  b. Not quite so much now  
  c. Definitely not so much now  
  d. Not at all |
| 2. I have looked forward with enjoyment to things. | a. As much as I ever did  
  b. Rather less than I used to  
  c. Definitely less than I used to  
  d. Hardly at all |
| 3. I have blamed myself unnecessarily when things went wrong. | a. Yes, most of the time  
  b. Yes, some of the time  
  c. Not very often  
  d. No, never |
| 4. I have been anxious or worried for no good reason. | a. No, not at all  
  b. Hardly ever  
  c. Yes, sometimes  
  d. Yes, very often |
| 5. I have felt scared or panicky for no good reason. | a. Yes, quite a lot  
  b. Yes, sometimes  
  c. No, not much  
  d. No, not at all |
| 6. Things have been getting on top of me. | a. Yes, most of the time I haven’t been able to cope at all  
  b. Yes, sometimes I haven’t been coping as well as usual  
  c. No, most of the time I have coped quite well  
  d. No, I have been coping as well as ever |
| 7. I have been so unhappy that I have had difficulty sleeping. | a. Yes, most of the time  
  b. Yes, some of the time  
  c. Not very often  
  d. No, not at all |
| 8. I have felt sad or miserable. | a. Yes, most of the time  
  b. Yes, some of the time  
  c. Not very often  
  d. No, not at all |
| 9. I have been so unhappy that I have been crying. | a. Yes, most of the time  
  b. Yes, quite often  
  c. Only occasionally  
  d. No, never |
| 10. The thought of harming myself has occurred to me. | a. Yes, quite often  
  b. Sometimes  
  c. Hardly ever  
  d. Never |

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