

Self-Assessment-Questionnaire Edinburgh-Postnatal-Depression-Scale *plus*

© 1987 The Royal College of Psychiatrists. Cox, J.L., Holden, J.M., & Sagovsky, R. (1987). Detection of postnatal depression. Development of the 10-item Edinburgh Postnatal Depression Scale. *British Journal of Psychiatry*, 150,782-786. Written permission must be obtained from the Royal College of Psychiatrists for copying and distribution to others or for republication (in print, online or by any other medium).

Please place a check-mark by the answer that comes closest to how you felt in the past seven days, not just how you feel today. Complete all 13 items and find your score by adding each number that appears in parentheses. If your score is above 13 you may have mental health problems.

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

- [0] As much as I always could.
- [1] Not quite so much now.
- [2] Definitely not so much now.
- [3] Not at all.

II. I have looked forward with enjoyment to things.

- [0] As much as I ever did.
- [1] Rather less than I used to.
- [2] Definitely less than I used to.
- [3] Hardly at all.

III. I have blamed myself unnecessarily when things went wrong.

- [3] Yes, most of the time.
- [2] Yes, some of the time.
- [1] Not very often.
- [0] No, never.

IV. I have been anxious and worried for no good reason.

- [0] No, not at all.
- [1] Hardly ever.
- [2] Yes, sometimes.
- [3] Yes, very often.

V. I have felt scared and panicky for no good reason.

- [3] Yes, quite a lot.
- [2] Yes, sometimes.
- [1] No, not much.
- [0] No, not at all.

VI. Things have been getting on top of me.

- [3] Yes, most of the time I haven't been able to cope.
- [2] Yes, sometimes I haven't been coping as well as usual.
- [1] No, most of the time I have coped quite well.
- [0] No, I have been coping as well as ever.

VII. I have been so unhappy that I have difficulty sleeping.

- [3] Yes, most of the time.
- [2] Yes, sometimes.
- [1] Not very often.
- [0] No, not at all.

VIII. I have felt very sad or miserable.

- [3] Yes, most of the time.
- [2] Yes, quite often.
- [1] Not very often.
- [0] No, not at all.

IX. I have been so unhappy that I have been crying.

- [3] Yes, most of the time.
- [2] Yes, quite often.
- [1] Only occasionally.
- [0] No, never.

X. The thought of harming myself has occurred to me.

- [3] Yes, quite often.
- [2] Sometimes.
- [1] Hardly ever.
- [0] Never.

XI. Have you ever experienced violence or sexual assault?

- [3] Yes, quite often.
- [2] Yes, sometimes.
- [1] Rarely.
- [0] Never.

XII. I experienced my childbirth...

- [0] as fulfilling.
- [1] as okay.
- [2] unexpectedly difficult / with complications.
- [3] traumatizing.

XIII. I have experienced my pregnancy (so far) as...

- [3] very stressful.
- [2] stressful.
- [1] largely positive.
- [0] positive.