

ASSESSMENT OF DEPRESSION AROUND YOUR PREGNANCY AND BIRTH

The Edinburgh Post-natal Depression Scale (EPDS) is a set of questions which can tell you whether you have symptoms that are common in women with depression and anxiety during pregnancy and in the year following the birth of a child. **This is not intended to provide a diagnosis** – only trained health professionals should do this.

To complete this set of questions, mothers should circle the number next to the response which comes closest to how they have felt in the PAST SEVEN DAYS.

1. 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

2. 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

3. 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

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

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

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

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

6. Things have been getting on top of me

- 3 Yes, most of the time I haven't been able to cope at all
- 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

7. I have been so unhappy that I have had difficulty sleeping

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

8. I have felt sad or miserable

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

9. 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

10. The thought of harming myself has occurred to me²

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

The **total score** is calculated by adding the numbers you circled for each of the ten items. *If your score is ten points or above you should speak to a health professional about those symptoms.*

Basten and Associates has a range of specialist clinical psychologists who can help you understand the causes and maintaining factors of depression. The good thing to know is that all depression is treatable, no matter when it occurs in your life cycle. And getting help sooner aids the process quicker.

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References

1 Cox J, Holden J, Sagovsky R. *Br J Psychiatry* 1987; 150: 782-6

2 Thoughts of suicide, harming yourself or your baby can accompany depression and anxiety. If you are feeling this way, it is important to consult your doctor, local hospital or your local telephone directory for emergency support.