

EDINBURGH POSTNATAL DEPRESSION SCALE (EPDS)

Please select the answer that comes closest to how you have felt in the past 7 days:

If something doesn't seem right, call your health care provider regardless of your score.

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
- (0)
- (1)
- (2)
- (3)

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
- (0)
- (1)
- (2)
- (3)

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
- (3)
- (2)
- (1)
- (0)

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

- Not, not at all
- Hardly ever
- Yes, sometimes
- Yes, very often
- (0)
- (1)
- (2)
- (3)

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

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

6. Things have been getting to me:

- Yes, most of the time I haven't been able to cope well
- 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
- (3)
- (2)
- (1)
- (0)

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

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

8. I have felt sad or miserable:

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

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

- Yes, most of the time
- Yes, quite often
- Only occasionally
- No, never
- (3)
- (2)
- (1)
- (0)

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

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



FINAL SCORE:

WHAT NEXT?

HANDLING POSITIVE SCREENS

**IF Edinburgh Postnatal Depression Scale
[EPDS] is POSITIVE:**

Assess for Suicidality:

Suicide-specific screening tools:

- National Institute of Mental Health:
Ask Suicide Screening Tool
- Columbia-Suicide Severity Rating Scale (C-SSRS)
- Call/Text 988
- Refer to closest emergency room

Mental Health Support:

- For patients in distress, call VMAP+Moms to connect them with local resources.

CALL: 1 (888) 371-8627

(Press "1" for VMAP for Moms+)

www.VMAPforMoms.org

National Maternal Mental Health Hotline

Call/Text: 1-833-TLC-MAMA