

# 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	(0)
quite so much now		(1)
Definitely not so much now		(2)
Not at all		(3)

## 2. I have looked forward with enjoyment to things:

As much as I ever did	(0)
Rather less than I used to	(1)
Definitely less than I used to	(2)
Hardly at all	(3)

## 3. I have blamed myself unnecessarily when things went wrong:

Yes, most of the time	(3)
Yes, some of the time	(2)
Not very often	(1)
No, never	(0)

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

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

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

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

## 6. Things have been getting to me:

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

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

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

## 8. I have felt sad or miserable:

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

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

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

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

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

 **Virginia Chapter**

Incorporated in Virginia

**American Academy of Pediatrics**

**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](http://www.VMAPforMoms.org)

**National Maternal Mental Health Hotline  
Call/Text: 1-833-TLC-MAMA**