

## SELF-TEST

This short test is the Edinburgh Postnatal Depression Scale (EPDS), which has been validated in many studies as a highly effective screening tool for Postpartum Depression (PPD). This test should not be taken in the first few weeks after childbirth, when you may still be dealing with a case of the "baby blues". If your symptoms have persisted beyond this initial period, however, it is very important to screen for PPD.

In taking this test, complete all 10 items by underlining the response that most closely reflects how you have been feeling over the past 7 days. Do not discuss your answers with anyone else while taking the test:

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 not very good reasons.
- 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, quite often
  - C. Not very often
  - D. No, not at all
8. I have felt sad or miserable.
- A. Yes, most of the time
  - B. Yes, quite often
  - 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

**How to calculate your score:**

~ Score each item as follows, then add them together for your total score:

1. A=0; B=1; C=2; D=3 \_\_\_\_\_

2. A=0; B=1; C=2; D=3 \_\_\_\_\_

3. A=3; B=2; C=1; D=0 \_\_\_\_\_

4. A=0; B=1; C=2; D=3 \_\_\_\_\_

5. A=3; B=2; C=1; D=0 \_\_\_\_\_

6. A=3; B=2; C=1; D=0 \_\_\_\_\_

7. A=3; B=2; C=1; D=0 \_\_\_\_\_

8. A=3; B=2; C=1; D=0 \_\_\_\_\_

9. A=3; B=2; C=1; D=0 \_\_\_\_\_

10. A=3; B=2; C=1; D=0 \_\_\_\_\_ **Total Score** \_\_\_\_\_

~ If your score is 10 or greater, there is a high probability that you are experiencing Postpartum Depression.