

# POSTPARTUM DEPRESSION: Do You Think You Have It?

Take the Edinburgh Postnatal Depression Scale below. This 10-question survey can help determine your risk for this common condition. For each question, select the answer that comes closest to **how you have felt in the past 7 days**, not just today. Write your points in the space on the right. Then total your points at the bottom.

- 1 I have been able to laugh and see the fun side of things.** \_\_\_\_\_ points
  - a. As much as I always could (0 points)
  - b. Not quite so much now (1 point)
  - c. Definitely not so much now (2 points)
  - d. Not at all (3 points)
  
- 2 I have looked forward with enjoyment to things.** \_\_\_\_\_ points
  - a. As much as I ever did (0 points)
  - b. Rather less than I used to (1 point)
  - c. Definitely less than I used to (2 points)
  - d. Hardly at all (3 points)
  
- 3 I have blamed myself unnecessarily when things went wrong.** \_\_\_\_\_ points
  - a. Yes, most of the time (3 points)
  - b. Yes, some of the time (2 points)
  - c. Not very often (1 point)
  - d. No, never (0 points)
  
- 4 I have been anxious or worried for no good reason.** \_\_\_\_\_ points
  - a. No, not at all (0 points)
  - b. Hardly ever (1 point)
  - c. Yes, sometimes (2 points)
  - d. Yes, very often (3 points)
  
- 5 I have been scared or panicky for no good reason.** \_\_\_\_\_ points
  - a. Yes, quite a lot (3 points)
  - b. Yes, sometimes (2 points)
  - c. No, not much (1 point)
  - d. No, not at all (0 points)

**Total points from the front:**

Continued on the back...

Continued from the front...

- 6 Things have been piling on top of me.** \_\_\_\_\_ points
- a. Yes, most of the time I haven't been able to cope at all (3 points)
  - b. Yes, sometimes I haven't been coping as well as usual (2 points)
  - c. No, most of the time I have coped quite well (1 point)
  - d. No, I have been coping as well as ever (0 points)
- 7 I have been very unhappy that I have had difficulty sleeping.** \_\_\_\_\_ points
- a. Yes, most of the time (3 points)
  - b. Yes, sometimes (2 points)
  - c. Not very often (1 point)
  - d. No, not at all (0 points)
- 8 I have felt sad or miserable.** \_\_\_\_\_ points
- a. Yes, most of the time (3 points)
  - b. Yes, quite often (2 points)
  - c. Not very often (1 point)
  - d. No, not at all (0 points)
- 9 I have been so unhappy that I've been crying.** \_\_\_\_\_ points
- a. Yes, most of the time (3 points)
  - b. Yes, quite often (2 points)
  - c. Only occasionally (1 point)
  - d. No, never (0 points)
- 10 The thought of harming myself has occurred to me.** \_\_\_\_\_ points
- a. Yes, quite often (3 points)
  - b. Sometimes (2 points)
  - c. Hardly ever (1 point)
  - d. Never (0 points)

**Total points from the back:**

**Total points from front + back = final score:**

A total score of 10 or more points means you may be depressed and should seek help.

You should also seek help if you have thought of harming yourself.

**Please contact your Doctor right away.** For questions, call IEHP Member Services at **1-800-440-4347** or **1-800-718-4347** for TTY users, Monday – Friday, 8am – 5pm.

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