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.**
   - 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.**
   - 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.**
   - 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.**
   - 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.**
   - 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...
**Things have been piling on top of me.**  
- 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)

**I have been very unhappy that I have had difficulty sleeping.**  
- 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)

**I have felt sad or miserable.**  
- 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)

**I have been so unhappy that I’ve been crying.**  
- a. Yes, most of the time (3 points)  
- b. Yes, quite often (2 points)  
- c. Only occasionally (1 point)  
- d. No, never (0 points)

**The thought of harming myself has occurred to me.**  
- a. Yes, quite often (3 points)  
- b. Sometimes (2 points)  
- c. Hardly ever (1 point)  
- d. Never (0 points)

<table>
<thead>
<tr>
<th>Total points from the back:</th>
</tr>
</thead>
</table>

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.

IEHP complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 1-800-440-4347 (TTY: 1-800-718-4347). IEHP cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-440-4347 (TTY: 1-800-718-4347). IEHP遵守適用的聯邦民權法律規定,不因種族、膚色、民族血統、年齡、殘障或性別而歧視任何人。注意：如果您使用繁體中文,您可以免費獲得語言援助服務。請致電1-800-440-4347 (TTY: 1-800-718-4347)。