

The Edinburgh Depression Scale (EDS).

(L. Murray and J. L. Cox 1990)

Also known as The Edinburgh Postnatal Depression Scale (EPDS)

(J L Cox, J M. Holden, R Sagovsky – 1987)

This 10 item self report measure is designed to screen women for symptoms of emotional distress during pregnancy and the postnatal period.

A score above 10 requires a repeat of the EDS within 2 weeks.

Two scores above 12 require further assessment to establish if a clinical disorder is present.

EDINBURGH DEPRESSION SCALE*
Also known as the Edinburgh Postnatal Depression Scale (EPDS)*

TOTAL
SCORE

INSTRUCTIONS:

ADD THE NUMBER NEXT TO EACH CIRCLE THAT HAS BEEN FILLED IN. THIS IS THE TOTAL SCORE. SEE ALSO RANGE OF SCORES ON THE EDS.

1. I have been able to laugh and see the funny side of things:

- 0 As much as I always could
- 1 Not quite as much now
- 2 Definitely not so much now
- 3 Not at all

2. I have looked forward with enjoyment to things:

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

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

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

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

- 0 No, not at all
- 1 Hardly ever
- 2 Yes, sometimes
- 3 Yes, very often

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

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

6. Things have been getting on top of me:

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

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

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

8. I have felt sad or miserable:

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

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

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

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

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

* Murray & Cox 1990

* Cox, Holden & Sagovsky 1987

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Range of EDS Scores

This information is offered as a guide only.

Remember that the EDS scores apply to the *last seven days*. Use the guide below in relation to the most recent EDS.

Scores

- 0-9** When scores are in this range this may indicate the presence of some symptoms of distress that may be short-lived and are not likely to interfere with day to day ability to function at home or at work. However if these symptoms have persisted more than a week or two further enquiry is warranted as to the cause
- 10-12** Scores within this range indicate presence of symptoms of distress that may be discomforting. We suggest that you repeat the EDS in 1- 2 weeks time for women scoring in this range and if the scores increase to above 12 assess further and consider referral to a mental health specialist or general practitioner for review.
- 13 +** Scores above 12 require further evaluation and possible referral to a perinatal mental health specialist. Repeat the EDS at intervals to monitor progress.

*** To obtain immediate help or a referral, or if you have scored yes or sometimes on item 10, please call ValueOptions toll free at **1-866-254-5286**. You can also call this number if you prefer to have this screening administered over the phone.