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)*

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

**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.