7	\ (S CENTE		•	ı	
1				525	5.7527 • www.postpartumstress.com	
11	Name		Today's Date			
J	☐ Pregnancy	Pregnancy loss	☐ Post	tpar	tumdays / wks / months	
	Please circle the	answer which comes clo	sest to h	ow y	you have felt in the past 7 days	
	ave been able to laugh and s	ee the funny side of	6.		ings have been too much for me.	
0	As much as I always could			3	Yes, most of the time I haven't been able to cope at all	
1	Not quite so much now			2	Yes, sometimes I haven't been coping as well	
2	Not so much now			4	usual	
3	Not at all			1 0	No, most of the time I have coped well No, I have been coping as well as ever	
I hav	ve looked forward with enjoyr	nent to things.		U	No, I have been coping as well as ever	
			7.	I ha	ve been so unhappy that I have had difficulty	
0	As much as I ever did			sle	eping.	
1	Somewhat less than I used t	0				
2	A lot less than I used to			3	Yes, most of the time	
3	Hardly at all			2	Yes, sometimes	
				1	Not very often	
	ave blamed myself unnecessa	rily when things		0	No, not at all	
we	ent wrong.		0	. ما ۱	ava falk and av vainavalala	
0	No, not at all		8.	I na	ave felt sad or miserable	
1	Hardly ever			3	Yes, most of the time	
2	Yes, sometimes			2	Yes, quite often	
3	Yes, very often			1	Not very often	
				0	No, not at all	
I ha	ave been anxious or worried f	or no good reason.			,	
			9.	I h	ave been so unhappy that I have been crying.	
3	Yes, often					
2	Yes, sometimes			3	Yes, most of the time	
1	No, not much			2	Yes, quite often	
0	No, not at all			1	Only occasionally	
I ha	6.10			0	No, never	
	nave felt scared or panicky for no ood reason.		10.	The	e thought of harming myself has occurred to mo	
3	Yes, often			3	Yes, quite often	
2	Yes, sometimes			2	Sometimes	
1	No, not much			1	Hardly ever	
0	No, not at all			0	Never	
					TOTAL SCORE	

Edinburgh Postnatal Depression Scale (EPDS) (J.L. Cox, J.M. Holden, R. Sagovsky, Department of Psychiatry, University of Edinburgh)