

Edinburgh Postnatal Depression Scale (EPDS)

Postpartum depression is the most common complication of childbearing. This 10-question self-rating scale has been proven to be an efficient and effective way of identifying patients at risk for perinatal depression. While this test was specifically designed for women who are pregnant or have just had a baby, it has also been shown to be an effective measure for general depression in the larger population.

Please select the answer that comes closest to how you have felt **in the past seven days**.

1. I have been able to laugh at the funny side of things. <input type="checkbox"/> As much as I always could <input type="checkbox"/> Not quite so much now <input type="checkbox"/> Definitely not so much now <input type="checkbox"/> Not at all
2. I have looked forward with enjoyment to things. <input type="checkbox"/> As much as I ever did <input type="checkbox"/> Rather less than I used to <input type="checkbox"/> Definitely less than I used to <input type="checkbox"/> Hardly at all
3. I have blamed myself unnecessarily when things went wrong. <input type="checkbox"/> Yes, most of the time <input type="checkbox"/> Yes, some of the time <input type="checkbox"/> Not very often <input type="checkbox"/> No, never
4. I have been anxious or worried for no reason. <input type="checkbox"/> Not at all <input type="checkbox"/> Hardly ever <input type="checkbox"/> Yes, sometimes <input type="checkbox"/> Yes, very often
5. I have felt scared or panicky for no particular reason. <input type="checkbox"/> Yes, quite a lot <input type="checkbox"/> Yes, sometimes <input type="checkbox"/> No, not much <input type="checkbox"/> No, not at all
6. Things have been getting on top of me. <input type="checkbox"/> Yes, most of the time I haven't been able to cope <input type="checkbox"/> Yes, sometimes I haven't been coping as well as usual <input type="checkbox"/> No, most of the time I have coped quite well <input type="checkbox"/> No, I have been coping as well as ever

<https://provider.amerigroup.com/TN>

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7. I have been so unhappy that I have difficulty sleeping. <input type="checkbox"/> Yes, most of the time <input type="checkbox"/> Yes, sometimes <input type="checkbox"/> Not very often <input type="checkbox"/> No, not at all
8. I have felt sad or miserable. <input type="checkbox"/> Yes, most of the time <input type="checkbox"/> Yes, sometimes <input type="checkbox"/> Not very often <input type="checkbox"/> No, not at all
9. I have been so unhappy that I have been crying. <input type="checkbox"/> Yes, most of the time <input type="checkbox"/> Yes, quite often <input type="checkbox"/> Only occasionally <input type="checkbox"/> No, never
10. The thought of harming myself has occurred to me. <input type="checkbox"/> Yes, quite often <input type="checkbox"/> Sometimes <input type="checkbox"/> Hardly ever <input type="checkbox"/> Never

This tool is also available electronically by visiting [Psychology-tools.com](https://www.psychology-tools.com). This site will also allow you to automatically calculate the score based on the member's answers.

Sources:

- JL Cox, JM Holden, R Sagovsky. *Detection of Postnatal Depression: Development of the 10-item Edinburgh Postnatal Depression Scale*. 150: Br J Psychiatry 782-786. 1987.
- KL Wisner, BL Parry, CM Piontek. *Postpartum Depression*. 347(3): N Engl J Med 194-199. 2002.