



# THE POSTPARTUM STRESS CENTER

The Postpartum Stress Center, LLC • 610.525.7527 • [www.postpartumstress.com](http://www.postpartumstress.com)

Name \_\_\_\_\_

Today's Date \_\_\_\_\_

Pregnancy     Pregnancy loss     Postpartum \_\_\_\_\_ days / wks / months

Please circle the answer which comes closest to how you have felt in the past 7 days

1. I have been able to laugh and see the funny side of things.
  - 0 As much as I always could
  - 1 Not quite so much now
  - 2 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 Somewhat less than I used to
  - 2 A lot less than I used to
  - 3 Hardly at all
3. I have blamed myself unnecessarily when things went wrong.
  - 0 No, not at all
  - 1 Hardly ever
  - 2 Yes, sometimes
  - 3 Yes, very often
4. I have been anxious or worried for no good reason.
  - 3 Yes, often
  - 2 Yes, sometimes
  - 1 No, not much
  - 0 No, not at all
5. I have felt scared or panicky for no good reason.
  - 3 Yes, often
  - 2 Yes, sometimes
  - 1 No, not much
  - 0 No, not at all
6. Things have been too much for 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 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

TOTAL SCORE \_\_\_\_\_

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