



UNION HOSPITAL

Edinburgh Post Partum Depression Scale

Edinburgh Post Partum Depression Scale is a reliable & effective tool to assess the new mothers' emotional adjustment after delivery.

To facilitate our timely support and assistance, a questionnaire will be sent via SMS to you and your next-of-kin 10 days after your delivery. Please complete the questionnaire and send it back to us as soon as you could.

Client's Label

Whenever you feel mood swings after your discharge, you may also fill in this questionnaire and contact us.

If your total score is ≥ 19 , or you have selected "★" as an answer, please contact your attending doctor immediately or call 2608 3270 (Maternity Ward).

In the Past 5-7 days (including today) : (please circle your answers) Date of completion : _____

<p><u>A I have been able to laugh and see the funny side of things</u></p> <p>0 As much as I always have</p> <p>1 Not quite so much now</p> <p>2 Definitely not so much now</p> <p>3 Not at all</p> <p><u>B I have looked forward with enjoyment to things</u></p> <p>0 As much as I ever did</p> <p>1 Somewhat less than I used to</p> <p>2 Definitely less than I used to</p> <p>3 Hardly at all</p> <p><u>C I have blamed myself unnecessarily when things went wrong</u></p> <p>3 Yes, most of the time</p> <p>2 Yes, some of the time</p> <p>1 Not very often</p> <p>0 No, never</p> <p><u>D I felt anxious or worried for no very good reason</u></p> <p>0 No, not at all</p> <p>1 Hardly ever</p> <p>2 Yes, sometimes</p> <p>3 Yes, very often</p> <p><u>E I felt scared or panicky for no very good reason</u></p> <p>3 Yes, quite a lot</p> <p>2 Yes, sometimes</p> <p>1 No, not much</p> <p>0 No, not at all</p>	<p><u>F When things were getting on top of me</u></p> <p>3 Most of the time I was not able to cope at all</p> <p>2 Sometimes I was not coping as well as before</p> <p>1 I have been coping as well as ever</p> <p>0 Most of the time I have coped quite well</p> <p><u>G I have been so unhappy that I have had difficulty sleeping</u></p> <p>3 Yes, most of the time</p> <p>2 Yes, sometimes</p> <p>1 Not very often</p> <p>0 No, not at all</p> <p><u>H I have felt sad or miserable</u></p> <p>3 Yes, most of the time</p> <p>2 Yes, quite often</p> <p>1 Not very often</p> <p>0 No, not at all</p> <p><u>I I have been so unhappy that I have been crying</u></p> <p>3 Yes, most of the time</p> <p>2 Yes, quite often</p> <p>1 Only occasionally</p> <p>0 No, never</p> <p><u>J I have thought of harming myself</u></p> <p>★3 Yes, quite often (if selected, please contact your doctor immediately)</p> <p>2 Sometimes</p> <p>1 Hardly ever</p> <p>0 Never</p>
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Information provided by Cox,J.L. Holden,J.M. & Sagovsky,R. (1987). Detection of postnatal depression. Br. J. Psychiatry 150:782-786. Lee, D., etal (1997) Detecting postnatal depression in Chinese. Br.J.Psychiatry 172:433-437

Total Score: