

## Appendix D: Edinburgh Postnatal Depression Scale (EPDS) English

Reproduction of the EPDS in its entirety is restricted to print version only. The following is an excerpt of the EPDS for sample purposes.

### How are you feeling?

As you have recently had a baby, we would like to know how you are feeling now. Please underline the answer which comes closest to how you have felt in the past 7 days, not just how you feel today. Here is an example, already completed.

I have felt happy:

Yes, most of the time

Yes, some of the time

No, not very often

No, not at all

This would mean: "I have felt happy some of the time during the past week". Please complete the other questions in the same way.

### In the past 7 days

1. I have been able to laugh and see the funny side of things:

As much as I always could

Not quite so much now

Definitely not so much now

Not at all

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Translations of the scale, and guidance as to its use, may be found in Cox, J. L. & Holden, J. (2003) *Perinatal Mental Health: A Guide to the Edinburgh Postnatal Depression Scale*. London: Gaskell.

The hard copy of the guideline Interventions for Postpartum Depression is available through the Registered Nurses' Association of Ontario. For more information and an order form, please visit the RNAO website at [www.rnao.org/bestpractices](http://www.rnao.org/bestpractices).