







	6. Things have been getting to me: (Select one)
*Name:	☐ Yes, most of the time I haven't been able
	to cope at all
	Yes, sometimes I haven't been coping as
	well as usual
*Date:/	No, most of the time I have coped quite
	well
Please check the answer that comes closest to how you	☐ No, I have been coping as well as ever
have felt in the past 7 days (not just today):	
	7. I have been so unhappy that I had difficulty sleeping:
1. I have been able to laugh and see the funny side of	(Select one)
things: (Select one)	☐ Yes, most of the time
☐ As much as I always could	☐ Yes, sometimes
☐ Not quite so much now	☐ No, not very often
☐ Definitely not so much now	☐ No, not at all
☐ Not at all	
	8. I have felt sad or miserable: (Select one)
2. I have looked forward with enjoyment to things:	☐ Yes, most of the time
(Select one)	☐ Yes, quite often
☐ As much as I ever did	□ Not very often
☐ Rather less than I used to	☐ No, not at all
☐ Definitely less than I used to	O I have been so unhanny that I have been swing (Salast
☐ Hardly at all	9. I have been so unhappy that I have been crying: (Select one)
3. I have blamed myself unnecessarily when things went	☐ Yes, most of the time
wrong: (Select one)	☐ Yes, quite often
☐ Yes, most of the time	Only occasionally
☐ Yes, some of the time	☐ No, never
□ Not very often	
☐ No, never	10. The thought of harming myself has occurred to me:
4. I have been anxious an accoming for no good recorns	(Select one)
4. I have been anxious or worried for no good reason:	☐ Yes, quite often☐ Sometimes
(Select one) No, not at all	☐ Hardly ever
☐ Hardly ever	☐ Never
☐ Yes, sometimes	□ Nevel
☐ Yes, very often	
i res, very often	
5. I have felt scared or panicky for no good reason: (Select one)	
☐ Yes, quite a lot	
☐ Yes, sometimes	
☐ No, not much	
☐ No, not at all	

Source: Cox, J.L., Holden, J.M., and Sagovsky, R. 1987. Detection of postnatal depression: Development of the 10-item Edinburgh Postnatal Depression Scale. *British Journal of Psychiatry* 150:782-786.