

NAME: _____

DATE: _____

Edinburgh Depression Scale

While many women find the transitions to motherhood manageable, others find it a difficult and trying time. Please answer the questions below about how you have been feeling. This survey will help you to identify signs and symptoms of postpartum depression.

DIRECTIONS: READ THE QUESTIONS AND CHOSE THE STATEMENT FROM THE DROPDOWN THAT MOST CLOSELY DESCRIBES HOW YOU HAVE FELT IN THE LAST 7 DAYS.

TO RETURN: Please save your completed form and email it as an attachment to bostonobgyn@gmail.com.

1. I have been able to laugh and see the funny side of things
2. I have looked forward to things with enjoyment
3. I have blamed myself unnecessarily when things went wrong
4. I have been anxious or worried for no good reason
5. I have felt scared or panicky for no good reason
6. Things have been getting on top of me
7. I have been so unhappy that I have difficulty sleeping, even when I have the chance
8. I have felt sad or miserable
9. I have been so unhappy that I have been crying
10. The thought of harming myself or my baby has occurred to me

SCORE: