

Edinburgh Postnatal Depression Scale (EPDS)

The EPDS is a screening tool used to identify women with symptoms of postpartum depression. It is important to note that this tool helps identify symptoms but does not diagnose clinical depression.

Number of questions	10 questions
Estimated duration	5 minutes
Language	English
Original name	Edinburgh Postnatal Depression Scale
Target audience	Postpartum women
Authors	John Cox, Jennifer Holden, Ruth Sagovsky (1987)
Category	Depression

Preview of the 10 questions

I have been able to laugh and look on the bright side of things.

As much as usual | Somewhat less than usual | Much less than usual | Hardly at all

I have felt confident and happy when thinking about the future.

As much as usual | Somewhat less than usual | Much less than usual | Hardly at all

I have blamed myself, for no reason, for being responsible when things went wrong.

No, not at all | Almost never | Yes, sometimes | Yes, very often

I have felt worried or uneasy without cause.

No, not at all | Almost never | Yes, sometimes | Yes, very often

I have felt frightened or panicked without any good reason.

No, not at all | Almost never | Yes, sometimes | Yes, very often

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Each item is scored on a scale from 0 to 3, with a total score ranging from 0 to 30. A score of 10 or more indicates an increased risk of postpartum depression and requires a more in-depth clinical evaluation.

Are you a psychologist?

With Mentaal, get meaningful insights to support your patients.

- Standardized tests
- Automatic scoring
- Results sent by email

Try it for free | See all questionnaires

★★★★★

“Reliable, relevant assessments to better understand my patients' psychological state”

 Benjamin G. - Occupational Psychologist