

EPDS Scoring Tool

Name: _____

Date: _____

Record the score for each question onto the white copy of the EPDS client tool and record the total score in the bottom right box.

Total Score Interpretation:

- ≤ 9 Depression not likely
- 10 – 12 Possible depression - Repeat EPDS in 2 to 4 weeks (if feasible)
- ≥ 13 Probable depression – Complete HCP letter and recommend follow-up with HCP

Anxiety Score Interpretation (Questions 3, 4, 5):

- ≥ 6 May indicate symptoms of anxiety – Recommend follow-up with HCP

Thoughts of Self-Harm Response - Question 10:

- | |
|--|
| 3 Yes, quite often
2 Sometimes
1 Hardly ever |
|--|



Refer to Guidelines for Assessing Suicide Risk

1. I have been able to laugh and see the funny side of things: 0 As much as I always could 1 Not quite so much now 2 Definitely not so much now 3 Not at all	6. Things have been getting on top of me: 3 Yes, most of the time I haven't been able to cope at all 2 Yes, sometimes I haven't been coping as well as usual 1 No, most of the time I have coped quite well 0 No, I have been coping as well as ever
2. I have looked forward with enjoyment to things: 0 As much as I ever did 1 Rather less than I used to 2 Definitely less than I used to 3 Hardly at all	7. I have been so unhappy that I have had difficulty sleeping: 3 Yes, most of the time 2 Yes, sometimes 1 Not very often 0 No, not at all
3. I have blamed myself unnecessarily when things went wrong: 3 Yes, most of the time 2 Yes, some of the time 1 Not very often 0 No, never	8. I have felt sad or miserable: 3 Yes, most of the time 2 Yes, quite often 1 Not very often 0 No, not at all
4. I have been anxious or worried for no good reason: 0 No, not at all 1 Hardly ever 2 Yes, sometimes 3 Yes, very often	9. I have been so unhappy that I have been crying: 3 Yes, most of the time 2 Yes, quite often 1 Only occasionally 0 No, never
5. I have felt scared or panicky for no good reason: 3 Yes, quite a lot 2 Yes, sometimes 1 No, not much 0 No, not at all	10. The thought of harming myself has occurred to me: 3 Yes, quite often 2 Sometimes 1 Hardly ever 0 Never

Total Score

© 1987 The Royal College of Psychiatrists. Cox, J.L., Holden, J.M., & Sagovsky, R. (1987).
 Detection of postnatal depression. Development of the 10-item Edinburgh Postnatal Depression Scale.
 British Journal of Psychiatry, 150, 782-786. Reproduced with permission.

PUBLIC HEALTH

1-800-361-5653

TTY 1-866-512-6228