

Edinburgh Depression Scale
(or Edinburgh Postnatal Depression Scale)

Name _____

Date Completed _____

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:

0 Yes, all the time.

1 Yes most of the time.

2 No, not very often.

3 No, not at all.

In the past 7 days:

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.

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.

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.

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.

5. I have felt scared or panicky for no very good reason.

- 3 Yes, quite a lot.
- 2 Yes, sometimes.
- 1 No, not much.
- 0 No, 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.

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.

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.

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.

10. The thought of harming myself occurred to me.

- 3 Yes, quite often.
- 2 Sometimes.
- 1 Hardly ever.
- 0 Never.