As you are pregnant or have recently had a baby we would like to know how you are feeling. Using the Edinburgh Depression Scale below, please circle the answer that best describes how you have felt **over the past seven 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

1 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 *.*

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

1. Things have been getting on top of me.  
   3 = Yes, most of the time I have not 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 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 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 so unhappy that I have been crying.  
   3 = Yes, most of the time  
   2 = Yes, quite often  
   1 = Only occasionally  
   0 = No, never
5. The thought of harming myself has occurred to me.  
   3 = Yes, quite often  
   2 = Sometimes  
   1 = Hardly ever  
   0 = Never

2 Source: K. L. Wisner, B. L. Parry, C. M. Piontek, Postpartum Depression N Engl J Med vol. 347, No 3, July 18, 2002,194-199