Box 2

Edinburgh Postnatal Depression Scale (EPDS)[31]

1 I have been able to laugh and see the funny side of things
2 I have looked forward with enjoyment to things
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 very good reason
6 Things have been getting on top of me
7 I have been so unhappy that I have had difficulty sleeping
8 I have felt sad or miserable
9 I have been so unhappy that I have been crying
10 The thought of harming myself has occurred to me

www.nhs.uk/Conditions/Postnataldepression/Pages/Diagnosis.aspx