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