

## EPDS-scale

Please circle the option that is closest to **your mood in the past week**, not just your current mood.

### For the last 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. 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. Less than I used to
  3. Hardly at all
  
3. **I have blamed myself unnecessarily when things went wrong.**
  0. Yes, most of the time
  1. Yes, some of the time
  2. Not very often
  3. 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 not very good reason.**
  0. Yes, quite a lot
  1. Yes, sometimes
  2. No, not much
  3. No, not at all

- 6. Things have been getting on top of me.**
0. Yes, most of the time I haven't been able to cope at all
  1. Yes, sometimes I haven't been coping as well as usual
  2. No, most of the time I have coped quite well
  3. No, I have been coping as well as ever
- 7. I have been so unhappy that I have had difficulty sleeping.**
0. Yes, most of the time
  1. Yes, sometimes
  2. Not very often
  3. No, not at all
- 8. I have felt sad or miserable.**
0. Yes, most of the time
  1. Yes, quite often
  2. Not very often
  3. No, not at all
- 9. I have been so unhappy that I have been crying.**
0. Yes, most of the time
  1. Yes, quite often
  2. Only occasionally
  3. No, never
- 10. The thought of harming myself has occurred to me.**
0. Yes, quite often
  1. Sometimes
  2. Hardly ever
  3. Never