

**The EPDS is a 10-item questionnaire. Women are asked to answer each question in terms of the past seven days.**

1. I have been able to laugh and see the funny side of things	As much as I always could (score of 0) Not quite so much now (score of 1) Definitely not so much now (score of 2) Not at all (score of 3)
2. I have looked forward with enjoyment to things	As much as I ever did (score of 0) Rather less than I used to (score of 1) Definitely less than I used to (score of 2) Hardly at all (score of 3)
3. I have blamed myself unnecessarily when things went wrong	Yes, most of the time (score of 3) Yes, some of the time (score of 2) Not very often (score of 1) No, never (score of 0)
4. I have been anxious or worried for no good reason	No, not at all (score of 0) Hardly ever (score of 1) Yes, sometimes (score of 2) Yes, very often (score of 3)
5. I have felt scared or panicky for no very good reason	Yes, quite a lot (score of 3) Yes, sometimes (score of 2) No, not much (score of 1) No, not at all (score of 0)
6. Things have been getting on top of me	Yes, most of the time I haven't been able to cope at all (score of 3) Yes, sometimes I haven't been coping as well as usual (score of 2) No, most of the time I have coped quite well (score of 1) No, I have been coping as well as ever (score of 0)
7. I have been so unhappy that I have had difficulty sleeping	Yes, most of the time (score of 3) Yes, sometimes (score of 2) Not very often (score of 1) No, not at all (score of 0)
8. I have felt sad or miserable	Yes, most of the time (score of 3) Yes, quite often (score of 2) Not very often (score of 1) No, not at all (score of 0)
9. I have been so unhappy that I have been crying	Yes, most of the time (score of 3) Yes, quite often (score of 2) Only occasionally (score of 1) No, never (score of 0)
10. The thought of harming myself has occurred to me	Yes, quite often (score of 3) Sometimes (score of 2) Hardly ever (score of 1) Never (score of 0)

Source: Edinburgh Postnatal\* Depression Scale (EPDS Cox et al 1987).

(\*Developed as the Edinburgh Postnatal Depression Scale but can be used in both pregnancy and postnatal period to assess for possible depression and anxiety. Questions 3, 4 and 5 relate to possible symptoms of anxiety disorders)