

CRF – EPDS		
No.	Question	Response
001	Enter today's date:	_ _ / _ _ / _ _ _ _ D D / M M / Y Y Y Y
<p>Read the following aloud to participants as well as each question that is part of the EPDS.</p> <p>“We would like to know how you are feeling. Please select the answer that comes closest to how you have felt IN THE PAST 7 DAYS, not just how you feel today.”</p>		
002	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
003	I have looked forward with enjoyment to things.	0 = As much as I always could 1 = Not quite so much now 2 = Definitely not so much now 3 = Not at all
004	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
005	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

006	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
007	Things have been getting on top of me.	3 = Yes, most of the time I haven't 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
008	I have been so unhappy that I have had difficulty sleeping.	3 = Yes, most of the time 2 = Yes, some of the time 1 = Not very often 0 = No, never
009	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
010	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
011	The thought of harming myself has occurred to me.	3 = Yes, quite often 2 = Sometimes 1 = Hardly ever 0 = Never

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		
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		
012	EPDS Score:	Total the score (sum across all questions)
012note	Refer participant to healthcare provider if EPDS score ≥ 10 , or if [011 = 1, 2, 3]	
013	Following completion of this questionnaire, was the mother subsequently referred for further evaluation and/or management?	0 = No 1 = Yes
014	CRF Notes	