

**Dear Pilates Teacher:**

**Give ONLY PAGES 2 & 3 your client** during the verbal consultation phase upon your first meeting, OR if a current client is now pregnant or postpartum.

**INSTRUCTIONS:**

1. **The mother checks off the response** that comes closest to how she has felt during the previous seven days.
2. **All 10 items must be completed.**
3. Care should be taken to avoid the possibility of the mother discussing her answers with others.
4. **The mother should complete the scale herself**, unless she has limited English or reading difficulties.

**Edinburgh Postnatal Depression Scale (EPDS) Scoring & Other Information**

**ABOUT THE EPDS**

Studies show that postpartum depression (PPD) affects at least 10 percent of women and that many depressed mothers do not get proper treatment. These mothers might cope with their baby and with household tasks, but their enjoyment of life is seriously affected, and it is possible that there are long term effects on the family.

The Edinburgh Postnatal Depression Scale (EPDS) was developed to assist health professionals in detecting mothers suffering from PPD; a distressing disorder more prolonged than the “blues” (which can occur in the first week after delivery).

The scale consists of 10 short statements. A mother checks off one of four possible answers

that is closest to how she has felt during the past week. Most mothers easily complete the scale in less than five minutes.

Responses are scored 0, 1, 2 and 3 based on the seriousness of the symptom. Items 3, 5 to 10 are reverse scored (i.e., 3, 2, 1, and 0). The total score is found by adding together the scores for each of the 10 items.

Mothers scoring above 12 or 13 are likely to be suffering from depression and should seek medical attention. A careful clinical evaluation by a healthcare professional is needed to confirm a diagnosis and establish a treatment plan. The scale indicates how the mother felt during the previous week, and it may be useful to repeat the scale after two weeks.

**Please note: Users may reproduce this scale without further permission providing they respect the copyright (which remains with the British Journal of Psychiatry), quote the names of the authors and include the title and the source of the paper in all reproduced copies. 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.**

### Perinatal Mental Health Self-Check Up

10% of perinatal women suffer from depression and anxiety so severe that it begins to disrupt their everyday life. This assessment will help to uncover any underlying depression or anxiety that you may be experiencing.

#### Instructions :

- Please read through each statement and underline the answer that comes closest to

how you have been feeling **over the last 7 days.**

- Page 2 will explain what to do after the test.
- Take a deep breath, take your time, and answer each question honestly.

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#### In the past 7 days:

1. I have been able to laugh and see the funny side of things

- As much as I always could 1
- Not quite so much now 2
- Definitely not so much now 3
- Not at all 4

2. I have looked forward with enjoyment to things

- As much as I ever did 1
- Rather less than I used to 2
- Definitely less than I used to 3
- Hardly at all 4

3. I have blamed myself unnecessarily when things went wrong

- Yes, most of the time 4
- Yes, some of the time 3
- Not very often 2
- No, never 1

4. I have been anxious or worried for no good reason

- No, not at all 1
- Hardly ever 2
- Yes, sometimes 3
- Yes, very often 4

5. I have felt scared or panicky for no very good reason

- Yes, quite a lot 4
- Yes, sometimes 3
- No, not much 2
- No, not at all 1

6. Things have been getting overwhelming for me

- Yes, most of the time I haven't been able to cope at all 4
- Yes, sometimes I haven't been coping as well as usual 3
- No, most of the time I have coped quite well 2
- No, have been coping as well as ever 1

7. I have been so unhappy that I have had difficulty sleeping.

- Yes, most of the time 4
- Yes, sometimes 3
- Not very often 2
- No, not at all 1

8. I have felt sad or miserable

- Yes, most of the time 4
- Yes, quite often 3
- Not very often 2
- No, not at all 1

9. I have been so unhappy that I have been crying

- Yes, most of the time 4
- Yes, quite often 3
- Only occasionally 2
- No, never 1

10. The thought of harming myself has occurred to me

- Yes, quite often 4
- Sometimes 3
- Hardly ever 2
- Never 1

After the assessment:

1. Add up the numbers next to each answer you chose.
2. Please write your score here (or put your score in the notes section of your device):

If you scored a 10 or more, you may be suffering from perinatal depression.

Please call **1-800-944-4773**. This is the number to *Postpartum Support International*.

- *They will guide you to your next steps in how to improve your mental health, including how to find a mental health professional in your area.*
- *You can also ask your Pilates teacher for referrals to mental health professionals who specialize in perinatal mental health.*
- Let your OBGYN, pediatrician, or other healthcare provider know you've taken this test, and what the result is.
- If you are comfortable, talk to your Pilates teacher, or someone else you trust *beyond* your medical providers about how you are feeling so they can help you navigate this time!

YOU ARE NOT ALONE! Soooo many women suffer in silence when they don't have to!!!

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