

# Edinburgh Postnatal Depression Scale (EPDS)

Subject ID

\_\_\_\_\_

Today's date:

\_\_\_\_\_

Number of days between enrolment and today.

\_\_\_\_\_

## WARNING!

This mother was enrolled less than 14 days ago, which means it is too soon to administer the EPDS again.

If this is indeed the case (i.e., the EPDS was administered less than 2 weeks ago), please do not administer the EPDS at the 3-month time point.

As you are pregnant or have recently had a baby, 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.

Njengoko ukhulelwe okanye usandula kubanosana, singathanda ukuva indlela ovakalelwa ngayo. Ncenda uphawule kwimpendulo ehambelana nendlela obuziva ngayo KWEZINTSUKU ZI-7 ZIDLULILEYO, kungekhona nje indlela ovakalelwa ngayo namhlanje.

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

Ndikwazile ukuhleka nokuzibona izinto ezihlelwayo.

- ☐ As much as I always could (Kangangoko bendikwazi ngaphambili)
- ☐ Not quite so much now (Hayi ncam njengaphambili)
- ☐ Definitely not so much now (Ngokuqinisekileyo akusafani ngoku)
- ☐ Not at all (Nakancinci)
- ☐ Refused to answer

2. I have looked forward with enjoyment to things.

Ndikhangela phambili ngolonwabo kwizinto.

- ☐ As much as I ever did (Kangangoko bendinako)
- ☐ Rather less than I used to (Kancinci kunangesiqhelo)
- ☐ Definitely less than I used to (Ngokuqinisekileyo akusafani ngoku)
- ☐ Hardly at all (Phantse zange)
- ☐ Refused to answer

3. I have blamed myself unnecessarily when things went wrong.

Ndiyendazisola ngokunganyanzelekanga xa izinto zingahambi kakuhle.

- ☐ Yes, most of the time (Ewe, exesheni elininzi)
- ☐ Yes, some of the time (Ewe, ngamanye amaxesha)
- ☐ Not very often (Hayi rhoqo)
- ☐ No, never (Hayi, zange)
- ☐ Refused to answer

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

Bendisoloko ndinexhala okanye ndikhathazekile ngaphandle kwesizathu.

- ☐ No, not at all (Hayi, nakanye)
  - ☐ Hardly ever (Phantse zange)
  - ☐ Yes, sometimes (Ewe, maxawambi).
  - ☐ Yes, very often (Ewe, kaninzi kakhulu)
  - ☐ Refused to answer
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5. I have felt scared or panicky for no good reason.

Bendiziva ndisoyika okanye ndiphaphazela ngaphandle kwesizathu esilungileyo.

- ☐ Yes, quite a lot (Ewe, kaninzi)
  - ☐ Yes, sometimes (Ewe, maxawambi)
  - ☐ No, not much (Hayi kangako)
  - ☐ No, not at all (Hayi, zange)
  - ☐ Refused to answer
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6. Things have been getting to me.

Izinto bezindongamela.

- ☐ Yes, most of the time I haven't been able to cope at all (Ewe, ngamaxesha amaninzi khang ndibenako nakancinci ukumelana nobomi)
  - ☐ Yes, sometimes I haven't been coping as well as usual (Ewe, maxawambi khang ndibenako ukumelana nobomi kakuhle njengokwesiqhelo)
  - ☐ No, most of the time I have coped quite well (Hayi, ngamaxesha amaninzi ndikwazile ukumelana nobomi)
  - ☐ No, I have been coping as well as ever (Hayi, ndikwazile ukumelana nobomi kakuhle njengesiqhelo)
  - ☐ Refused to answer
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7. I have been so unhappy that I have had difficulty sleeping.

Bendingonwabanga de kube nzima nokulala.

- ☐ Yes, most of the time (Ewe, ngamaxesha amaninzi)
  - ☐ Yes, sometimes (Ewe maxawambi)
  - ☐ No, not very often (Hayi kangako)
  - ☐ No, not at all (Hayi zange)
  - ☐ Refused to answer
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8. I have felt sad or miserable.

Bendiziva ndilusizi ndidangele.

- ☐ Yes, most of the time (Ewe ngamaxesha amaninzi)
  - ☐ Yes, quite often (Ewe kaninzana)
  - ☐ Not very often (Hayi kangako)
  - ☐ No, not at all (Hayi zange)
  - ☐ Refused to answer
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9. I have been so unhappy that I have been crying.

Bendingonwabanga kangangokuba bendide ndilila

- ☐ Yes, most of the time (Ewe ngamaxesha amaninzi)
- ☐ Yes, quite often (Ewe kaninzana)
- ☐ Only occasionally (Ngokungqabileyo)
- ☐ No, never (Hayi zange)
- ☐ Refused to answer

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10. The thought of harming myself has occurred to me.  
Ingcinga yokuzilimaza ibikhe yavela kum.

- ☐ Yes, quite often (Ewe, kaninzana)  
☐ Sometimes (Maxawambi)  
☐ Hardly ever (Phantse zange)  
☐ Never (Zange)  
☐ Refused to answer

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EPDS Score

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EPDS Risk - High

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Is a psychosocial referral needed? Select all that apply (if applicable).

Please keep detailed records of all referrals.

- ☐ Yes  
☐ No

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Please provide details about the referral(s):

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Any other notes/comments:

\_\_\_\_\_

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Completed by:

\_\_\_\_\_

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In which language(s) was this tool administered?

☐ IsiXhosa   ☐ English   ☐ Other

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If other language, please specify:

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Was a translator involved in administering this questionnaire?

☐ Yes   ☐ No

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Translator's name:

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