

Edinburgh Postnatal Depression Scale (EPDS)

Subject ID _____

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. For the first two questions we will use one side of the card. Each picture represents each of the four answers. I will point to the pictures as I read the answers to each question. Choose an answer that is based on how you have been feeling in the past 7 days.

Tsopano ndikufunsani mafu 'mene mwakhala mukuganizila ndikumvera masiku asanu ndi awiri apitawa. Mafunso awiri oyambilira tigwilitsa ntchito mbali imodzi ya kadi. Chithunzi chilichonse chikuimila limodzi mwa mayankho anayi. Ndidziloza zithunzi ndikamawelenga mayankho a funso lililonse. Musankhe yankho logwilidzana ndi m'mene mwakhala mukumvela masiku asanu ndi awiri apitawa.

1. 1 Have you been able to laugh and see the funny side of things?

Masiku asanu ndi awiri apitawa, kodi mwakhala mukutha kuseka komanso kuona kusangalatsa kwa zinthu?

- ☐ Not at all Olo mpang'ono komwe
- ☐ Definitely not so much now /Panopa osati kwambiri
- ☐ Not quite so much now /Osati bwino kwambiri
- ☐ As much as you always could /Monga m'mene mumathera nthawi zonse

1.2 Have you looked forward with enjoyment to things?

Masiku asanu ndi awiri apitawa, kodi mwakhala mukudikira ndi nsangala mu zinthu zozachitika mtsogolo?

- ☐ Hardly at all Olo mpang'ono pomwe
- ☐ Definitely less than you used to /Mosakaikila, kuchepela kusiyanana ndi m'mene zimakhallira nthawi zinai
- ☐ Rather less than you used to /Mochepelepo kuposa nthawi zina
- ☐ As much as you ever did /Monga m'mene mwakhala mukupangira

The following questions will use the second part of the card. Again, each picture represents one of the four answers. I will point to the pictures as I read the answers to each question.

Mafunso otsatilawa tigwilisa ntchito mbali yachiwiri ya kadi. Mobwelenzanso, chithunzi chilichonse chikuimila limodzi mwa mayankho anayi. Ndidziloza zithunzi ndikamawelenga mayankho a funso lililonse. Musankhe yankho logwilizana

1.3 Have you blamed yourself unnecessarily when things went wrong?

Masiku asanu ndi awiri apitawa, kodi mumazida nokha mosafunikila pamene zinthu sizinayendebwino?

- ☐ Most of the time / Nthawi zambiri
- ☐ Some of the time /Kawirikawiri
- ☐ Not very often / Mwakamodzikamodzi
- ☐ Never / Sizinachitikepo

1.4 Have you been anxious or worried for no good reason?

Masiku asanu ndi awiri apitawa, kodi mumakhumudwa kapena kudela nkhawa popanda chifukwa chenicheni?

- ☐ Very often / Kwambiri
 - ☐ Sometimes / Nthawi zina
 - ☐ Hardly ever / Sizimachitika
 - ☐ not at all / Olo mpang'ono pomwe
-

1.5 Have you felt scared or panicky for no very good reason?

Masiku asanu ndi awiri apitawa, kodi mumachita mantha kapena kusowa mtendere popanda chifukwa chenicheni?

- ☐ Yes, quite a lot / Kwambiri
 - ☐ Yes, sometimes / Nthawi zina
 - ☐ No, not much / Osati kwambiri
 - ☐ No, not at all / Ngakhale pang'ono
-

1.6 Have things been getting on top of you? Masiku asanu ndi awiri apitawa, kodi mwakhala mukuganiza kapena kumva ngati munalindi zinthu zambiri zoyenela kuchita koma simumakwanisa kuchita ?

- ☐ Most of the time you haven't been able to cope at all / Nthawi zambiri mwakhala mukulepheratu
 - ☐ Sometimes you haven't been coping as well as usual / Nthawi zina mwakhala mukulepheratu
 - ☐ Most of the time you have coped quite well / Nthawi zambiri mwakhala mukutha
 - ☐ You have been coping as well as ever / Mwakhala mukutha ngati m'mene mumapangira nthawi
-

1.7 Have you been so unhappy that you have had difficulty sleeping?

Masiku asanu ndi awiri apitawa, kodi mwakhala osasangalala moti mwakhala mukulephera kugona?

- ☐ Most of the time / Nthawi zambiri
 - ☐ Quite often / Kawirikawiri
 - ☐ Not very often / Osati kawirikawiri
 - ☐ Not at all / Mpang'ono pomwe
-

1.8 Have you felt sad or miserable?

Masiku asanu ndi awiri apitawa, kodi munali wokhumudwa kapena kusowa mtendere wa mumtima?

- ☐ Most of the time / Nthawi zambiri
 - ☐ Quite often / Kawirikawiri
 - ☐ Not very often / Osati kawirikawiri
 - ☐ Not at all / Mpang'ono pomwe
-

1.9 Have you been so unhappy that you have been crying?

Masiku asanu ndi awiri apitawa, kodi mwakhala osasangalala moti mwakhala mukulira?

- ☐ Most of the time / Nthawi zambiri
- ☐ Quite often / Kawirikawiri
- ☐ Only occasionally / Mwakamodzika modzi
- ☐ Never / Sizinachitikepo

1.10 Has the thought of harming yourself occurred to you?

Masiku asanu ndi awiri apitawa, kodi munakhalapo ndi maganizo ofuna kuzipweteka?

- ☐ Most of the time / Nthawi zambiri
- ☐ Quite often /Kawirikawiri
- ☐ Only occasionally / Mwakamodzikamodzi
- ☐ Never / Sizinachitikepo

EPDS Score

EPDS RISK - HIGH

Notes/Comments:

Completed by:

TODAY'S DATE:

In which language(s) was this tool administered?

☐ English ☐ Chichewa ☐ Other

If other language, please specify:

Was a translator involved in administering this questionnaire?

☐ Yes ☐ No

Translator's name:
