



What this fact sheet covers:

- Self-test (Depression Scale)
- Scoring instructions and results
- Where to get more information.

This fact sheet provides a self-test that can guide you when thinking about any symptoms you may be experiencing.

Please note: While great care has been taken with the development of these self-assessment tools they are not designed to be a substitute for professional clinical advice. Users should always seek the advice of a qualified health care provider with questions regarding their health.

This self-test can also be completed online at: www.blackdoginstitute.org.au

If you want to talk to a health professional about any symptoms you are experiencing, contact your doctor (GP or obstetrician), your midwife, child and family health nurse, psychologist, counsellor, or psychiatrist.

DEPRESSION SCALE

(Also known as the Edinburgh Postnatal Depression Scale -EPDS)*

Instructions:

Please colour in one circle for each question that is the closest to how you have felt in the **PAST SEVEN DAYS**:

<p>1. I have been able to laugh and see the funny side of things:</p> <ul style="list-style-type: none"> <input type="radio"/> As much as I always could <input type="radio"/> Not quite as much now <input type="radio"/> Definitely not as much now <input type="radio"/> Not at all
<p>2. I have looked forward with enjoyment to things:</p> <ul style="list-style-type: none"> <input type="radio"/> As much as I ever did <input type="radio"/> Rather less than I used to <input type="radio"/> Definitely less than I used to <input type="radio"/> Hardly at all
<p>3. I have blamed myself unnecessarily when things went wrong:</p> <ul style="list-style-type: none"> <input type="radio"/> Yes, most of the time <input type="radio"/> Yes, some of the time <input type="radio"/> Not very often <input type="radio"/> No, never
<p>4. I have been anxious or worried for no good reason:</p> <ul style="list-style-type: none"> <input type="radio"/> No, not at all <input type="radio"/> Hardly ever <input type="radio"/> Yes, sometimes <input type="radio"/> Yes, very often



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

- Yes, quite a lot
- Yes, sometimes
- No, not much
- No, not at all

6. Things have been getting on top of me:

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

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

- Yes, most of the time
- Yes, sometimes
- Not very often
- No, not at all

8. I have felt sad or miserable:

- Yes, most of the time
- Yes, quite often
- Not very often
- No, not at all

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

- Yes, most of the time
- Yes, quite often
- Only occasionally
- No, never

10. The thought of harming myself has occurred to me:

- Yes, quite often
- Sometimes
- Hardly ever
- Never

NB: If you have had ANY thoughts of harming yourself, please tell your GP or midwife today.

* Cox, Holden & Sagovsky 1987

NB: Please turn over for scoring instructions and results.



Scoring Instructions

To obtain your total score, add up the points for each circle you have filled in.

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

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

2. I have looked forward with enjoyment to things:

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

3. 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

4. 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

5. 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

6. 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

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

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

8. 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



9. 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

10. The thought of harming myself has occurred to me:

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

NB: If you have had ANY thoughts of harming yourself, please tell your GP or midwife today.

Results

This information is offered as a guide only and not a substitute for seeking professional help. Please discuss your symptoms with your doctor, midwife or nurse if you have any concerns. Remember that the self-test scores apply to the **last seven days**. Use the guide below in relation to your most recent self-test.

Range of Scores

- 0 - 9** When scores are in this range, this may indicate the presence of some symptoms of distress that may be short-lived and are not likely to interfere with day-to-day ability to function at home or at work. However, if these symptoms persist for more than a week or two, you may wish to discuss this with your doctor, midwife or child and family health nurse.
- 10 – 12** Scores within this range indicate presence of symptoms of distress that may be discomforting. You can discuss these with a health professional if you are concerned. We suggest that you repeat the self-test in 1-2 weeks time. If the scores are still within this level, seek further advice.
- 13+** Scores above 13 require further evaluation by a health professional. You may be asked to repeat the self-test and if your score is still within this range, you may be advised to review your results, with the assistance of a mental health professional. Your doctor will be able to advise you about this, and about whether further treatment is needed.



What to do if you suspect you have postnatal depression

The first step is to arrange an appointment with your general practitioner for a thorough medical assessment and diagnosis.

Where to get more information

The websites listed here contain sections on depression in pregnancy and during the postnatal period.

- *Australian Psychological Society (APS)*: Provides a free telephone and email referral service to the public who are seeking the advice and assistance of a suitable APS psychologist: www.psychology.org.au
- *Post and Antenatal Depression Association Inc*: www.panda.org.au
- *Australasian Marcé Society*: An international society for the understanding, prevention and treatment of mental illness related to childbearing. www.marcesociety.com
- *Australian Association for Infant Mental Health*: www.aaimhi.org
- *Stillbirth and Neonatal Death Support Society*: www.sands.org.au

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