Name: _____

Date: _____Baby's date of birth: _____

As you have recently had a baby, we would like to know how you are feeling. Please take a moment to answer 3 short questions.

Please **circle the number** next to the answer that comes closest to how you have felt **in the past 7 days.**

1. 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.

2. 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.

3. 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.

_____   Score _____

(for office use only)

EPDS-3 Scoring Guide

- Total the scores for each question to get an overall score.

- Maximum score: 9

- Possible Depression/Anxiety: 6 or greater.

- Alternative cut-off: Multiply total score by 10 and divide by 3 and use 10 as the cut-off score (more than or equal to 10 warrants further clinical assessment). This approach is more sensitive and will identify more women for assessment. **Example:**

  Patient total score $5 \Rightarrow (5 \times 10) \div 3 = 16.6$
  16.6 is greater than 10, therefore, this patient would need a follow-up.

*The EPDS-3 is the anxiety subscale of the 10 item EPDS (Edinburgh Postnatal Depression Scale for Postpartum Depression). Given the prevalence of anxiety symptoms among women with postpartum depression, it has been shown to detect depression in new moms as effectively as the EPDS-10.

*The EPDS-3 only detects the existence of depression, not the level of depression.

*The EPDS-3 should be utilized as a screening tool only and validation by diagnostic interview for positive scores is necessary.