

Datum _____

Edinburgh-Postnatal-Depression-Scale EPDS (English)

Befindlichkeitsbogen (EPDS)

As you are pregnant or have recently had a baby, we would like to know how you are feeling. Please check the answer that comes closest to how you have felt IN THE PAST 7 DAYS, not just how you feel today. Please mark the answers by ticking the box in front of that response line which is most applicable for you.

In the past 7 days ...

So fühlte ich mich während der letzten Woche:

1. In the past 7 days I have been able to laugh and see the funny side of things

Ich konnte lachen und das Leben von der heiteren Seite sehen:

- | | | | |
|----------------------------|--------------------------------|--------------------------|---|
| As much as I always could | (Genauso oft wie früher) | <input type="checkbox"/> | 0 |
| Not quite so much now | (Nicht ganz so oft wie früher) | <input type="checkbox"/> | 1 |
| Definitely not so much now | (Eher weniger als früher) | <input type="checkbox"/> | 2 |
| Not at all | (Überhaupt nie) | <input type="checkbox"/> | 3 |

2. In the past 7 days I could really look forward to something

Es gab vieles, auf das ich mich freute:

- | | | | |
|--------------------------------|----------------------------|--------------------------|---|
| As much as I ever did | (So oft wie früher) | <input type="checkbox"/> | 0 |
| Rather less than I used to | (Eher weniger als früher) | <input type="checkbox"/> | 1 |
| Definitely less than I used to | (Viel seltener als früher) | <input type="checkbox"/> | 2 |
| Hardly at all | (Fast gar nicht) | <input type="checkbox"/> | 3 |

3. In the past 7 days I have blamed myself unnecessarily when things went wrong

Ich habe mich unberechtigterweise Weise schuldig gefühlt, wenn etwas danebenging:

- | | | | |
|-----------------------|------------------|--------------------------|---|
| Yes, most of the time | (Ja, sehr oft) | <input type="checkbox"/> | 3 |
| Yes, some of the time | (Ja, manchmal) | <input type="checkbox"/> | 2 |
| Not very often | (Nicht sehr oft) | <input type="checkbox"/> | 1 |
| No, never | (Nein, nie) | <input type="checkbox"/> | 0 |

4. In the past 7 days I have been anxious or worried for no good reason

Ich war ängstlich und machte mir unnötige Sorgen:

- | | | | |
|------------------|----------------|--------------------------|---|
| No, not at all | (Nein, nie) | <input type="checkbox"/> | 0 |
| Rare | (Ganz selten) | <input type="checkbox"/> | 1 |
| Yes, sometimes | (Ja, manchmal) | <input type="checkbox"/> | 2 |
| Yes, quite a lot | (Ja, sehr oft) | <input type="checkbox"/> | 3 |

5. In the past 7 days I have felt scared or panicky for no very good reason

Ich fühlte mich verängstigt und wurde panisch ohne wirklichen Grund:

- | | | | |
|------------------|-----------------------|--------------------------|---|
| Yes, quite a lot | (Ja, ziemlich oft) | <input type="checkbox"/> | 3 |
| Yes, sometimes | (Ja, manchmal) | <input type="checkbox"/> | 2 |
| No, not much | (Nein, fast nie) | <input type="checkbox"/> | 1 |
| No, not at all | (Nein, überhaupt nie) | <input type="checkbox"/> | 0 |

6. In the past 7 days things have been getting on top of me

Mir ist alles zu viel geworden:

- | | | |
|---|--------------------------|---|
| Yes, most of the time I haven't been able to cope at all
(Ja, ich wusste mir überhaupt nicht mehr zu helfen) | <input type="checkbox"/> | 3 |
| Yes, sometimes I haven't been coping as well as usual
(Ja, ich wusste mir manchmal überhaupt nicht mehr zu helfen) | <input type="checkbox"/> | 2 |
| No, most of the time I have coped quite well
(Nein, ich wusste mir meistens zu helfen) | <input type="checkbox"/> | 1 |
| No, I have been coping as well as ever
(Nein, ich konnte alles so gut wie immer bewältigen) | <input type="checkbox"/> | 0 |

7. In the past 7 days I have been so unhappy that I have had difficulty sleeping

Ich war so unglücklich, dass ich kaum schlafen konnte:

- | | | |
|---|--------------------------|---|
| Yes, most of the time
(Ja, fast immer) | <input type="checkbox"/> | 3 |
| Yes, sometimes
(Ja, manchmal) | <input type="checkbox"/> | 2 |
| Not very often
(Nein, nicht sehr oft) | <input type="checkbox"/> | 1 |
| No, not at all
(Nein, nie) | <input type="checkbox"/> | 0 |

8. In the past 7 days I have felt sad or miserable

Ich war traurig und fühlte mich elend:

- | | | |
|--|--------------------------|---|
| Yes, most of the time
(Ja, sehr oft) | <input type="checkbox"/> | 3 |
| Yes, quite often
(Ja, ziemlich oft) | <input type="checkbox"/> | 2 |
| Not very often
(Nein, nicht sehr oft) | <input type="checkbox"/> | 1 |
| No, not at all
(Nein, nie) | <input type="checkbox"/> | 0 |

9. In the past 7 days I have been so unhappy that I have been crying

Ich war so unglücklich, dass ich weinen musste:

- | | | |
|---|--------------------------|---|
| Yes, most of the time
(Ja, sehr oft) | <input type="checkbox"/> | 3 |
| Yes, quite often
(Ja, ziemlich oft) | <input type="checkbox"/> | 2 |
| Only occasionally
(Nein, nicht sehr oft) | <input type="checkbox"/> | 1 |
| No, never
(Nein, nie) | <input type="checkbox"/> | 0 |

10. In the past 7 days the thought of harming myself has occurred to me

Gelegentlich kam mir der Gedanke, mir etwas anzutun:

- | | | |
|-------------------------------|--------------------------|---|
| Yes, quite often
(Ja, oft) | <input type="checkbox"/> | 3 |
| Sometimes
(Manchmal) | <input type="checkbox"/> | 2 |
| Hardly ever
(Selten) | <input type="checkbox"/> | 1 |
| Never
(Nein, nie) | <input type="checkbox"/> | 0 |

Gesamtscore: _____

- | | |
|---------|--------------------------|
| 0 - 9 | <input type="checkbox"/> |
| 10 - 12 | <input type="checkbox"/> |
| >12 | <input type="checkbox"/> |

Source: 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