Edinburgh Postnatal Depression Scale
Escala Edinburgh para la Depresion Postnatal

Patient Name

DOB

Mother's Name

California Pediatrics
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In the past 7 days (*Durante los ultimos 7 dias*) :

1. I have been able to laugh and see the funny side of things
   (He podido reir y ver el lado bueno de las cosas)
   - □ As much as I always could *(Tanto como siempre)*
   - □ Not quite so much now *(No tanto ahora)*
   - □ Definitely not so much now *(Sin duda, mucho menos ahora)*
   - □ Not at all *(No, en absoluto)*

2. I have looked forward with enjoyment to things
   (He mirado al futuro con placer para hacer cosas)
   - □ As much as I ever did *(Tanto como siempre)*
   - □ Rather less than I used to *(Algo menos de lo que solia hacerlo)*
   - □ Definitely less than I used to *(Definitivamente menos de lo que solia hacerlo)*
   - □ Hardly at all *(Practicamente nunca)*

3*. I have blamed myself unnecessarily when things went wrong
   (Me he culpado sin necesidad cuando las cosas marchaban mal)
   - □ Yes, most of the time *(Si, casi siempre)*
   - □ Yes, some of the time *(Si, algunas veces)*
   - □ Not very often *(No muy a menudo)*
   - □ No, never *(No, nunca)*

4. I have been anxious or worried for no good reason
   (He estado ansiosa y preocupada sin motivo alguno)
   - □ No, not at all *(No, en absoluto)*
   - □ Hardly ever *(Casi nada)*
   - □ Yes, sometimes *(Si, a veces)*
   - □ Yes, very often *(Si, muy a menudo)*

5*. I have felt scared or panicky for no very good reason
   (He sentido miedo o panico sin motivo alguno)
   - □ Yes, quite a lot *(Si, bastante)*
   - □ Yes, sometimes *(Si, a veces)*
   - □ No, not much *(No, no mucho)*
   - □ No, not at all *(No, en absoluto)*

6*. Things have been getting on top of me
   (Las cosas me oprimen o agobian)
   - □ Yes, most of the time I haven't been able to cope at all
     (Si, la mayor parte del tiempo no he podido sobrellevarlas)
   - □ Yes, sometimes I haven't been cping as well as usual
     (Si, a veces no he podido sobrellevarlas de la manera)
   - □ No, most of the time I've coped quite well
     (No, la mayoria de las veces he podido sobrellevarlas bastante bien)
   - □ No, I have been coping as well as ever
     (No, he podido sobrellevarlas tan bien como lo hecho siempre)

7*. I have been so unhappy that I have had difficulty sleeping
   (Me he sentido tan infeliz, que he tenido dificultad para dormir)
   - □ Yes, most of the time *(Si, casi siempre)*
   - □ Yes, sometimes *(Si, a veces)*
   - □ Not very often *(No muy a menudo)*
   - □ No, not at all *(No, en absoluto)*

8*. I have felt sad or miserable
   (Me he sentido triste y desgraciada)
   - □ Yes, most of the time *(Si, casi siempre)*
   - □ Yes, quite often *(Si, bastante a menudo)*
   - □ Not very often *(No muy a menudo)*
   - □ No, not at all *(No, en absoluto)*

9*. I have been so unhappy that I have been crying
   (Me he sentido tan infeliz que he estado llorando)
   - □ Yes, most of the time *(Si, casi siempre)*
   - □ Yes, quite often *(Si, bastante a menudo)*
   - □ Only occasionally *(Ocasionalmente)*
   - □ No, never *(No, nunca)*

10*. The though of harming myself has occurred to me
   (He pensado en hacerme dano)
   - □ Yes, quite often *(Si, bastante a menudo)*
   - □ Sometimes *(A veces)*
   - □ Hardly ever *(Casi nunca)*
   - □ Never *(Nunca)*

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Score:

Referral N/Y

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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. Here is an example already completed.

Como usted esta embarazada o hace poco que tuvo un bebe, nos gustaria saber como se siente actualmente. Por favor marque la respuesta que mas se acerca a como se ha sentido durante LOS ULTIMOS 7 DIAS, y no solo como se ha sentido hoy. A continuacion se muestra un ejemplo completado.

I have felt happy

(Me he sentido feliz)

□Yes, all the time *(Si, todo el tiempo)*

●Yes, most of the time *(Si la mayor parte del tiempo)*

□No, not very often *(No, no muy a menudo)*

□No, not at all *(No, en absoluto)*

This would mean: 'I have felt happy most of the time' during the past week. Please complete the other questions in the same way.

Esto significa: 'Me he sentido feliz la mayor parte del tiempo' durante la ultima semana. Por favor complete las otras preguntas de la misma manera.

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1. 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.

2. Source: Wisner, K.L., Parry, B.L., Piontek, C.M. 2002. Postpartum Depression. *New England Journal of Medicine* 347(3):194-199.

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