For information on the translation of this resource, please contact the Perinatal and Infant Mental Health Service on (02) 9827 8071

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FOR OFFICE USE ONLY English version of EDS introduction

As you are about to have a baby we would like to know how you are feeling. Please underline the answer which comes closest to how you have felt IN THE PAST 7 DAYS, not just how you feel today. Here is an example, already completed:

I have felt happy:
- Yes, all the time
- Yes, most of the time
- No, not very often
- No, not at all

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

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### EDS Questions

1. **I have been feeling depressed today:**
   - Most of the time
   - Some of the time
   - A little of the time
   - None of the time

2. **I have felt downhearted or blue:**
   - Most of the time
   - Some of the time
   - A little of the time
   - None of the time

3. **I have felt rather sluggish or exhausted:**
   - Most of the time
   - Some of the time
   - A little of the time
   - None of the time

4. **I have felt that everything I do is an effort today:**
   - Most of the time
   - Some of the time
   - A little of the time
   - None of the time

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**Antenatal Edinburgh Scale**

CR NO. 68

Version 1 2021 PARK HOUSE1 Phone 9827-8011

This form has a reverse side
5 I have been able to laugh and see the funny side of things: 6 Things have been getting on top of me:
As much as I ever did Yes, most of the time I haven’t been able to cope at all
Rather than I used to Yes, sometimes I haven’t been coping as well as usual
Definitely less than I used to No, most of the time I have coped quite well
Not at all No, I have been coping as well as ever

2 I have looked forward with enjoyment to things: 7 I have been so unhappy that I have had difficulty sleeping:
As much as I ever did Yes, most of the time
Rather than I used to Yes, sometimes
Definitely less than I used to Not very often
Not at all No, not at all

3 I have blamed myself unnecessarily when things went wrong: 8 I have felt sad or miserable:
Yes, most of the time Yes, most of the time
Yes, some of the time Yes, quite often
Not very often Only occasionally
No, never No, not at all

4 I have been worried and anxious for no good reason: 9 I have been so unhappy that I have been crying:
No, not at all Yes, most of the time
Hardly ever Yes, quite often
Yes, sometimes Only occasionally
Yes, very often No, never

5 I have felt scared or panicky for no very good reason: 10 The thought of harming myself has occurred to me:
Yes, quite a lot Yes, quite often
Yes, sometimes Sometimes
No, not much Hardly ever
No, not at all Never