

Section 9. Mental Health (EPDS)

9.1 Mental Health Prompt

Now I have some questions to ask about your feelings over the last week. Please state the answer which comes closest to how you have felt IN THE PAST 7 DAYS, not just how you feel today.

9.2 Laugh

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

Expects a single option response (required)

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

9.3 Enjoyment

I have looked forward with enjoyment to things.

Expects a single option response (required)

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

9.4 Self Blame

I have blamed myself unnecessarily when things went wrong.

Expects a single option response (required)

- Yes, most of the time [3]
 - Yes, some of the time [2]
 - Not very often [1]
 - No, never [0]
-

9.5 Anxious/worry

I have been anxious or worried for no good reason.

Expects a single option response (required)

- No, not at all [0]
 - Hardly ever [1]
 - Yes, sometimes [2]
 - Yes, very often [3]
-

9.6 Panicky

I have felt scared or panicky for not very good reason.

Expects a single option response (required)

- Yes, quite a lot [3]
 - Yes, sometimes [2]
 - No, not much [1]
 - No, not at all [0]
-

9.7 Things piled up

Things have been getting on top of me.

Expects a single option response (required)

- Yes, most of the time I haven't been able to cope at all [3]
 - Yes, sometimes I haven't been coping as well as usual [2]
 - No, most of the time I have coped quite well [1]
 - No, I have been coping as well as ever [0]
-

9.8 Difficulty Sleeping

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

Expects a single option response (required)

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

9.9 Sad/miserable

I have felt sad or miserable.

Expects a single option response (required)

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

9.10 Crying

I have been so unhappy that I have been crying.

Expects a single option response (required)

- Yes, most of the time [3]
 - Yes, quite often [2]
 - Only occasionally [1]
 - No, never [0]
-

9.11 Self harm

The thought of harming myself has occurred to me.

Expects a single option response (required)

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