

Well Child Check: Newborn/2 Week Visit

Your Child's Name:			
Please answer the following questions. It will help your clinicians spend m	ore time discu	ıssing	
those specific issues that concern you.			
Does your child lift his/her head?	Yes	No	
Does your child move arms equally and legs equally?	Yes	No	
Does your child seem to look at faces, objects or lights?	Yes	No	
Does your baby drink breast milk or formula?	Breast milk	Formula	Both
If you are giving formula how many ounces does your child take in 24 hours?			OZ.
Type of formula?			
About how many wet diapers has your baby had in the last 24 hours?			
About how many times has your baby pooped in the last 24 hours?	_What Color?		
Do you always place your infant to sleep on the back?	Yes	No	1
Does the baby always sleep in a crib or bassinet?	Yes	No	1
Do you have working smoke alarms in your home?	Yes	No	
Are there smokers in your home?	No	Yes	
Is your child on any medications or supplements, including vitamins? If so, please	iist below.		
Do you have any concerns about your child's development, or any other concerns your provider? If so, please describe:	you would like	to discuss v	with
Who lives with your child?			

Edinburgh Postnatal Depression Scale¹ (EPDS)

I have felt happy: ☐ Yes, all the time ☐ Yes, most of the time ☐ No, not very often ☐ No, not very often ☐ This would mean: "I have felt happy most of the time" during the past week. ☐ Please complete the other questions in the same way.	Name:	Address:
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. I have felt happy: Yes, all the time Yes, most of the time No, not at all In the past 7 days: I. I have been able to laugh and see the funny side of things As much as I always could Not quite so much now Definitely not so much now Not at all I have looked forward with enjoyment to things As much as I ever did Rather less than I used to Definitely less than I used to Hardly at all 1. I have been anxious or worried for no good reason No, not at all 1. I have been anxious or worried for no good reason No, never 1. I have been anxious or worried for no good reason Yes, sometimes Yes, sometimes No, not at all 1. I have felt scared or panicky for no very good reason Yes, consternes No, not at all 1. I have felt scared or panicky for no very good reason No, not at all 1. I have felt scared or panicky for no very good reason No, not at all No, not at all Administered/Reviewed by Date Edinburgh Postnatal Depression Scale. British Journal of Psychiatry 150-782-786.	Your Date of Birth:	
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. I have felt happy: Yes, all the time Yes, most of the time No, not very often No, not at all In the past 7 days: 1. I have been able to laugh and see the funny side of things As much as I always could Definitely not so much now Not at all 2. I have looked forward with enjoyment to things As much as I sever did Rather less than I used to Definitely less than I used to Hardly at all Not quelte less much may been so unhappy that I have had difficulty sleeping Yes, most of the time Yes, some of the time Not very often No, not at all Have been anxious or worried for no good reason No, not at all Hardly ever Yes, sometimes Yes, wry often No, not at all Hardly ever Yes, sometimes Yes, wry often No, not at all No,	Baby's Date of Birth: Phone:	
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. I have felt happy: Yes, all the time Yes, most of the time No, not very often No, not at all In the past 7 days: 1. I have been able to laugh and see the funny side of things As much as I always could Definitely not so much now Not at all I have looked forward with enjoyment to things As much as I always and the time I haven't been able to cope at all No, nost of the time I haven't been coping as well as usual No, nost of the time I have coped quite well No, have been coping as well as ever No, not at all No, nost of the time I have coped quite well No, have been coping as well as ever No, thave been coping as well as ever Yes, sometimes No, not at all No, not at		
Name of the time This would mean: "I have felt happy most of the time" during the past week. No, not very often Please complete the other questions in the same way. No, not at all		
yes, all the time	Here is an example, already completed.	
Yes, most of the time	I have felt happy:	
No, not very often No, not at all In the past 7 days: 1. I have been able to laugh and see the funny side of things As much as I always could South	□ Yes, all the time	
No, not at all In the past 7 days: 1. I have been able to laugh and see the funny side of things	Yes, most of the time This would mean: "I have for	elt happy most of the time" during the past week.
In the past 7 days: 1. I have been able to laugh and see the funny side of things	 No, not very often Please complete the other of the complete the complete the other of the complete the compl	questions in the same way.
1. I have been able to laugh and see the funny side of things	□ No, not at all	
1. I have been able to laugh and see the funny side of things		
1. I have been able to laugh and see the funny side of things	In the past 7 days:	
As much as I always could Not quite so much now Definitely not so much now Not at all 2. I have looked forward with enjoyment to things As much as I ever did Rather less than I used to Definitely less than I used to Hardly at all 3. I have blamed myself unnecessarily when things went wrong Yes, most of the time I have coped quite well No, not at all Yes, sometimes Not very often No, not at all No, most of the time I have coped quite well No, thave been coping as well as ever 7. I have been so unhappy that I have had difficulty sleeping Yes, sometimes Not very often No, not at all Yes, sometimes Not very often No, not at all I have been anxious or worried for no good reason No, not at all Hardly ever Yes, sometimes Yes, very often 1. I have been anxious or worried for no good reason No, not at all Yes, worst of the time Yes, quite often No, not at all Yes, guite often The thought of harming myself has occurred to me Yes, quite often No, not at all The thought of harming myself has occurred to me Yes, quite often No, not at all No, not at all Detection of postnatal depression: Development of the 10-item Edinburgh Postnatal Depression Scale. British Journal of Psychiatry 150:782-786.		
Not quite so much now Definitely not so much now Not at all Yes, sometimes haven't been coping as well as usual No, most of the time have coped quite well No, I have been coping as well as usual No, I have been coping as usual No, I have been coping as usual No, I have pell of the time Yes, quite often No, not at all No, not at all No		
Definitely not so much now Not at all Not permittely less than I used to Definitely sleeping Yes, sometimes Not very often Pes, quite often Only occasionally Not never Yes, quite often Sometimes Not not at all Not not		
Not at all 2. I have looked forward with enjoyment to things As much as I ever did Rather less than I used to Definitely less than I used to Hardly at all 3. I have blamed myself unnecessarily when things went wrong Yes, most of the time Not very often Not ve		
2. I have looked forward with enjoyment to things As much as I ever did Rather less than I used to Definitely less than I used to Hardly at all 7 I have been so unhappy that I have had difficulty sleeping Yes, most of the time Yes, sometimes No, not at all Yes, most of the time Yes, some of the time Yes, some of the time Yes, some of the time Not very often No, not at all Yes, most of the time Yes, guite often No, not at all Yes, most of the time Yes, quite often No, not at all Yes, autic often No, not at all Yes, most of the time Yes, quite often No, not at all		
2. I have looked forward with enjoyment to things	in the death	
As much as I ever did Rather less than I used to Definitely less than I used to Hardly at all *3. I have blamed myself unnecessarily when things went wrong Yes, most of the time Yes, some of the time No, not at all No, not very often No, not very often No, not at all Hardly ever Yes, sometimes Yes, most of the time No, not at all Hardly ever Yes, sometimes Yes, sometimes No, not at all Hardly ever Yes, sometimes Yes, quite often No, not at all Yes, quite often Only occasionally No, never The thought of harming myself has occurred to me Yes, quite often Sometimes No, not at all Yes, quite often Sometimes Hardly ever Never Administered/Reviewed by Date 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. I have looked forward with enjoyment to things	
Definitely less than I used to Hardly at all Hardly at all No, not at all No, not at all No, not at all Hardly ever Yes, sometimes Not, not at all Hardly ever Yes, sometimes Yes, ownet of the time Yes, some of the time Not very often No, not at all Hardly ever Yes, sometimes Yes, quite often Only occasionally No, never The thought of harming myself has occurred to me Yes, quite often Sometimes No, not at all The thought of harming myself has occurred to me Yes, quite often Sometimes No, not at all Administered/Reviewed by Date Administered/Reviewed by Date British Journal of Psychiatry 150:782-786 .		12
Hardly at all '3. I have blamed myself unnecessarily when things went wrong 'Yes, most of the time 'Yes, some of the time 'Yes, some of the time 'Yes, some of the time 'Yes, most of the time 'Yes, quite often No, never 'No, not at all 'Yes, most of the time 'Yes, quite often No, not at all 'Yes, most of the time 'Yes, quite often Only occasionally No, never 'The thought of harming myself has occurred to me 'Yes, quite often No, not at all 'Yes, quite often Only occasionally No, never The thought of harming myself has occurred to me 'Yes, quite often Sometimes No, not much No, not at all 'To the thought of harming myself has occurred to me 'Yes, quite often No, not at all 'Yes, quite often No, not at all 'To thought of harming myself has occurred to me 'Yes, quite often Nower Administered/Reviewed by Date Date Sometimes Never		*7 I have been so unhappy that I have had difficulty sleeping
*3. I have blamed myself unnecessarily when things went wrong Yes, most of the time Yes, some of the time Not very often No, never Not very often Not very		
*3. I have blamed myself unnecessarily when things went wrong Yes, most of the time Yes, quite often Not very often Not very often Not very often No, not at all	Hardly at all	
went wrong Yes, most of the time	*3 I have blamed myself unnecessarily when things	
Yes, most of the time Yes, some of the time Not very often No, never I have been anxious or worried for no good reason No, not at all Hardly ever Yes, sometimes Yes, was of the time Not very often No, not at all Yes, quite often No, not at all Yes, most of the time Not very often No, not at all Yes, quite often No, not at all Yes, quite often Yes, was of the time Yes, most of the time Yes, most of the time Yes, quite often Only occasionally No, never The thought of harming myself has occurred to me Yes, sometimes No, not much No, not at all Administered/Reviewed by Date 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 .		1 No, not at all
Not very often No, never Yes, quite often Not very often Yes, most of the time Yes, most of the time Yes, quite often Only occasionally Not very often Not very often Yes, quite often Yes, quite often Not very often Yes, quite often Not very often Not very often Not very often Not very often Yes, quite often Not very often Not very often Yes, quite often Not very often Not very often Yes, quite often Yes, quite often Sometimes Yes, quite often Sometimes Hardly ever Never		*8 I have felt sad or miserable
No, never		Yes, most of the time
No, not at all		
4. I have been anxious or worried for no good reason No, not at all Hardly ever Yes, sometimes Yes, very often *5 I have felt scared or panicky for no very good reason Yes, quite a lot Yes, sometimes No, not much No, not at all No, not at all *0 I have been so unhappy that I have been crying Yes, most of the time Yes, quite often Only occasionally No, never *10 The thought of harming myself has occurred to me Yes, quite often Sometimes Hardly ever Never Administered/Reviewed by Date 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.	□ No, never	
No, not at all Hardly ever Yes, sometimes Yes, very often *5 I have felt scared or panicky for no very good reason Yes, quite a lot No, not much No, not at all *9 I have been so unhappy that I have been crying Yes, most of the time Yes, quite often Only occasionally No, never *10 The thought of harming myself has occurred to me Yes, quite often Sometimes Hardly ever No, not at all Administered/Reviewed by Date 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.	A Lhave been anxious or worried for no good reason	□ No, not at all
Hardly ever Yes, sometimes Yes, very often *5 I have felt scared or panicky for no very good reason Yes, quite a lot Yes, sometimes No, not much No, not at all *10 The thought of harming myself has occurred to me Yes, quite often Yes, quite often No, not at all *10 The thought of harming myself has occurred to me Hardly ever Never Administered/Reviewed by Date Date Date Hardly ever Never		*9 I have been so unhappy that I have been crying
Yes, sometimes Yes, very often The thought of harming myself has occurred to me Yes, quite a lot Yes, sometimes Yes, quite a lot Yes, quite a lot Yes, sometimes No, not much No, not at all Administered/Reviewed by Date Source: Cox, J.L., Holden, J.M., and Sagovsky, R. 1987. Detection of postnatal depression: Development of the 10-item Edinburgh Postnatal Depression Scale. Pyes, quite often Sometimes Hardly ever Never		
No, never No, never	 Yes, sometimes 	
*5 I have felt scared or panicky for no very good reason Yes, quite a lot	Yes, very often	
Yes, quite a lot Yes, sometimes No, not much No, not at all Administered/Reviewed by Date Date 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.	*F	□ No, never
Yes, sometimes No, not much No, not at all Hardly ever Never Date Date 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.		*10. The thought of harming mucelf has accurred to me
No, not much No, not at all Sometimes Hardly ever Never Administered/Reviewed by Date Date Sometimes Date No, not at all British Journal of Psychiatry 150:782-786		
Administered/Reviewed by Date 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.		
Administered/Reviewed by Date 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.	□ No, not at all	□ Hardly ever
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.		□ Never
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.	Administered/Reviewed by	Date
Edinburgh Postnatal Depression Scale. British Journal of Psychiatry 150:782-786.	Transmistered/fleviewed by	Date
Edinburgh Postnatal Depression Scale. British Journal of Psychiatry 150:782-786.	¹ Source: Cox, J.L., Holden, J.M., and Sagovsky, R. 1987. Detection of	f postnatal depression: Development of the 10-item
	Edinburgh Postnatal Depression Scale. British Journal of Psyc	chiatry 150:782-786 .
	20	

²Source: K. L. Wisner, B. L. Parry, C. M. Piontek, Postpartum Depression N Engl J Med vol. 347, No 3, July 18, 2002, 194-199

Users may reproduce the scale without further permission providing they respect copyright by quoting the names of the authors, the title and the source of the paper in all reproduced copies.