

Edinburgh Post Natal Depression Scale SAQ

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| --- | --- |
| Event Category: | Time-Based |
| Event: | 3M |
| Administration: | N/A |
| Instrument Target: | Biological Mother |
| Instrument Respondent: | Biological Mother |
| Domain: | Neuro-Psychosocial |
| Document Category: | Scored Assessment |
| Method: | Self-Administered |
| Mode (for this instrument\*): | In-Person, PAPI |
| OMB Approved Modes: | In-Person, PAPI |
| Estimated Administration Time: | 2 minutes |
| Multiple Child/Sibling Consideration: | Per Event |
| Special Considerations: | N/A |
| Version: | 1.0 |
| MDES Release: | 4.0 |

\*This instrument is OMB-approved for multi-mode administration but this version of the instrument is designed for administration in this/these mode(s) only.

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

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GENERAL PROGRAMMER INSTRUCTIONS:

WHEN PROGRAMMING INSTRUMENTS, VALIDATE FIELD LENGTHS AND TYPES AGAINST THE MDES TO ENSURE DATA COLLECTION RESPONSES DO NOT EXCEED THOSE OF THE MDES. SOME GENERAL ITEM LIMITS USED ARE AS FOLLOWS:

|  |  |  |  |
| --- | --- | --- | --- |
| **DATA ELEMENT FIELDS** | **MAXIMUM CHARACTERS PERMITTED** | **DATA TYPE** | **PROGRAMMER INSTRUCTIONS** |
| ADDRESS AND EMAIL FIELDS | 100 | CHARACTER |  |
| UNIT AND PHONE FIELDS | 10 | CHARACTER |  |
| \_OTH AND COMMENT FIELDS | 255 | CHARACTER | * Limit text to 255 characters
 |
| FIRST NAME AND LAST NAME | 30 | CHARACTER | * Limit text to 30 characters
 |
| ALL ID FIELDS | 36 | CHARACTER |  |
| ZIP CODE | 5 | NUMERIC |  |
| ZIP CODE LAST FOUR | 4 | NUMERIC |  |
| CITY | 50 | CHARACTER |  |
| DOB AND ALL OTHER DATE FIELDS (E.G., DT, DATE, ETC.) | 10 | NUMERICCHARACTER | * DISPLAY AS MM/DD/YYYY
* STORE AS YYYY-MM-DD
* HARD EDITS:

MM MUST EQUAL 01 TO 12DD MUST EQUAL 01 TO 31YYYY MUST BE BETWEEN 1900 AND CURRENT YEAR. |
| TIME VARIABLES | TWO-DIGIT HOUR AND TWO-DIGIT MINUTE, AM/PM DESIGNATION | NUMERIC | * HARD EDITS:

HOURS MUST BE BETWEEN 00 AND 12; MINUTES MUST BE BETWEEN 00 AND 59 |

**Instrument Guidelines for Participant and Respondent IDs:**

PRENATALLY, THE **P\_ID** IN THE MDES HEADER IS THAT OF THE PARTICIPANT (E.G. THE NON-PREGNANT WOMAN, PREGNANT WOMAN, OR THE FATHER).

 POSTNATALLY, A RESPONDENT ID WILL BE USED IN ADDITION TO THE PARTICIPANT ID BECAUSE SOMEBODY OTHER THAN THE PARTICIPANT MAY BE COMPLETING THE INTERVIEW. FOR EXAMPLE, THE PARTICIPANT MAY BE THE CHILD AND THE RESPONDENT MAY BE THE MOTHER, FATHER, OR ANOTHER CAREGIVER. THEREFORE, MDES VERSION 2.2 AND ALL FUTURE VERSIONS CONTAIN A **R\_P\_ID** (RESPONDENT PARTICIPANT ID) HEADER FIELD FOR EACH POST-BIRTH INSTRUMENT. THIS WILL ALLOW ROCs TO INDICATE WHETHER THE RESPONDENT IS SOMEBODY OTHER THAN THE PARTICIPANT ABOUT WHOM THE QUESTIONS ARE BEING ASKED.

**A REMINDER:**

ALL RESPONDENTS MUST BE CONSENTED AND HAVE RECORDS IN THE PERSON, PARTICIPANT, PARTICIPANT\_CONSENT AND LINK\_PERSON\_PARTICIPANT TABLES, WHICH CAN BE PRELOADED INTO EACH INSTRUMENT. ADDITIONALLY, IN POST-BIRTH QUESTIONNAIRES WHERE THERE IS THE ABILITY TO LOOP THROUGH A SET OF QUESTIONS FOR MULTIPLE CHILDREN, IT IS IMPORTANT TO CAPTURE AND STORE THE CORRECT CHILD **P\_ID** ALONG WITH THE LOOP INFORMATION. IN THE MDES VARIABLE LABEL/DEFINITION COLUMN, THIS IS INDICATED AS FOLLOWS: **EXTERNAL IDENTIFIER: PARTICIPANT ID FOR CHILD DETAIL.**

NEURO-PSYCHOSOCIAL EDINBURGH POST NATAL DEPRESSION SCALE

**NEP01000.** 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.

In the past 7days:

|  |
| --- |
| PARTICIPANT INSTRUCTIONS |
| * Please choose only one answer per question.
 |

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| SOURCE |
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**NEP02000/(DEP\_LAUGH\_FUNNY).** I have been able to laugh and see the funny side of things

|  |  |  |
| --- | --- | --- |
| Label | Code | Go To |
| As much as I always could | 1 |  |
| Not quite so much now | 2 |  |
| Definitely not so much now | 3 |  |
| Not at all | 4 |  |

|  |
| --- |
| SOURCE |
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**NEP03000/(DEP\_FORWARD\_ENJOY).** I have looked forward with enjoyment to things

|  |  |  |
| --- | --- | --- |
| Label | Code | Go To |
| As much as I ever did | 1 |  |
| Rather less than I used to | 2 |  |
| Definitely less than I used to | 3 |  |
| Hardly at all | 4 |  |

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| --- |
| SOURCE |
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**NEP04000/(DEEP\_BLAME\_WRONG).** I have blamed myself unnecessarily when things went wrong

|  |  |  |
| --- | --- | --- |
| Label | Code | Go To |
| Yes, most of the time | 1 |  |
| Yes, some of the time | 2 |  |
| Not very often | 3 |  |
| No, never | 4 |  |

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| --- |
| SOURCE |
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**NEP05000/(DEP\_ANXIOUS).** I have been anxious or worried for no good reason

|  |  |  |
| --- | --- | --- |
| Label | Code | Go To |
| No, not at all | 1 |  |
| Hardly ever | 2 |  |
| Yes, sometimes | 3 |  |
| Yes, very often | 4 |  |

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| --- |
| SOURCE |
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**NEP06000/(DEP\_PANICKY).** I have felt scared or panicky for no very good reason

|  |  |  |
| --- | --- | --- |
| Label | Code | Go To |
| Yes, quite a lot | 1 |  |
| Yes, sometimes | 2 |  |
| No, not much | 3 |  |
| No, not at all | 4 |  |

|  |
| --- |
| SOURCE |
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**NEP07000/(DEP\_NO\_COPE).** Things have been getting on top of me

|  |  |  |
| --- | --- | --- |
| Label | Code | Go To |
| Yes, most of the time I haven't been able to cope at all | 1 |  |
| Yes, sometimes I haven't been coping as well as usual | 2 |  |
| No, most of the time I have coped quite well | 3 |  |
| No, I have been coping as well as ever | 4 |  |

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| --- |
| SOURCE |
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**NEP08000/(DEP\_DIFF\_SLEEP).** I have been so unhappy that I have had difficulty sleeping

|  |  |  |
| --- | --- | --- |
| Label | Code | Go To |
| Yes, most of the time | 1 |  |
| Yes, sometimes | 2 |  |
| Not very often | 3 |  |
| No, not at all | 4 |  |

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| --- |
| SOURCE |
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**NEP09000/(DEP\_MISERABLE).** I have felt sad or miserable

|  |  |  |
| --- | --- | --- |
| Label | Code | Go To |
| Yes, most of the time | 1 |  |
| Yes, quite often | 2 |  |
| Not very often | 3 |  |
| Not at all | 4 |  |

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| --- |
| SOURCE |
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**NEP10000/(DEP\_CRYING).** I have been so unhappy that I have been crying

|  |  |  |
| --- | --- | --- |
| Label | Code | Go To |
| Yes, most of the time | 1 |  |
| Yes, quite often | 2 |  |
| Only occasionally | 3 |  |
| No, never | 4 |  |

|  |
| --- |
| SOURCE |
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**NEP11000/(DEP\_HARM\_SELF).** The thought of harming myself has occurred to me

|  |  |  |
| --- | --- | --- |
| Label | Code | Go To |
| Yes, quite often | 1 |  |
| Sometimes | 2 |  |
| Hardly ever | 3 |  |
| Never | 4 |  |

|  |
| --- |
| SOURCE |
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**NEP11100.** Thank you for participating in the National Children's Study and for taking the time to complete this survey.

FOR OFFICE USE ONLY:

**FOU01000/(P\_ID).** Insert participant ID:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**FOU02000/(R\_P\_ID).** Insert respondent ID:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_