

## Edinburgh Postnatal Depression Scale (EPDS)

Date: \_\_\_\_\_ Clinic Name/Number: \_\_\_\_\_

Your Age: \_\_\_\_\_ Weeks of Pregnancy/Age of Baby: \_\_\_\_\_

Since you are either pregnant or have recently had a baby, we want to know how you feel. Please place a **CHECK MARK (✓)** on the blank by the answer that comes closest to how you have felt **IN THE PAST 7 DAYS**—*not just how you feel today*. Complete all 10 items and find your score by adding each number that appears in parentheses (#) by your checked answer. This is a screening test; not a medical diagnosis. If something doesn't seem right, *call your health care provider regardless of your score*.

*Below is an example already completed.*

I have felt happy:

Yes, all of the time	_____ (0)
Yes, most of the time	<input checked="" type="checkbox"/> (1)
No, not very often	_____ (2)
No, not at all	_____ (3)

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

- |   |                           |           |                       |           |                            |           |            |           |                       |           |                            |           |                                |           |               |           |                       |           |                       |           |                |           |           |           |                |           |             |           |                |           |                 |           |                  |           |                |           |              |           |                |           |  |           |   |           |  |           |  |           |   |                       |           |                |           |                    |           |                |           |                       |           |                  |           |                |           |                |           |                       |           |                  |           |                   |           |           |           |                  |           |           |           |             |           |       |           |
|---|---------------------------|-----------|-----------------------|-----------|----------------------------|-----------|------------|-----------|-----------------------|-----------|----------------------------|-----------|--------------------------------|-----------|---------------|-----------|-----------------------|-----------|-----------------------|-----------|----------------|-----------|-----------|-----------|----------------|-----------|-------------|-----------|----------------|-----------|-----------------|-----------|------------------|-----------|----------------|-----------|--------------|-----------|----------------|-----------|--|-----------|---|-----------|--|-----------|--|-----------|---|-----------------------|-----------|----------------|-----------|--------------------|-----------|----------------|-----------|-----------------------|-----------|------------------|-----------|----------------|-----------|----------------|-----------|-----------------------|-----------|------------------|-----------|-------------------|-----------|-----------|-----------|------------------|-----------|-----------|-----------|-------------|-----------|-------|-----------|
| <p>1. I have been able to laugh and see the funny side of things:</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td>As much as I always could</td> <td style="text-align: right;">_____ (0)</td> </tr> <tr> <td>Not quite so much now</td> <td style="text-align: right;">_____ (1)</td> </tr> <tr> <td>Definitely not so much now</td> <td style="text-align: right;">_____ (2)</td> </tr> <tr> <td>Not at all</td> <td style="text-align: right;">_____ (3)</td> </tr> </table> <p>2. I have looked forward with enjoyment to things:</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td>As much as I ever did</td> <td style="text-align: right;">_____ (0)</td> </tr> <tr> <td>Rather less than I used to</td> <td style="text-align: right;">_____ (1)</td> </tr> <tr> <td>Definitely less than I used to</td> <td style="text-align: right;">_____ (2)</td> </tr> <tr> <td>Hardly at all</td> <td style="text-align: right;">_____ (3)</td> </tr> </table> <p>3. I have blamed myself unnecessarily when things went wrong:</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td>Yes, most of the time</td> <td style="text-align: right;">_____ (3)</td> </tr> <tr> <td>Yes, some of the time</td> <td style="text-align: right;">_____ (2)</td> </tr> <tr> <td>Not very often</td> <td style="text-align: right;">_____ (1)</td> </tr> <tr> <td>No, never</td> <td style="text-align: right;">_____ (0)</td> </tr> </table> <p>4. I have been anxious or worried for no good reason:</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td>No, not at all</td> <td style="text-align: right;">_____ (0)</td> </tr> <tr> <td>Hardly ever</td> <td style="text-align: right;">_____ (1)</td> </tr> <tr> <td>Yes, sometimes</td> <td style="text-align: right;">_____ (2)</td> </tr> <tr> <td>Yes, very often</td> <td style="text-align: right;">_____ (3)</td> </tr> </table> <p>5. I have felt scared or panicky for no good reason:</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td>Yes, quite a lot</td> <td style="text-align: right;">_____ (3)</td> </tr> <tr> <td>Yes, sometimes</td> <td style="text-align: right;">_____ (2)</td> </tr> <tr> <td>No, not much</td> <td style="text-align: right;">_____ (1)</td> </tr> <tr> <td>No, not at all</td> <td style="text-align: right;">_____ (0)</td> </tr> </table> <p>6. Things have been getting to me:</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td>Yes, most of the time I haven't been able to cope at all</td> <td style="text-align: right;">_____ (3)</td> </tr> <tr> <td>Yes, sometimes I haven't been coping as well as usual</td> <td style="text-align: right;">_____ (2)</td> </tr> <tr> <td>No, most of the time I have coped quite well</td> <td style="text-align: right;">_____ (1)</td> </tr> <tr> <td>No, I have been coping as well as ever</td> <td style="text-align: right;">_____ (0)</td> </tr> </table> | As much as I always could | _____ (0) | Not quite so much now | _____ (1) | Definitely not so much now | _____ (2) | Not at all | _____ (3) | 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) | Yes, most of the time | _____ (3) | Yes, some of the time | _____ (2) | Not very often | _____ (1) | No, never | _____ (0) | No, not at all | _____ (0) | Hardly ever | _____ (1) | Yes, sometimes | _____ (2) | Yes, very often | _____ (3) | Yes, quite a lot | _____ (3) | Yes, sometimes | _____ (2) | No, not much | _____ (1) | No, not at all | _____ (0) | 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) | <p>7. I have been so unhappy that I have had difficulty sleeping:</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td>Yes, most of the time</td> <td style="text-align: right;">_____ (3)</td> </tr> <tr> <td>Yes, sometimes</td> <td style="text-align: right;">_____ (2)</td> </tr> <tr> <td>No, not very often</td> <td style="text-align: right;">_____ (1)</td> </tr> <tr> <td>No, not at all</td> <td style="text-align: right;">_____ (0)</td> </tr> </table> <p>8. I have felt sad or miserable:</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td>Yes, most of the time</td> <td style="text-align: right;">_____ (3)</td> </tr> <tr> <td>Yes, quite often</td> <td style="text-align: right;">_____ (2)</td> </tr> <tr> <td>Not very often</td> <td style="text-align: right;">_____ (1)</td> </tr> <tr> <td>No, not at all</td> <td style="text-align: right;">_____ (0)</td> </tr> </table> <p>9. I have been so unhappy that I have been crying:</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td>Yes, most of the time</td> <td style="text-align: right;">_____ (3)</td> </tr> <tr> <td>Yes, quite often</td> <td style="text-align: right;">_____ (2)</td> </tr> <tr> <td>Only occasionally</td> <td style="text-align: right;">_____ (1)</td> </tr> <tr> <td>No, never</td> <td style="text-align: right;">_____ (0)</td> </tr> </table> <p>10. The thought of harming myself has occurred to me:*</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td>Yes, quite often</td> <td style="text-align: right;">_____ (3)</td> </tr> <tr> <td>Sometimes</td> <td style="text-align: right;">_____ (2)</td> </tr> <tr> <td>Hardly ever</td> <td style="text-align: right;">_____ (1)</td> </tr> <tr> <td>Never</td> <td style="text-align: right;">_____ (0)</td> </tr> </table> | Yes, most of the time | _____ (3) | Yes, sometimes | _____ (2) | No, not very often | _____ (1) | No, not at all | _____ (0) | Yes, most of the time | _____ (3) | Yes, quite often | _____ (2) | Not very often | _____ (1) | No, not at all | _____ (0) | Yes, most of the time | _____ (3) | Yes, quite often | _____ (2) | Only occasionally | _____ (1) | No, never | _____ (0) | Yes, quite often | _____ (3) | Sometimes | _____ (2) | Hardly ever | _____ (1) | Never | _____ (0) |
| As much as I always could   | _____ (0)                 |           |                       |           |                            |           |            |           |                       |           |                            |           |                                |           |               |           |                       |           |                       |           |                |           |           |           |                |           |             |           |                |           |                 |           |                  |           |                |           |              |           |                |           |  |           |   |           |  |           |  |           |   |                       |           |                |           |                    |           |                |           |                       |           |                  |           |                |           |                |           |                       |           |                  |           |                   |           |           |           |                  |           |           |           |             |           |       |           |
| Not quite so much now   | _____ (1)                 |           |                       |           |                            |           |            |           |                       |           |                            |           |                                |           |               |           |                       |           |                       |           |                |           |           |           |                |           |             |           |                |           |                 |           |                  |           |                |           |              |           |                |           |  |           |   |           |  |           |  |           |   |                       |           |                |           |                    |           |                |           |                       |           |                  |           |                |           |                |           |                       |           |                  |           |                   |           |           |           |                  |           |           |           |             |           |       |           |
| Definitely not so much now  | _____ (2)                 |           |                       |           |                            |           |            |           |                       |           |                            |           |                                |           |               |           |                       |           |                       |           |                |           |           |           |                |           |             |           |                |           |                 |           |                  |           |                |           |              |           |                |           |  |           |   |           |  |           |  |           |   |                       |           |                |           |                    |           |                |           |                       |           |                  |           |                |           |                |           |                       |           |                  |           |                   |           |           |           |                  |           |           |           |             |           |       |           |
| Not at all  | _____ (3)                 |           |                       |           |                            |           |            |           |                       |           |                            |           |                                |           |               |           |                       |           |                       |           |                |           |           |           |                |           |             |           |                |           |                 |           |                  |           |                |           |              |           |                |           |  |           |   |           |  |           |  |           |   |                       |           |                |           |                    |           |                |           |                       |           |                  |           |                |           |                |           |                       |           |                  |           |                   |           |           |           |                  |           |           |           |             |           |       |           |
| 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)                 |           |                       |           |                            |           |            |           |                       |           |                            |           |                                |           |               |           |                       |           |                       |           |                |           |           |           |                |           |             |           |                |           |                 |           |                  |           |                |           |              |           |                |           |  |           |   |           |  |           |  |           |   |                       |           |                |           |                    |           |                |           |                       |           |                  |           |                |           |                |           |                       |           |                  |           |                   |           |           |           |                  |           |           |           |             |           |       |           |
| Yes, most of the time   | _____ (3)                 |           |                       |           |                            |           |            |           |                       |           |                            |           |                                |           |               |           |                       |           |                       |           |                |           |           |           |                |           |             |           |                |           |                 |           |                  |           |                |           |              |           |                |           |  |           |   |           |  |           |  |           |   |                       |           |                |           |                    |           |                |           |                       |           |                  |           |                |           |                |           |                       |           |                  |           |                   |           |           |           |                  |           |           |           |             |           |       |           |
| Yes, some of the time   | _____ (2)                 |           |                       |           |                            |           |            |           |                       |           |                            |           |                                |           |               |           |                       |           |                       |           |                |           |           |           |                |           |             |           |                |           |                 |           |                  |           |                |           |              |           |                |           |  |           |   |           |  |           |  |           |   |                       |           |                |           |                    |           |                |           |                       |           |                  |           |                |           |                |           |                       |           |                  |           |                   |           |           |           |                  |           |           |           |             |           |       |           |
| Not very often  | _____ (1)                 |           |                       |           |                            |           |            |           |                       |           |                            |           |                                |           |               |           |                       |           |                       |           |                |           |           |           |                |           |             |           |                |           |                 |           |                  |           |                |           |              |           |                |           |  |           |   |           |  |           |  |           |   |                       |           |                |           |                    |           |                |           |                       |           |                  |           |                |           |                |           |                       |           |                  |           |                   |           |           |           |                  |           |           |           |             |           |       |           |
| No, never   | _____ (0)                 |           |                       |           |                            |           |            |           |                       |           |                            |           |                                |           |               |           |                       |           |                       |           |                |           |           |           |                |           |             |           |                |           |                 |           |                  |           |                |           |              |           |                |           |  |           |   |           |  |           |  |           |   |                       |           |                |           |                    |           |                |           |                       |           |                  |           |                |           |                |           |                       |           |                  |           |                   |           |           |           |                  |           |           |           |             |           |       |           |
| No, not at all  | _____ (0)                 |           |                       |           |                            |           |            |           |                       |           |                            |           |                                |           |               |           |                       |           |                       |           |                |           |           |           |                |           |             |           |                |           |                 |           |                  |           |                |           |              |           |                |           |  |           |   |           |  |           |  |           |   |                       |           |                |           |                    |           |                |           |                       |           |                  |           |                |           |                |           |                       |           |                  |           |                   |           |           |           |                  |           |           |           |             |           |       |           |
| Hardly ever   | _____ (1)                 |           |                       |           |                            |           |            |           |                       |           |                            |           |                                |           |               |           |                       |           |                       |           |                |           |           |           |                |           |             |           |                |           |                 |           |                  |           |                |           |              |           |                |           |  |           |   |           |  |           |  |           |   |                       |           |                |           |                    |           |                |           |                       |           |                  |           |                |           |                |           |                       |           |                  |           |                   |           |           |           |                  |           |           |           |             |           |       |           |
| Yes, sometimes  | _____ (2)                 |           |                       |           |                            |           |            |           |                       |           |                            |           |                                |           |               |           |                       |           |                       |           |                |           |           |           |                |           |             |           |                |           |                 |           |                  |           |                |           |              |           |                |           |  |           |   |           |  |           |  |           |   |                       |           |                |           |                    |           |                |           |                       |           |                  |           |                |           |                |           |                       |           |                  |           |                   |           |           |           |                  |           |           |           |             |           |       |           |
| Yes, very often   | _____ (3)                 |           |                       |           |                            |           |            |           |                       |           |                            |           |                                |           |               |           |                       |           |                       |           |                |           |           |           |                |           |             |           |                |           |                 |           |                  |           |                |           |              |           |                |           |  |           |   |           |  |           |  |           |   |                       |           |                |           |                    |           |                |           |                       |           |                  |           |                |           |                |           |                       |           |                  |           |                   |           |           |           |                  |           |           |           |             |           |       |           |
| Yes, quite a lot  | _____ (3)                 |           |                       |           |                            |           |            |           |                       |           |                            |           |                                |           |               |           |                       |           |                       |           |                |           |           |           |                |           |             |           |                |           |                 |           |                  |           |                |           |              |           |                |           |  |           |   |           |  |           |  |           |   |                       |           |                |           |                    |           |                |           |                       |           |                  |           |                |           |                |           |                       |           |                  |           |                   |           |           |           |                  |           |           |           |             |           |       |           |
| Yes, sometimes  | _____ (2)                 |           |                       |           |                            |           |            |           |                       |           |                            |           |                                |           |               |           |                       |           |                       |           |                |           |           |           |                |           |             |           |                |           |                 |           |                  |           |                |           |              |           |                |           |  |           |   |           |  |           |  |           |   |                       |           |                |           |                    |           |                |           |                       |           |                  |           |                |           |                |           |                       |           |                  |           |                   |           |           |           |                  |           |           |           |             |           |       |           |
| No, not much  | _____ (1)                 |           |                       |           |                            |           |            |           |                       |           |                            |           |                                |           |               |           |                       |           |                       |           |                |           |           |           |                |           |             |           |                |           |                 |           |                  |           |                |           |              |           |                |           |  |           |   |           |  |           |  |           |   |                       |           |                |           |                    |           |                |           |                       |           |                  |           |                |           |                |           |                       |           |                  |           |                   |           |           |           |                  |           |           |           |             |           |       |           |
| No, not at all  | _____ (0)                 |           |                       |           |                            |           |            |           |                       |           |                            |           |                                |           |               |           |                       |           |                       |           |                |           |           |           |                |           |             |           |                |           |                 |           |                  |           |                |           |              |           |                |           |  |           |   |           |  |           |  |           |   |                       |           |                |           |                    |           |                |           |                       |           |                  |           |                |           |                |           |                       |           |                  |           |                   |           |           |           |                  |           |           |           |             |           |       |           |
| 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)                 |           |                       |           |                            |           |            |           |                       |           |                            |           |                                |           |               |           |                       |           |                       |           |                |           |           |           |                |           |             |           |                |           |                 |           |                  |           |                |           |              |           |                |           |  |           |   |           |  |           |  |           |   |                       |           |                |           |                    |           |                |           |                       |           |                  |           |                |           |                |           |                       |           |                  |           |                   |           |           |           |                  |           |           |           |             |           |       |           |
| Yes, most of the time   | _____ (3)                 |           |                       |           |                            |           |            |           |                       |           |                            |           |                                |           |               |           |                       |           |                       |           |                |           |           |           |                |           |             |           |                |           |                 |           |                  |           |                |           |              |           |                |           |  |           |   |           |  |           |  |           |   |                       |           |                |           |                    |           |                |           |                       |           |                  |           |                |           |                |           |                       |           |                  |           |                   |           |           |           |                  |           |           |           |             |           |       |           |
| Yes, sometimes  | _____ (2)                 |           |                       |           |                            |           |            |           |                       |           |                            |           |                                |           |               |           |                       |           |                       |           |                |           |           |           |                |           |             |           |                |           |                 |           |                  |           |                |           |              |           |                |           |  |           |   |           |  |           |  |           |   |                       |           |                |           |                    |           |                |           |                       |           |                  |           |                |           |                |           |                       |           |                  |           |                   |           |           |           |                  |           |           |           |             |           |       |           |
| No, not very often  | _____ (1)                 |           |                       |           |                            |           |            |           |                       |           |                            |           |                                |           |               |           |                       |           |                       |           |                |           |           |           |                |           |             |           |                |           |                 |           |                  |           |                |           |              |           |                |           |  |           |   |           |  |           |  |           |   |                       |           |                |           |                    |           |                |           |                       |           |                  |           |                |           |                |           |                       |           |                  |           |                   |           |           |           |                  |           |           |           |             |           |       |           |
| No, not at all  | _____ (0)                 |           |                       |           |                            |           |            |           |                       |           |                            |           |                                |           |               |           |                       |           |                       |           |                |           |           |           |                |           |             |           |                |           |                 |           |                  |           |                |           |              |           |                |           |  |           |   |           |  |           |  |           |   |                       |           |                |           |                    |           |                |           |                       |           |                  |           |                |           |                |           |                       |           |                  |           |                   |           |           |           |                  |           |           |           |             |           |       |           |
| Yes, most of the time   | _____ (3)                 |           |                       |           |                            |           |            |           |                       |           |                            |           |                                |           |               |           |                       |           |                       |           |                |           |           |           |                |           |             |           |                |           |                 |           |                  |           |                |           |              |           |                |           |  |           |   |           |  |           |  |           |   |                       |           |                |           |                    |           |                |           |                       |           |                  |           |                |           |                |           |                       |           |                  |           |                   |           |           |           |                  |           |           |           |             |           |       |           |
| Yes, quite often  | _____ (2)                 |           |                       |           |                            |           |            |           |                       |           |                            |           |                                |           |               |           |                       |           |                       |           |                |           |           |           |                |           |             |           |                |           |                 |           |                  |           |                |           |              |           |                |           |  |           |   |           |  |           |  |           |   |                       |           |                |           |                    |           |                |           |                       |           |                  |           |                |           |                |           |                       |           |                  |           |                   |           |           |           |                  |           |           |           |             |           |       |           |
| Not very often  | _____ (1)                 |           |                       |           |                            |           |            |           |                       |           |                            |           |                                |           |               |           |                       |           |                       |           |                |           |           |           |                |           |             |           |                |           |                 |           |                  |           |                |           |              |           |                |           |  |           |   |           |  |           |  |           |   |                       |           |                |           |                    |           |                |           |                       |           |                  |           |                |           |                |           |                       |           |                  |           |                   |           |           |           |                  |           |           |           |             |           |       |           |
| No, not at all  | _____ (0)                 |           |                       |           |                            |           |            |           |                       |           |                            |           |                                |           |               |           |                       |           |                       |           |                |           |           |           |                |           |             |           |                |           |                 |           |                  |           |                |           |              |           |                |           |  |           |   |           |  |           |  |           |   |                       |           |                |           |                    |           |                |           |                       |           |                  |           |                |           |                |           |                       |           |                  |           |                   |           |           |           |                  |           |           |           |             |           |       |           |
| Yes, most of the time   | _____ (3)                 |           |                       |           |                            |           |            |           |                       |           |                            |           |                                |           |               |           |                       |           |                       |           |                |           |           |           |                |           |             |           |                |           |                 |           |                  |           |                |           |              |           |                |           |  |           |   |           |  |           |  |           |   |                       |           |                |           |                    |           |                |           |                       |           |                  |           |                |           |                |           |                       |           |                  |           |                   |           |           |           |                  |           |           |           |             |           |       |           |
| Yes, quite often  | _____ (2)                 |           |                       |           |                            |           |            |           |                       |           |                            |           |                                |           |               |           |                       |           |                       |           |                |           |           |           |                |           |             |           |                |           |                 |           |                  |           |                |           |              |           |                |           |  |           |   |           |  |           |  |           |   |                       |           |                |           |                    |           |                |           |                       |           |                  |           |                |           |                |           |                       |           |                  |           |                   |           |           |           |                  |           |           |           |             |           |       |           |
| Only occasionally   | _____ (1)                 |           |                       |           |                            |           |            |           |                       |           |                            |           |                                |           |               |           |                       |           |                       |           |                |           |           |           |                |           |             |           |                |           |                 |           |                  |           |                |           |              |           |                |           |  |           |   |           |  |           |  |           |   |                       |           |                |           |                    |           |                |           |                       |           |                  |           |                |           |                |           |                       |           |                  |           |                   |           |           |           |                  |           |           |           |             |           |       |           |
| No, never   | _____ (0)                 |           |                       |           |                            |           |            |           |                       |           |                            |           |                                |           |               |           |                       |           |                       |           |                |           |           |           |                |           |             |           |                |           |                 |           |                  |           |                |           |              |           |                |           |  |           |   |           |  |           |  |           |   |                       |           |                |           |                    |           |                |           |                       |           |                  |           |                |           |                |           |                       |           |                  |           |                   |           |           |           |                  |           |           |           |             |           |       |           |
| Yes, quite often  | _____ (3)                 |           |                       |           |                            |           |            |           |                       |           |                            |           |                                |           |               |           |                       |           |                       |           |                |           |           |           |                |           |             |           |                |           |                 |           |                  |           |                |           |              |           |                |           |  |           |   |           |  |           |  |           |   |                       |           |                |           |                    |           |                |           |                       |           |                  |           |                |           |                |           |                       |           |                  |           |                   |           |           |           |                  |           |           |           |             |           |       |           |
| Sometimes   | _____ (2)                 |           |                       |           |                            |           |            |           |                       |           |                            |           |                                |           |               |           |                       |           |                       |           |                |           |           |           |                |           |             |           |                |           |                 |           |                  |           |                |           |              |           |                |           |  |           |   |           |  |           |  |           |   |                       |           |                |           |                    |           |                |           |                       |           |                  |           |                |           |                |           |                       |           |                  |           |                   |           |           |           |                  |           |           |           |             |           |       |           |
| Hardly ever   | _____ (1)                 |           |                       |           |                            |           |            |           |                       |           |                            |           |                                |           |               |           |                       |           |                       |           |                |           |           |           |                |           |             |           |                |           |                 |           |                  |           |                |           |              |           |                |           |  |           |   |           |  |           |  |           |   |                       |           |                |           |                    |           |                |           |                       |           |                  |           |                |           |                |           |                       |           |                  |           |                   |           |           |           |                  |           |           |           |             |           |       |           |
| Never   | _____ (0)                 |           |                       |           |                            |           |            |           |                       |           |                            |           |                                |           |               |           |                       |           |                       |           |                |           |           |           |                |           |             |           |                |           |                 |           |                  |           |                |           |              |           |                |           |  |           |   |           |  |           |  |           |   |                       |           |                |           |                    |           |                |           |                       |           |                  |           |                |           |                |           |                       |           |                  |           |                   |           |           |           |                  |           |           |           |             |           |       |           |