



Post Partum Depression Screen

One of the most important things necessary for a thriving, healthy baby is an attentive and happy Mother. Not every Mother is able to meet the many demands of her new infant, though, because of the problem of Post Partum Depression. Because we take this problem seriously, we screen all new Moms for symptoms of this condition, using the Edinburgh Postnatal Depression Scale. Detecting the problem can lead to a new Mom getting help from her primary care physician or obstetrician. Please check the answer below that best fits how you have felt IN THE LAST 7 DAYS -- not just how you feel today.

NAME

DATE OF DELIVER

1. I've been able to laugh and see the funny side of things:

- As much as I always could
- Not quite as much now
- Definitely not as 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've blamed myself unnecessarily when things went wrong:

- No, never
- Not very often
- Yes, some of the time
- Yes, most of the time

4. I've been anxious and worried for no good reason:

- No, not at all
- Hardly ever
- Yes, sometimes
- Yes, very often

5. I've felt scared or panicky for no good reason:

- No, not at all
- No, not much
- Yes, sometimes
- Yes, quite a lot

6. Things have been getting on top of me:

- No, I've been coping as well as ever
- No, most of the time I cope quite well
- Yes, sometimes I haven't coped as well as usual
- Yes, most of the time I haven't been able to cope

7. I've been so unhappy that I have difficulty sleeping:

- No, not at all
- Not very often
- Yes, sometimes
- Yes, most of the time

8. I've felt sad or miserable:

- No, not at all
- Not very often
- Yes, quite often
- Yes, most of the time

9. I've been so unhappy that I have been crying:

- No, never
- Only occasionally
- Yes, quite often
- Yes, most of the time

10. The thought of harming myself has occurred to me:

- Never
- Hardly ever
- Sometimes
- Yes, quite often