

### Postpartum Depression Self Survey

If you are pregnant, or have recently had a baby, you may choose to take this quick survey about how you have felt in the past 7 days. If you score higher than 12, contact your health care provider or our Postpartum Depression Support Coordinator at (603) 227-7000, ext 4927 for more information and/or support.

1. I have been able to laugh and see the funny side of things:
  - 1 as much as I always have
  - 2 not quite so much now
  - 3 definitely not so much now
  - 4 not at all
2. I have looked forward with enjoyment to things:
  - 1 as much as I ever did
  - 2 somewhat less than I used to
  - 3 definitely less than I used to
  - 4 hardly at all
3. I have blamed myself unnecessarily when things went wrong:
  - 4 yes, most of the time
  - 3 yes, some of the time
  - 2 not very often
  - 1 no, never
4. I have been anxious or worried for no good reason:
  - 1 no, not at all
  - 2 hardly ever
  - 3 yes, sometimes
  - 4 yes, very often
5. I have felt scared or panicky for no good reason:
  - 4 yes, quite a lot
  - 3 yes, sometimes
  - 2 no, not much
  - 1 no, not at all
6. Things have been getting on top of me:
  - 4 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, I have been coping as well as ever
  - 1 no, most of the time I have coped quite well
7. I have been so unhappy that I have had difficulty sleeping:
  - 4 yes, most of the time
  - 3 yes, sometimes
  - 2 not very often
  - 1 no, not at all
8. I have felt sad or miserable:
  - 4 yes, most of the time
  - 3 yes, quite often
  - 2 not very often
  - 1 no, not at all

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

4 yes, most of the time

3 yes, quite often

2 only occasionally

1 no, never

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

4 yes, quite often

3 sometimes

2 hardly ever

1 never

**Score:** \_\_\_\_\_

If you score higher than 12, contact your healthcare provider or our Postpartum Depression Support Coordinator at (603) 227-224-7000, ext 4927 for more information and/or support.