

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 group facilitator (bottom of page) 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

continued.....

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 health care provider or our Postpartum Depression support group facilitator for more information and/or support.

Postpartum Depression Support Group Facilitator: Mary Sue at 224-1381
The Family Place Social Worker: Mary Jane at 227-7000, ext. 4908

Adapted from the "Edinburgh Post Natal Depression Scale"