



Name: _____ Age: _____ Baby's Age: _____

Marital Status: _____ Occupation: _____ Education: _____

Being pregnant and having a baby can bring many feelings, both good and bad. Sometimes women feel sad and blue during pregnancy and/or after they have the baby. For most women, sad feelings go away quickly, but for other women they may stay longer. There are ways to help women who have long periods of sadness during pregnancy or after childbirth.

Instructions: We want to know how you are feeling. Please circle the answer which comes closest to how you have felt **in the past 7 days** – not just how you feel today.

1. I have been able to laugh and see the funny side of things –

- 0 As much as I always could
- 1 Not quite so much now
- 2 Definitely not so much now
- 3 Not at all

2. I have looked forward to things with enjoyment–

- 0 As much as I ever did
- 1 Rather less than I used to
- 2 Definitely less than I used to
- 3 Hardly at all

3. I have blamed myself unnecessarily when things went wrong –

- 3 Yes, most of the time
- 2 Yes, some of the time
- 1 Not very often
- 0 No, never

4. I have been anxious or worried for no good reason –

- 0 No, not at all
- 1 Hardly ever
- 2 Yes, sometimes
- 3 Yes, very often

5. I have felt scared or panicky for no good reason –

- 3 Yes, quite a lot
- 2 Yes, sometimes
- 1 No, not much
- 0 No, not at all

6. Things have been piling up on me –

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

7. I have been so unhappy that I have had difficulty sleeping –

- 3 Yes, most of the time
- 2 Yes, some of the time
- 1 Not very often
- 0 No, not at all

8. I have felt sad or miserable –

- 3 Yes, most of the time
- 2 Yes, some of the time
- 1 Not very often
- 0 No, not at all

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

- 3 Yes, most of the time
- 2 Yes, quite often
- 1 Only occasionally
- 0 No, never

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

- 3 Yes, quite often
- 2 Sometimes
- 1 Hardly ever
- 0 Never

Date: _____ Score: _____