

Post-Partum Self-Test

Is it possible that I have symptoms of Post-Partum Depression?

Please answer the following questions by circling your answer to evaluate if you are suffering from symptoms of Post-Partum Depression

1. I have been able to laugh and see the funny side of things: Value _____
 1. Not at all
 2. Definitely not so much now
 3. Not quite so much now
 4. As much as I always could

2. I have looked forward with enjoyment to things: Value _____
 1. Hardly at all
 2. Definitely less than I used to
 3. Rather less than I used to
 4. As much as I ever did

3. I have blamed myself unnecessarily when things went wrong: Value _____
 1. Yes, most of the time
 2. Yes, some of the time
 3. Not very often
 4. No, never

4. I have been anxious or worried for no good reason: Value _____
 1. Yes, very often
 2. Yes, sometimes
 3. Hardly ever
 4. No, not at all

5. I have felt scared or panicky for no good reason: Value _____
 1. Yes, quite a lot
 2. Yes, sometimes
 3. No, not much
 4. No, not at all

6. Things have been getting on top of me: Value _____
 1. 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
 3. No, most of the time I have coped quite well
 4. No, I have been coping as well as ever

7. I have been so unhappy that I have had difficulty sleeping: Value _____
1. Yes, most of the time
2. Yes, sometimes
3. Not very often
4. Not at all

8. I have felt sad or miserable: Value _____
1. Yes, most of the time
2. Yes, quite often
3. Not very often
4. No, not at all

9. I have been so unhappy that I have been crying: Value _____
1. Yes, most of the time
2. Yes, quite often
3. Only occasionally
4. No, never

10. The thought of harming myself has occurred to me: Value _____
1. Yes, often
2. Sometimes
3. Hardly ever
4. Never

Total Points _____

Scoring:

Answer number 1 is valued at 3 points, answer 2 is 2, answer 3 is 1 and answer number 4 is valued at 0 points.

Place the appropriate value beside each question.

Total up your points.

Maximum Score - 30 points

Possible Depression = score of 10 or higher