

Date of Birth: ____ / ____ / ____ Child's Name: _____

Mother's Name: _____

Society tells us that having a baby should be a happy, exciting and joyous time. However, for 15-20% of new moms, that isn't the case. We care about you and how you are feeling! Please check the responses below that come closest to how you have felt in **the past 7 days** (*not just today*). Please do not skip any questions and be sure to answer the questions on your own and without the input of others.

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 with enjoyment to things.

- 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.

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

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 very good reason.

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

6. Things have been getting on top of me.

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

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

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

8. I have felt sad or miserable.

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

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

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

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

- 0 Yes, quite often
- 1 Sometimes
- 2 Only occasionally
- 3 Never