



You've just been through an emotional roller-coaster in bringing your precious baby into this world. If you can't seem to shake off the blues, use this self-assessment tool to see whether it could be PND.

*Please circle the answer that comes closest to how you have felt in the past seven days, not just how you feel today.*

1. I have been able to laugh and see the funny side of things
  - a. As much as I always could
  - b. Not quite as much as I used to
  - c. Definitely not as much as I used to
  - d. Not at all
  
2. I have always looked forward with enjoyment to things
  - a. As much as I always could
  - b. Not quite as much as I used to
  - c. Definitely not as much as I used to
  - d. Not at all
  
3. I have blamed myself unnecessarily when things went wrong
  - a. Not at all
  - b. Very little
  - c. Some of the time
  - d. Most of the time
  
4. I have been anxious or worried for no good reason
  - a. Not at all
  - b. Very little
  - c. Some of the time
  - d. Most of the time
  
5. I have felt scared or panicked for no good reason
  - a. Not at all
  - b. Very little
  - c. Some of the time
  - d. Most of the time
  
6. Things have been getting on top of me
  - a. Not at all; I have been coping very well
  - b. Not at all; I've been coping pretty well
  - c. Some of the time; I haven't been coping as well as usual
  - d. Quite a lot ; I haven't been able to cope at all
  
7. I have been so unhappy that I've had difficulty sleeping
  - a. Not at all
  - b. Very little
  - c. Some of the time
  - d. Most of the time

8. I have felt sad or miserable

- a. Not at all
- b. Very little
- c. Some of the time
- d. Most of the time

9. I have been unhappy that I've been crying

- a. Not at all
- b. Very little
- c. Some of the time
- d. Most of the time

10. The thought of harming myself or my baby has occurred to me

- a. Not at all
- b. Very little
- c. Some of the time
- d. Most of the time

If you have a 'feeling' after completing this form that something is not right or if most of your answers are c s & d s or if you have any further questions, please contact your doula or care provider or a mental health therapist for further consultation.