

Mother's Name: \_\_\_\_\_ Baby's Age: \_\_\_\_\_

Address: \_\_\_\_\_

Obstetrician's Name: \_\_\_\_\_ Phone: \_\_\_\_\_

You have recently had a baby named \_\_\_\_\_, we would like to know how you are feeling.

*Please SELECT the answer that 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.**

- \_\_\_ As much as I always could
- \_\_\_ Not quite so much now
- \_\_\_ Definitely not so much now
- \_\_\_ Not at all

**2. I have looked forward with enjoyment to things.**

- \_\_\_ As much as I ever did
- \_\_\_ Rather less than I used to
- \_\_\_ Definitely less than I used to
- \_\_\_ Hardly at all

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

- \_\_\_ Yes, most of the time
- \_\_\_ Yes, some of the time
- \_\_\_ Not very often
- \_\_\_ No, never

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

- \_\_\_ No, not at all
- \_\_\_ Hardly ever
- \_\_\_ Yes, sometimes
- \_\_\_ Yes, very often

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

- \_\_\_ Yes, quite a lot
- \_\_\_ Yes, sometimes
- \_\_\_ No, not much
- \_\_\_ No, not at all

**6. Things have been getting on top of me.**

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

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

- \_\_\_ Yes, most of the time
- \_\_\_ Yes, sometimes
- \_\_\_ Not very often
- \_\_\_ No, not at all

**8. I have felt sad or miserable.**

- \_\_\_ Yes, most of the time
- \_\_\_ Yes, quite often
- \_\_\_ Not very often
- \_\_\_ No, not at all

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

- \_\_\_ Yes, most of the time
- \_\_\_ Yes, quite often
- \_\_\_ Only occasionally
- \_\_\_ No, never

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

- \_\_\_ Yes quite often
- \_\_\_ Sometimes
- \_\_\_ Hardly ever
- \_\_\_ Never