

Survey: Edinburgh Post-Partum Depression

Description: As you are pregnant or have recently had a baby, we would like to know how you are feeling. Please check the answer that comes closest to how you have felt **IN THE PAST 7 DAYS**, not just how you feel today.

Privacy level: Any staff member

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
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
I have blamed myself unnecessarily when things went wrong	Yes, most of the time Yes, some of the time Not very often No, never
I have been anxious or worried for no good reason.	No, not at all Hardly ever Yes, sometimes Yes, very often
I have felt scared or panicky for no very good reason.	Yes, quite a lot Yes, sometimes No, not much No, not at all
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
I have been so unhappy that I have had a difficulty sleeping	Yes, most of the time Yes, sometimes Not very often No, not at all
I have felt sad or miserable	Yes, most of the time Yes, quite often Not very often No, not at all
I have been so unhappy that I have been crying	Yes, most of the time Yes, quite often Only occasionally No, never
The thought of harming myself has occurred to me	Yes, quite often Sometimes Hardly ever Never