

Child's Name _____

Date _____

Postpartum Depression Screen

Postpartum depression is a distressing disorder that occurs in approximately 10% of women. It is very important to screen all new mothers for symptoms of this condition using the Edinburgh Postnatal Depression Scale, which consists of the 10 questions below. The scale does not provide a diagnosis of depression, but it screens for that possibility. Please choose the answer that best describes 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 as much now
Definitely not as much now
Not at all
2. I have looked forward to things with enjoyment.
As much as I ever did
Somewhat less than I used to
Definitely less than I used to
Hardly at all
3. I have blamed myself unnecessarily when things went wrong.
No, never
Not very often
Yes, some of the time
Yes, most of the time
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 good reason.
No, not at all
No, not much
Yes, sometimes
Yes, quite a lot
6. Things have been getting on top of me.
No, I've been coping as well as ever
No, most of the time I've coped quite well
Yes, sometimes I haven't been coping as well as usual
Yes, most of the time I haven't been able to cope at all
7. I have been so unhappy that I have had difficulty sleeping.
No, not at all
Not very often
Yes, sometimes
Yes, most of the time
8. I have felt sad or miserable.
No, not at all
Not very often
Yes, quite often
Yes, most of the time
9. I have been so unhappy that I have been crying.
No, never
Only occasionally
Yes, quite often
Yes, most of the time
10. The thought of hurting myself has occurred to me.
Never
Hardly ever
Sometimes
Yes, quite often

Scoring: All questions are scored 0, 1, 2, 3, with the top box scored as 0 and the bottom box scored as 3. A score of **12 or more** indicates the need for further clinical assessment and consideration for treatment. Any score other than 0 on question 10 should be discussed with a health care professional immediately. This screen can be used again in the future to track symptoms over time. Many **resources** for treatment of postpartum depression are located on the next page...

Resources for Treatment of Postpartum Depression

National Postpartum Depression Hotline: 1-800-PPD-MOMS (773-6667)

Western Psychiatric Institute and Clinic: 412-624-2000

Magee-Womens Hospital Behavioral Health Clinic: 412-641-1238

Western Pennsylvania Hospital: 412-578-5105

If you have Highmark insurance, please keep the following in mind:

Highmark Depression Management Program: 1-800-596-9443, option 1

Behavioral Health Emergency Services (24 hour access): 1-800-485-2889, option 1

Blues On Call: 1-888-BLUE-428 or 1-888-258-3428 (24 hour access to a health coach)

For any insurance, check the back of your insurance card for the behavioral health number and call to locate a provider in your area.

Postpartum Support International: 1-800-944-4PPD, www.postpartum.net

The Postpartum Stress Center: www.postpartumstress.com

Suicide Prevention Hotline: 1-800-SUICIDE

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