

STANDARDIZED PATIENT'S ENDINBURGH'S POST-PARTUM DEPRESSION SCREENING RESULTS

Dear Ms. Standardized Patient:

Congratulations on the birth of your baby!

One of the things we know happens to a lot of new moms is that they can have sad feelings after they give birth. In fact we know that the majority of women feel the "**Baby Blues**" from 4-10 days after giving birth. About 1 of every 8 (13%) pregnancies will be followed by "**Post-Partum Depression.**"

We would like to give you this screening test to determine if you need extra help. Please answer the questions by yourself and then give this back to your baby's doctor for scoring. **Thank you.**

Think about the past 7 days...

1. ...I have been able to laugh and see the funny side of things.

==>0=as much as I 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 could

==>1=not quite so much now

==>2=definitely not so much now

==>3=not at all

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

==>0=no, not at all

==>1=hardly ever

==>2=yes, sometimes

==>3=yes, most of the time

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=no, not at all

==>1=no, not much

==>2=yes, sometimes

==>3=yes, quite a lot to me

6. ...Things have been getting on top of me.
==>0=no, I have been coping as well as ever
==>1=no, most of the time I have coped quite well
==>2=yes, sometimes, I haven't been coping as well as usual
==>3=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
==>0=no, not at all
==>1=not very often
==>2=yes, sometimes
==>3=yes, most of the time

8. ...I have felt sad or miserable.
==>0=no, not at all
==>1=not very often
==>2=yes, quite often
==>3=yes, most of the time

9. ...I have been so unhappy that I have been crying.
==>0=no, never
==>1=only occasionally
==>2=yes, quite often
==>3=yes, most of the time

10. ...The thought of harming myself has occurred to me
==>0=no, never
==>1=hardly ever
==>2=sometimes
==>3=yes, quite often

*Source: Cox JL, Holden JM, Sagovsky R. "Detection of postnatal depression: development of the 10-item Edinburgh Postnatal Depression Scale" Br J Psychiatry 1987;150:782-6

Four other questions:

1. Have you been hit, kicked, punched, threatened or otherwise hurt by someone in the last year?
==> No

2. Do you feel safe in your current relationship?
==> Yes

3. Is there a partner from a previous relationship who is making you feel unsafe now?
==> No

4. Is there anything you feel you need to talk privately with your doctor or a social worker about?
==> No