

Could You Be Depressed?

Many mothers have what is called “Postpartum Depression”. It is a condition that mothers sometimes do not want to admit. As your child’s physician, we know the importance of both the family bond and the relationship between mother and child. Some physicians use the following *Edinboro Postnatal Depression Scale* to aid us in the diagnosis of Postpartum Depression. Please look at the following questions and discuss the answers with us.

1. I have been able to laugh and see the funny side of things . . .
 - a. As much as I always could
 - b. Not quite so much now
 - c. Definitely not so much now
 - d. Not at all
2. I have looked forward with enjoyment to things . . .
 - a. As much as I ever did
 - b. Rather less than I used to
 - c. Definitely less than I used to
 - d. Hardly at all
3. I have blamed myself unnecessarily when things went wrong . . .
 - a. Yes, most of the time
 - b. Yes, some of the time
 - c. Not very often
 - d. No, never
4. I have been anxious or worried for no good reason . . .
 - a. No, not at all
 - b. Hardly ever
 - c. Yes, sometimes
 - d. Yes, very often
5. I have felt scared or panicky for no very good reason . . .
 - a. Yes, quite a lot
 - b. Yes, sometimes
 - c. No, not much
 - d. No, not at all
6. Things have been getting on top of me . . .
 - a. Yes, most of the time I haven’t been able to cope at all
 - b. Yes, sometimes I haven’t been coping as well as usual
 - c. No, most of the time I have coped quite well
 - d. No, I have been coping as well as ever
7. I have been so unhappy that I have difficulty sleeping . . .
 - a. Yes, most of the time
 - b. Yes, sometimes
 - c. No, not very often
 - d. No, not at all

8. I have felt sad or miserable . . .
 - a. Yes, most of the time
 - b. Yes, quite often
 - c. No, not very often
 - d. No, not at all
9. I have been so unhappy that I have been crying . . .
 - a. Yes, most of the time
 - b. Yes, quite often
 - c. Only occasionally
 - d. No, never
10. The thought of harming myself has occurred to me . . .
 - a. Yes, quite often
 - b. Yes, sometimes
 - c. No, hardly ever
 - d. No, never