

## Post-Partum Self-Test

Is it possible that I have symptoms of Post-Partum Depression?

Please answer the following questions by circling your answer to evaluate if you are suffering from symptoms of Post-Partum Depression

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

7. I have been so unhappy that I have had difficulty sleeping: Value \_\_\_\_\_  
1. Yes, most of the time  
2. Yes, sometimes  
3. Not very often  
4. Not at all

8. I have felt sad or miserable: Value \_\_\_\_\_  
1. Yes, most of the time  
2. Yes, quite often  
3. Not very often  
4. No, not at all

9. I have been so unhappy that I have been crying: Value \_\_\_\_\_  
1. Yes, most of the time  
2. Yes, quite often  
3. Only occasionally  
4. No, never

10. The thought of harming myself has occurred to me: Value \_\_\_\_\_  
1. Yes, often  
2. Sometimes  
3. Hardly ever  
4. Never

Total Points \_\_\_\_\_

**Scoring:**

Answer number 1 is valued at 3 points, answer 2 is 2, answer 3 is 1 and answer number 4 is valued at 0 points.

Place the appropriate value beside each question.

Total up your points.

Maximum Score - 30 points

Possible Depression = score of 10 or higher

Although this, or no self-test, is conclusive, if your total score is 10 or higher, there is a possibility you may be have Post-Partum Depression and you should contact an iTherapyRX counselor or another health care professional.