



Post Partum

Questionnaire

Important only check ONE box per question.

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

- 0 As much as I always could
- 1 Not quite so much now
- 2 Not so much now
- 3 Not at all

2. I have looked forward with enjoyment to things.

- 0 As much as I ever did
- 1 Not quite so much now
- 2 Not so much now
- 3 Not at all

3. I have been anxious or worried for no good reason.

- 3 Yes, very often
- 2 Yes, sometimes
- 1 No, not much
- 0 No, not at all

4. I have felt scared or panicky for no good reason.

- 3 Yes, very often
- 2 Yes, sometimes
- 1 No, not much
- 0 No, not at all

5. Things have been too much for me.

- 3 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
- 1 No, most of the time I have coped well
- 0 No, I have been coping as well as ever

6. I have been so unhappy that I have had difficulty sleeping.

- 3 Yes, most of the time
- 2 Yes, sometimes
- 1 Not very often
- 0 No, not at all

7. I have felt so unhappy that I have been crying.

- 3 Yes, most of the time
- 2 Yes, quite often
- 1 Only occasionally
- 0 No, never

8. I have felt sad or miserable.

- 3 Yes, quite often
- 2 Sometimes
- 1 Hardly ever
- 0 Never

Your Total Score is:

Please be sure to review your answers and make sure that you only checked one box per question. After reviewing your

answers if your score is in the range of **16 - 30** you should

call us at **208-557-2900**