



Questionnaire For New Mothers - Do You Have Postpartum Depression?

The following 21 questions are designed to provide you with a sense of whether you might have PPD. If the results indicate you are at risk, please see below for information on what to do and where to turn for help.

1. Have you had a baby in the last 18 months?
2. Did you have a cesarean-section delivery?
3. Do you have a previous history of depression or anxiety?
4. Do you feel that your support system is inadequate?
5. Did you or your partner feel unhappy to learn you were pregnant?
6. Have you experienced physical or emotional abuse?
7. Are you currently in an abusive relationship?
8. Do you have a history of eating disorders?
9. Have you experienced sexual abuse or any kind of sexual trauma at any time in your life?
10. Have you suffered the loss of a loved one during your pregnancy?
11. During the past year have you experienced an unusual amount of stress (moving, loss of job, divorce)?
12. Are you particularly competitive or perfectionist?
13. Are you having crying spells, mood swings, and/or periods of intense irritability or anger?
14. Do you suffer from head- or stomachaches or other unexplained pains?
15. Do you feel exhausted or overwhelmed, as though you are “falling apart”?
16. Have you lost interest in things you used to enjoy?
17. Do you have insomnia or are you sleeping excessively?
18. Do you feel alone or isolated, even with other people around?
19. Do you have feelings, thoughts, or images of hurting yourself or your baby?
20. Are you consumed with feelings of guilt or worthlessness, i.e. that you don't deserve your baby?
21. Do you feel completely alone with these feelings and ashamed of revealing the “secret” of your despair?

If you are having scary thoughts about harming yourself, your baby or anyone else, PLEASE call 911 or go to the nearest hospital Emergency Room.

If you answered YES to THREE or more of these questions you may be dealing with postpartum depression. If you have answered YES to FIVE or more you are most likely experiencing postpartum depression. Please don't hesitate to reach out for support. Postpartum Depression is treatable – with counseling, medication or a combination. There are numerous resources available to get you started on your way to wellness.

What to do:

- 1.** Ask your OB/GYN, or your CNM for local postpartum resources. Identify and immediately ask for a consultation for individual therapy or access to a local pregnancy support group, or a postpartum depression support group. If you are in the greater NYC area, call Rachel Youree, LCSW at (917) 612-0595.
- 2.** You may also contact 877-PPD-HOPE for local resources anywhere in the country.
- 3.** Don't hide your concerns – share them with your partner if it is safe to do so. Make sure he/she knows the signs of PPD. Show them this questionnaire and the partner section of our website.
- 4.** Cesarean Section, particularly an unplanned one, is also a risk factor for PPD. If your birth experience was disappointing or traumatic in any way for you, speaking with a support group or individual counselor will be helpful.