

## In the past 7 days...

*Please select the answer which comes closest to how you have felt in the past 7 days – not just how you feel today.*

### 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 Definitely 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 Rather less than I used to
- 2 Definitely less than I used to
- 3 Hardly at all

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

- 3 Yes, most of the time
- 2 Yes, some of the time
- 1 Not very often
- 0 No, never

### 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 good reason -

- 3 Yes, quite a lot
- 2 Yes, sometimes
- 1 No, not much
- 0 No, not at all

### 6. Things have been getting on top of 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 quite well
- 0 No, I have been coping as well as ever

### 7. I have been so unhappy that I have had difficulty sleeping -

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

### 8. I have felt sad or miserable -

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

### 9. I have been so unhappy that I have been crying -

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

### 10. The thought of harming myself has occurred to me -

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

# Caring for Your Emotional Health

Having a baby in the Neonatal Intensive Care Unit can be a traumatic experience.

All of the emotions that you experience in the NICU – grief, guilt, depression, anxiety, fear – are normal and appropriate. They are a natural response. They are not a sign of weakness.

While all these feelings are normal, they should be temporary. It is important for you and your family to recognize if they become a problem and know how to get the help and support you need if they do.

## Using the Edinburgh Postnatal Depression Scale:

One of the best ways to care for yourself is to do routine screenings for postpartum depression (PPD). The EPDS will help you and the people who care for you recognize the effects of PPD. But the EPDS is only one tool. Talk to your doctor, family, and friends about how you are feeling. Let them know how to help. You can make a plan together to feel better!

*Answer all of the questions, 1 – 10. Here is an EXAMPLE already completed.*

I have felt happy:

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

This would mean: “I have felt happy most of the time” during the past week.

*Please complete the other questions in the same way.*

## Scoring

Each question is scored with a 0, 1, 2 or 3. The higher your score is, the more likely it is that you’re experiencing the effects of depression.

**If your score is 12 or higher** It’s time to make a plan to treat the effects of depression so that you can feel better.

**If your score is 9, 10 or 11** You and your team should find ways to minimize the negative emotions and stress you are feeling and increase the amount of support you are getting.

**IMPORTANT:** How did you answer Question 10? If the effects of depression feel overwhelming and are more than you can bear, it’s time to get medical attention. Tools like counseling and medication can help. With proper treatment and support you will feel better. **IT GETS BETTER.**

**REMEMBER:** Postpartum depression is common – and treatable.

**YOU ARE NOT ALONE.** You don’t deserve to feel this way. You deserve to feel healthy.