

Postpartum Depression Worksheet

Many new mothers feel anxious, sad or angry about the changes in their lives after the birth of their baby. These feelings are normal, but may also be signals of a more serious postpartum depression. Women with postpartum depression usually recover completely, but support and medical management, including medication, may be necessary. This quiz can help you decide if you are experiencing typical “baby blues” or a more rare, severe postpartum depression.

Do you:	Yes	No
Feel tearful from time to time?		
Feel extremely fatigued due to lack of sleep?		
Feel irritable or cranky?		
Feel anxious about your health or your baby's?		

The above are all symptoms of “baby blues” and will probably pass as you get to know your baby, become more confident as a mother, and get more rest.

Do you:	Yes	No
Feel depressed or sad almost all the time?		
Feel that you can't do anything right? (You may feel unattractive, unskilled as a mother, unable to care for your baby, and unable to learn.)		
Have no real desire to eat and get no enjoyment from food?		
Feel anxious most of the time and really anxious some of the time?		
Feel unable to care for yourself and your baby?		
Think thoughts that repeat in your mind and won't go away?		
Have panic attacks? (Your heart beats fast and you may feel sweaty or short of breath.)		
Have thoughts about killing yourself or your baby?		

This second set of questions are symptoms of a more severe postpartum depression. If you answered “yes” to even one symptom, speak to your health care provider without delay. Ask your partner or a friend for help. Though it doesn't feel likely right now, with treatment and support, you will feel better. Call Medformation (651-697-333) for information about support groups. Or call 800-994-4PPD for help.