



You've just been through an emotional roller-coaster in bringing your precious baby into this world. If you can't seem to shake off the blues, use this self-assessment tool to see whether it could be PND.

Please circle the answer that comes closest to how you have felt in the past seven days, not just how you feel today.

1. I have been able to laugh and see the funny side of things
 - a. As much as I always could
 - b. Not quite as much as I used to
 - c. Definitely not as much as I used to
 - d. Not at all

2. I have always looked forward with enjoyment to things
 - a. As much as I always could
 - b. Not quite as much as I used to
 - c. Definitely not as much as I used to
 - d. Not at all

3. I have blamed myself unnecessarily when things went wrong
 - a. Not at all
 - b. Very little
 - c. Some of the time
 - d. Most of the time

4. I have been anxious or worried for no good reason
 - a. Not at all
 - b. Very little
 - c. Some of the time
 - d. Most of the time

5. I have felt scared or panicked for no good reason
 - a. Not at all
 - b. Very little
 - c. Some of the time
 - d. Most of the time

6. Things have been getting on top of me
 - a. Not at all; I have been coping very well
 - b. Not at all; I've been coping pretty well
 - c. Some of the time; I haven't been coping as well as usual
 - d. Quite a lot ; I haven't been able to cope at all

7. I have been so unhappy that I've had difficulty sleeping
 - a. Not at all
 - b. Very little
 - c. Some of the time
 - d. Most of the time

8. I have felt sad or miserable

- a. Not at all
- b. Very little
- c. Some of the time
- d. Most of the time

9. I have been unhappy that I've been crying

- a. Not at all
- b. Very little
- c. Some of the time
- d. Most of the time

10. The thought of harming myself or my baby has occurred to me

- a. Not at all
- b. Very little
- c. Some of the time
- d. Most of the time

If you have a 'feeling' after completing this form that something is not right or if most of your answers are c s & d s or if you have any further questions, please contact your doula or care provider or a mental health therapist for further consultation.

Created by : Esther Kimani | Certified Doula.