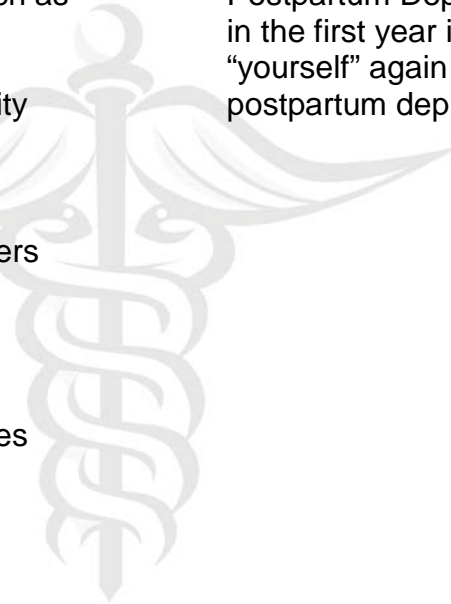


## Risk Factors for Postpartum Depression

Postpartum depression does not have a single cause. Many factors can contribute to a woman's vulnerability to depression after delivery. Some of the risk factors that have been identified include the following. Check any of the factors that apply to you.

- Infertility problems before the pregnancy, miscarriages
- Premenstrual mood changes such as PMS or PMDD (premenstrual dysphoric disorder).
- Mood changes while taking fertility medication
- Previous depressive episodes
- Depression, mood disorders, alcoholism in close family members
- History of sexual abuse
- Complication with pregnancy
- Unexpected complications at delivery
- Unexpected outcomes with babies health or temperament
- Limited support in your life or marital conflict
- Abrupt weaning
- Stressful life events 1 year prior to delivery such as a move, death or illness of a loved one, job loss or financial hardship
- Ongoing stress with a special needs baby

If you have identified a number of risk factors, please take time to complete the Postpartum Depression screening on page 2 of this handout. You may find it helpful to take the screening at two weeks following your delivery. By this time the "baby blues" have typically resolved and you can better assess whether you may be experiencing a postpartum depression. You can retake the Postpartum Depression screening at anytime in the first year if you are not feeling like "yourself" again to assess for possible postpartum depression.



## Postpartum Depression Screening

Name:

Date:

It's natural to feel strong emotions when you're pregnant and just after you've had a baby. You may feel elated, or you may feel sad. Many women have the "baby blues" just after birth. They feel sad, impatient, or irritable. These feelings usually go away in a week or two. They don't always need to be treated by a doctor. For some women, feelings of sadness, agitation or anxiety are much more intense. These intense feelings are called postpartum depression (PPD). Postpartum depression can be treated with medication and/or counseling.

These questions help you figure out your risk for postpartum depression. Please circle the answer which comes closest to how you have felt IN THE PAST 7 DAYS, not just how you feel today.

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

Your answer would show how happy you felt the last 7 days. Choosing 1 would mean: "I have felt happy most of the time" during the past week. Please complete the other questions in the same way.

**In the past 7 days:**

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 when things went wrong.
  - 0 No, never
  - 1 Not very often
  - 2 Yes, some of the time
  - 3 Yes, most of the time
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 very good reason
  - 0 No, not at all
  - 1 No, not much
  - 2 Yes, sometimes
  - 3 Yes, quite a lot
6. Things have been getting on top of me
  - 0 No, have been coping as well as ever
  - 1 No, most of the time I have coped quite well
  - 2 Yes, sometimes I haven't been coping as well as usual
  - 3 Yes, most of the time I haven't been able to cope at all
7. I have been so unhappy that I have had difficulty sleeping
  - 0 No, not at all
  - 1 Not very often
  - 2 Yes, sometimes
  - 3 Yes, most of the time
8. I have felt sad or miserable
  - 0 No, not at all
  - 1 Not very often
  - 2 Yes, quite often
  - 3 Yes, most of the time
9. I have been so unhappy that I have been crying
  - 0 No, never
  - 1 Only occasionally
  - 2 Yes, quite often
  - 3 Yes, most of the time
10. The thought of harming myself has occurred to me
  - 0 Never
  - 1 Hardly ever
  - 2 Sometimes
  - 3 Yes, quite often

### Scoring:

To get your total score, add up the numbers you have circled. \_\_\_\_\_

- If you have circled "1" or higher on question number 10 or your total score is "9" or greater, you may be experiencing postpartum depression or are at risk for PPD. You should contact your primary care doctor and share this screening information or you can contact the Integrated Behavioral Health professional at the CentraCare Women and Family Specialty Center at 320-229-4918 and ask for an appointment to be assessed for postpartum depression.

This test is only for screening purposes and does not diagnose depression. Diagnosis is done by an appropriately licensed health care professional.