

# Could I Have a Postpartum Mood or Anxiety Disorder? A Checklist...

It's important to know that people may not experience all of the symptoms listed below or even most of them. Postpartum depression, anxiety, and other mood disorders are not "one-size-fits-all" illnesses. Your experience may include just a few of the symptoms and you may not have others at all. Many people have a feeling like the ones listed below every now and then, for a day or two. We all have bad days. Postpartum depression and anxiety are not just bad days. People with PMAD have symptoms like these most of the time, for a period of at least 2 weeks or longer, and these symptoms make it feel very hard to live your life each day.

## Consistently, during the past week or two—

- I have been unable to laugh and see the funny side of things.
- I have not looked forward to things I usually enjoy.
- I have blamed myself unnecessarily when things went wrong.
- I have been anxious or worried for no good reason.
- I have felt scared or panicky for no good reason.
- I have been so unhappy that I have had difficulty sleeping.
- I have felt sad or miserable.
- I have been so unhappy that I have been crying on a daily basis.
- I have been constantly worried about my baby's health or safety.
- I have not been feeling connected to my baby or other people.
- I have been feeling hopeless.
- I have been unmotivated, I'm not taking care of my everyday needs.
- I have been unable to control obsessive thoughts.
- I have been having panic attacks; racing heart, can't breathe.
- The thought of harming myself, my baby, or others has occurred to me.

Did you check more than one box? If so, we encourage you to visit with a trained health care or mental health care professional who can help determine if you are suffering from Perinatal Depression and advise a course of action. If you have any of the following seek help immediately: Suicidal fantasies, Fear of or fantasies of harming baby, Experiencing bizarre thoughts or dreams.

Checklist adapted from the Edinburgh Postnatal Depression Scale. Cox, J.L., Holden, J.M. & Sagovsky, R. (1987). "Detection of Postnatal Depression: Development of the 10- item Edinburgh Postnatal Depression Scale." *British Journal of Psychiatry*, 150,782-876.