

Ballard Pediatric Clinic

Edinburgh Perinatal/Postnatal Screen

Patient Name: _____ DOB: _____

I have been able to laugh and see the funny side of things

- As much as I always could
- Not quite so much now
- Definitely not so much now
- Not at all

I have looked forward with enjoyment to things

- As much as I ever did
- Rather less than I used to
- Definitely less than I used to
- Hardly at all

I have blamed myself unnecessarily when things went wrong

- Yes, most of the time
- Yes, some of the time
- Not very often
- No, never

I have been anxious or worried for no good reason

- No, not at all
- Hardly ever
- Yes, sometimes
- Yes, very often

I have felt scared or panicky for no very good reason

- Yes, quite a lot
- Yes, sometimes
- No, not as much
- No, not at all

Things have been getting on top of me

- Yes, most of the time I haven't been able to cope
- Yes, sometimes I haven't been coping as well as usual
- No, most of the time I have coped quite well
- No, I have been coping as well as ever

I have been so unhappy that I have had difficulty sleeping

- Yes, most of the time
- Yes, sometimes
- No, not very often
- No, not at all

I have felt sad or miserable

- Yes, most of the time
- Yes, quite often
- Not very often
- No, not at all

I have been so unhappy that I have been crying

- Yes, most of the time
- Yes, quite often
- Only occasionally
- No, never

The thought of harming myself has occurred to me

- Yes, quite often
- Sometimes
- Hardly ever
- Never

Completed By: _____ Relationship to Patient: _____