

# Postpartum/MILLS DEPRESSION & ANXIETY SYMPTOM -

## FEELING CHECKLIST

Keep this self evaluation for reference.

This checklist is not intended to be used to diagnose antenatal or postnatal depression. Instead, we hope that it will help you express the way you have been feeling over the past two weeks.

Some of the symptoms and feelings will be hard to admit, but we urge you to be honest, because this will make it easier for you to get the help you and your baby deserve. Remember that all new mothers feel this way some of the time. Such feelings are part of the adjustment to motherhood. But when mothers feel bad often, or most of the time, we believe that it is important that you get help from a health professional urgently.

TRY NOT TO FEEL GUILTY –YOU ARE NOT TO BLAME  
AT LEAST ONE IN TEN NEW MOTHERS DO HAVE CLINICAL DEPRESSION AND ANXIETY DURING PREGNANCY AND IN THE FIRST YEAR AFTER THE BIRTH OF A BABY

When you have completed the checklist, please add up your score, and look at how to interpret it. Please note the bulleted symptoms and feelings and the comment about them at the end.

Good luck. Please contact us if you need further information and help.

To complete the Checklist, please fill in the appropriate column - i.e. the one that comes closest to the way you have been feeling and thinking during the past **two weeks**.

0 = NOT AT ALL
1 = FROM TIME TO TIME
2 = QUITE OFTEN
3 = MOST OF THE TIME

<b>Symptoms and Feelings</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>Appetite change</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Being forgetful</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Being indecisive</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

<b>Confused thinking</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Crying spells</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Fears or fantasies of harming yourself or others</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Fears or fantasies of harming baby</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Feeling afraid</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Feeling angry</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Feeling anxious</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Feeling depressed</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Feeling fatigued</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Feeling frustrated</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Feeling guilty</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Feeling hopeless</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Feeling irritable</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Feeling like a bad mother</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Feeling lonely</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Feeling no love for the baby</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Feeling numb</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Feeling out of control</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Feeling panicky</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Feeling that your baby would be better off without you</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Feeling trapped</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Feeling unsupported – that no-one cares about you</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Having scary thoughts</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Insomnia/changes in your sleep patterns</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Loss of concentration</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Loss of interest in your appearance</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Loss of libido – no interest in sex</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Loss of motivation</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Loss of self-esteem	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mood swings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Obsessive thinking – weird thoughts keep going round in your head</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Panic attacks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Pre-occupation with death –often thinking about death and dying</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Suicidal thinking – thinking of killing yourself</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unusual conflict and fights with people close to you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unusual physical symptoms- headaches, irregular heartbeat, nausea, “knot in your stomach” etc.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unusual weight gain or loss	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
SCORE (write total score here) [     ]				

**CONTACT A HEALTH PROFESSIONAL IMMEDIATELY IF YOU HAVE ANY OF THE ABOVE SYMPTOMS THAT ARE HIGHLIGHTED IN RED.**

## GUIDELINES TO THE INTERPRETATION OF YOUR TOTAL SCORE

Less than 40 =MILD ADJUSTMENT DIFFICULTIES;  
**41-69** =MODERATE-SEVERE DEPRESSION AND ANXIETY  
**70+** =SEVERE DEPRESSION AND ANXIETY

**I AM**

**[     ] WEEKS PREGNANT**

**[     ] AGE OF BABY NOW**

**[     ] TOTAL SCORE**

**If you score above 40, we recommend that you print this form and take it to your health professional immediately.**

Please note: The CHECKLIST is intended to indicate and articulate the most common symptoms and feelings of Depression & Anxiety in pregnancy and during the first year after a baby. It is not an established diagnostic instrument.

