

Postpartum Depression Screening Checklist

The checklist below is designed to help you determine if depression could be a problem for you. However, the checklist cannot diagnose depression and is not a substitute for proper medical advice.

Circle any items that you have experienced most days during the past two or three weeks.

- 1. Feeling down, blue, depressed, hopeless or very anxious**
- 2. Having more mood swings or being very irritable**
- 3. Feeling less interested in things you usually enjoy or having difficulty enjoying your baby**
- 4. Feeling guilty or worthless or like you are a bad mother**
- 5. A decrease or increase in your appetite**
- 6. Sleeping too much or having difficulty sleeping even when the baby lets you sleep**
- 7. Trouble concentrating or remembering things or feeling confused**
- 8. Feeling like it would be easier to be dead or thinking about ways to hurt yourself**
- 9. Feeling like you might want to hurt your baby**

If you circled more than a few of these items, you should discuss this checklist with your Primary Care Practitioner (PCP) or OB doctor. If you circled either item #8 or #9, you should contact a doctor immediately.

Should you feel the need to speak to someone concerning your feelings, call:

- 1. Your PCP or OB-GYN doctor**
- 2. The Scott and White On Call Nurse at
1-800-724-7037**