

CONGRATULATIONS! YOU HAVE A NEW BABY!

Congratulations!

While this is an exciting and happy time for most women, it is not unusual for new mothers to experience mood swings, anxiety, or sadness. These feelings are usually from postpartum blues, or “baby blues”, and they may be accompanied by crying, irritability, and trouble sleeping. These problems tend to begin in the first two days following childbirth and should subside after two weeks. For about 10% of new mothers, however, these feelings may develop into postpartum depression. Typical symptoms of postpartum depression include marked changes in sleep, appetite, energy level, and feelings of sadness, hopelessness, worthlessness, anxiety and not bonding with the baby. When moms do not understand why they are experiencing these emotions, they may feel confused, guilty, or isolated. It is important, therefore, to know that intervention and treatment for postpartum depression are available and highly effective.

UCLA’s Women’s Life Center offers a supportive and effective approach to mental health treatment during the special phases of a woman’s life. The Women’s Life Center provides evaluation and treatment which includes short-term psychotherapy, medication management and group therapy. The program is also researching new and safe ways of effectively treating mood disorders in pregnant, postpartum and breastfeeding women.

Another program the Women’s Life Center offers is the outpatient Spanish Speaking Psychological Clinic which offers psychiatric evaluation, psychotherapy, psychosocial interventions, family education and pharmacotherapy to Hispanic patients. For more information regarding treatment programs or research studies, please call (310) 825-9989. Please note participation in any research study is voluntary and confidential.

**POSTPARTUM DEPRESSION
SELF ASSESSMENT**

MRN:
Patient Name:

(Patient Label)

Edinburgh Postnatal Depression Scale

This self-assessment scale has been found through research to accurately detect postpartum depression. Please check the answer which comes closest to how you have felt in the past seven days, not just how you feel today.

IN THE PAST SEVEN DAYS

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

- 0. As much as I always could
- 1. Not quite as much now
- 2. Definitely not quite so much now
- 3. Not at all

B. 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

C. I have blamed myself unnecessarily when things went wrong:

- 3. Yes, most of the time
- 2. Yes, some of the time
- 1. Not very often
- 0. No, never

D. I have felt worried and anxious for no good reason:

- 0. No, hardly at all
- 1. Hardly ever
- 2. Yes, sometimes
- 3. Yes, very often.

E. I have felt scared or panicky for no good reason:

- 3. Yes, quite a lot
- 2. Yes, sometimes
- 1. No, not much
- 0. No, not at all

MRN:
Patient Name:

(Patient Label)

**POSTPARTUM DEPRESSION
SELF ASSESSMENT**

F. Things have been getting on top of me:

- 3. Yes, most of the time I haven't been able to cope at all
- 2. Yes, sometimes I haven't been coping as well as usual
- 1. No, most of the time I have coped quite well
- 0. No, I have been coping as well as ever

G. I have been so unhappy that I have had difficulty sleeping:

- 3. Yes, most of the time
- 2. Yes, sometimes
- 1. Not very often
- 0. No, not at all

H. I have felt sad or miserable:

- 3. Yes, quite a lot
- 2. Yes, sometimes
- 1. Not very often
- 0. No, not at all

I. I have been so unhappy that I have been crying:

- 3. Yes, quite a lot
- 2. Yes, sometimes
- 1. No, not much
- 0. No, not at all

J. The thought of harming myself has occurred to me:

- 3. Yes, quite often
- 2. Sometimes
- 1. Hardly ever
- 0. Never

Add your scores for each response.

TOTAL SCORE _____

If your score is 14 or greater, speak with your health care provider.