As you have recently had a baby, we would like to know how you are feeling. Please mark the answer that comes closest to how you have felt IN THE PAST 7 DAYS, not just how you feel today. Here is an example.

I have felt happy:

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

This would mean: “I have felt happy most of the time” during the past week. Please complete the other questions in the same way.

1. 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

2. 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

3. * I have blamed myself unnecessarily when things went wrong.
   ☐ Yes, most of the time
   ☐ Yes, some of the time
   ☐ Not very often
   ☐ No, never

4. I have been anxious or worried for no good reason.
   ☐ No, not at all
   ☐ Hardly ever
   ☐ Yes, sometimes
   ☐ Yes, very often

5. * I have felt scared or panicky for not very good reason.
   ☐ Yes, quite a lot
   ☐ Yes, sometimes
   ☐ No, not much
   ☐ No, not at all

6. * Things have been getting on top of me.
   ☐ Yes, most of the time I haven't been able to cope at all
   ☐ 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

7. * I have been so unhappy that I have had difficulty sleeping.
   ☐ Yes, most of the time
   ☐ Yes, sometimes
   ☐ Not very often
   ☐ No, not at all

8. * I have felt sad or miserable.
   ☐ Yes, most of the time
   ☐ Yes, quite often
   ☐ Not very often
   ☐ No, not at all

9. * I have been so unhappy that I have been crying.
   ☐ Yes, most of the time
   ☐ Yes, quite often
   ☐ Only occasionally
   ☐ No, never

10. * The thought of harming myself has occurred to me.
    ☐ Yes, quite often
    ☐ Sometimes
    ☐ Hardly ever
    ☐ Never