**Weeks pregnant______________ or weeks postpartum______________**

**Instructions:**
Please check one box for each question that is the closest to how you have felt in the **PAST SEVEN DAYS**.

1. I have been able to laugh and see the funny side of things:
   - As much as I always could (0)
   - Not quite as much now (1)
   - Definitely not so much now (2)
   - Not at all (3)

2. I have looked forward: with enjoyment to things:
   - As much as I ever did (0)
   - Rather less than I used to (1)
   - Definitely less than I used to (2)
   - Hardly at all (3)

3. I have blamed myself unnecessarily when things went wrong:
   - Yes, most of the time (3)
   - Yes, some of the time (2)
   - Not very often (1)
   - No, never (0)

4. I have been anxious or worried for no good reason:
   - No, not at all (0)
   - Hardly ever (1)
   - Yes, sometimes (2)
   - Yes, very often (3)

5. I have felt scared or panicky for no very good reason:
   - Yes, quite a lot (3)
   - Yes, sometimes (2)
   - No, not much (1)
   - No, not at all (0)

6. Things have been getting on top of me:
   - Yes, most of the time I haven’t been able to cope at all (3)
   - Yes, sometimes I haven’t been coping as well as usual (2)
   - No, most of the time I have coped quite well (1)
   - No, I have been coping as well as ever (0)

7. I have been so unhappy that I have had difficulty sleeping:
   - Yes, most of the time (3)
   - Yes, sometimes (2)
   - Not very often (1)
   - No, not at all (0)

8. I have felt sad or miserable:
   - Yes, most of the time (3)
   - Yes, quite often (2)
   - Not very often (1)
   - No, not at all (0)

9. I have been so unhappy that I have been crying:
   - Yes, most of the time (3)
   - Yes, quite often (2)
   - Only occasionally (1)
   - No, Never (0)

10. The thought of harming myself has occurred to me:
    - Yes, quite often (3)
    - Sometimes (2)
    - Hardly ever (1)
    - Never (0)

For office coding: Total = ___________

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**Women & Infants Hospital of Rhode Island**
A Care New England Hospital
A Major Teaching Affiliate of Brown Alpert Medical School
101 Dudley Street
Providence, Rhode Island 02905
401-274-1100
womenandinfants.org