



POSTNATAL DEPRESSION SCREENING *Veneto Region*

Dear Madam,

Congratulations for the birth of your child!

In the next few days, should you happen to feel unreasonably sad, anxious, to cry for no apparent reason, do not worry since all this could be due to the sudden hormonal rebalancing that determines a change in your mood. This condition is called *maternity blues*.

Most of the times these symptoms disappear but in some cases they worsen to a depressive state. In these cases, an early and timely intervention is important. This is why we have decided to administer the following questionnaire to you: it is useful to identify women who are in a condition of greater fragility.

So please take a few minutes of your time to fill in this questionnaire, which is an internationally validated assessment tool for women who have just given birth. Thanks for your collaboration.

Please answer to the following 10 questions of the *Edinburg Postnatal Depression Scale* thinking at the last seven days; then there are 14 questions of the "Questionnaire Part 2" referring to your personal history. Please be sincere in filling in the questionnaire as it is not a matter of expressing judgments or evaluations but simply a way of offering help to you and to your child from the dedicated hospital and territorial services.

By filling in this questionnaire, you give your consent for your personal data to be known by professionals only if they are called upon to carry out help and assistance actions for you. Non-nominative and aggregated data might also be used to evaluate the health care network and the activity of the birth centers.

Name _____ Surname _____

EPDS (Edinburg Postnatal Depression Scale)

In the past 7 days:

- 1) I have been able to laugh and see the funny side of the things:
 - a) As much as I always could
 - b) Not quite so much now
 - c) Definitely not as much now
 - d) Not at all

- 2) I have looked forward with the enjoyment to things:
 - a) As much as I ever did
 - b) Rather less than I used to
 - c) Definitely less than I used to
 - d) Hardly at all

- 3) I have blamed myself unnecessarily when things went wrong:
 - a) Yes, most of the time
 - b) Yes, some of the time
 - c) Not very often
 - d) No, never



- 4) I have been anxious or worried for no good reason:
 - a) No, not at all
 - b) Hardly ever
 - c) Yes, sometimes
 - d) Yes, very often

- 5) I have felt scared or panicky for no very good reason:
 - a) Yes, quite a lot
 - b) Yes, sometimes
 - c) No, not much
 - d) No, not at all

- 6) Things have been getting on top of me:
 - a) Yes, most of the time I haven't been able to cope at all
 - b) Yes, sometimes I haven't been coping as well as usual
 - c) No, most of the time I have coped quite well
 - d) No, I have been coping as well as ever

- 7) I have been so unhappy that I have had difficulty sleeping:
 - a) Yes, most of the time
 - b) Yes, sometimes
 - c) Not very often
 - d) No, not at all

- 8) I have felt sad or miserable:
 - a) Yes, most of the time
 - b) Yes, sometimes
 - c) Not very often
 - d) No, not at all

- 9) I have been so unhappy that I have been crying:
 - a) Yes, most of the time
 - b) Yes, sometimes
 - c) Not very often
 - d) No, not at all

- 10) The thought of harming myself has occurred to me:
 - a) Yes, most of the time
 - b) Yes, sometimes
 - c) Not very often
 - d) No, not at all



QUESTIONNAIRE PART 2

- 11) Have you ever suffered from mental or psychiatric disorders?
 - a) No
 - b) Yes

- 12) Have you ever suffered from these disorders during your previous pregnancies?
 - a) No
 - b) Yes

- 13) Have you ever used drugs for anxiety, sadness or mental disorders, to fall asleep, to relax, to calm your anxieties?
 - a) No
 - b) Yes

- 14) Have you ever used drugs like cannabis, marijuana, heroin, cocaine, amphetamines?
 - a) No
 - b) Yes

- 15) Have you ever drunk so much as to feel sick?
 - a) No
 - b) Yes

- 16) If yes, only once, or more frequently?
 - a) Only once
 - b) More frequently

- 17) During or before your pregnancy, has it ever happened to you to feel worried, anxious, to have serious anxiety or panic attacks, or to feel unable to deal with things, even without a valid reason?
 - a) No
 - b) Yes

- 18) During your previous pregnancy and after the delivery, has it ever happened to you to feel sad, unhappy, to cry for no apparent reason, to feel without hope for the future, to experience guilt feelings as you could not do anything anymore (for a period of more than 4 consecutive days)?
 - a) No
 - b) Yes

- 19) Have you ever experienced episodes of violence, even if only psychological?
 - a) No
 - b) Yes

- 20) If yes, long time ago or recently?
 - a) Long time ago
 - b) Recently



21) Did a person very important to you die during the pregnancy?

- a) No
- b) Yes

22) Have there been any serious or exceptional events that have stressed you out recently?

- a) No
- b) Yes

23) When you come back home after discharge, do you think there could be economic, organizational or planning difficulties in your life?

- a) No
- b) Yes

24) Are you feeling alone?

- a) No
- b) Yes