

Name: _____ Today's date: _____

Baby's Full Name: _____

Baby's Birthday: _____ Type of birth control planned _____

Please circle one: BOY / GIRL BREAST / BOTTLE / BOTH C-SECTION / VAGINAL

List Current Medications: _____

Please circle the answer that best describes how you have felt over the past 7 days.

- | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. I have been able to laugh and see the funny side of things.
0 As much as I always could
1 Not quite so much now
2 Not so much now
3 Not at all | 6. Things have been too much for 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 well
0 No, I have been coping as well as ever |
| 2. I have looked forward with enjoyment to things.
0 As much as I ever did
1 Somewhat less than I used to
2 A lot less than I used to
3 Hardly at all | 7. 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 |
| 3. I have blamed myself unnecessarily when things went wrong.
0 No, not at all
1 Hardly ever
2 Yes, sometimes
3 Yes, very often | 8. I have felt sad or miserable.
3 Yes, most of the time
2 Yes, quite often
1 Not very often
0 No, not at all |
| 4. I have been anxious or worried for no good reason.
3 Yes, often
2 Yes, sometimes
1 No, not much
0 No, not at all | 9. I have been so unhappy that I have been crying.
3 Yes, most of the time
2 Yes, quite often
1 Only occasionally
0 No, never |
| 5. I have felt scared or panicky for no good reason.
3 Yes, often
2 Yes, sometimes
1 No, not much
0 No, not at all | 10. The thought of harming myself has occurred to me.
3 Yes, quite often
2 Sometimes
1 Hardly ever
0 Never |

Total Score: _____

Women's Wellness at Flower Mound, PA
Obstetrics, Gynecology & Infertility
Sylvie H. Paroski, M.D., F.A.C.O.G. • Arden Moulin, RN, WHCNP-BC •
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POSTPARTUM DEPRESSION

During the first few weeks after delivery, up to 15% of new mothers experience postpartum depression. This is characterized by mood swings, weepiness, decreased appetite, anxiety and feelings of inadequacy. Women whom are at greater risk of developing postpartum depression are those who have had postpartum depression in previous pregnancies, young mothers, or those who have a history of depression while not pregnant. For most women, the depression is temporary and will subside in a few weeks to a few months. However, for some mothers, a more lasting type of postpartum depression occurs. These women may have more severe depression that interferes with their ability to function and do everyday tasks.

Lack of sleep, with caring for the new baby, medical complications of childbirth and other pressures associated with a new baby can worsen the depression. Most people feel hormones that trigger the depression, but exact causes have not been identified. Fathers can also suffer from the "baby blues" (postpartum depression) but usually experience a milder condition.

Any depression should be reported to your healthcare provider, especially if it interferes with your daily functioning. Below is a list of resources that can offer you more information about postpartum depression.

POSTPARTUM DEPRESSION RESOURCES

Postpartum Resource center of Texas
811 Nueces
Austin, TX 78701
1-877-472-1002
www.texaspostpartum.org

Mental Health Association of Abilene
500 Chestnut Street, Suite 1807
Abilene, TX 79602
915-673-2300
www.abilenementalhealth.org

Mental Health Association of Greater Dallas
624 N. Good-Latimer, Suite 200
Dallas, TX 75204
214-871-2420
www.mhadallas.org

Mental Health Association of Beaumont and Jefferson Co.
670 North Seventh
Beaumont, TX 77702
1-800-240-9657

Mental Health Association of Fort Bent County
10435 Greenbough Drive, Suite 200
Stafford, TX 77477
281-261-1076
www.mhafbc.org

Toll-Free Telephone Assistance Lines:

Texas Department of Health
Family Health Services, Information & Referral Line
1-800-422-2956

2-1-1 – Texas

2-1-1 – Texas, formerly First Call for Help, is a service for the entire community. 2-1-1 is the new abbreviated dialing code for free, bilingual information and referrals to health and human services as well as community organizations. 2-1-1 serves as the number to call for information about community organizations and links individuals and families to critical health and human services. These services are provided by non-profit organizations, and government agencies who volunteer on their own time. 2-1-1 Texas is currently available in the following Locations:

- ❖ The Gulf Coast Region (Houston)
- ❖ Southeast Texas Region (Beaumont)
- ❖ South Central Texas (Austin)
- ❖ North Central Texas (Dallas Regions)
- ❖ North Central Texas (Fort Worth Regions)
- ❖ Panhandle (Amarillo)
- ❖ Bryan/College Station
- ❖ South Plains (Lubbock)
- ❖ Tip of Texas (Weslaco)
- ❖ Texoma (Sherman)
- ❖ Rio Grande (El Paso)
- ❖ Permian Basin (Midland)
- ❖ Central Texas (Belton)
- ❖ Alamo (San Antonio)

On-Line Assistance:

Texas Information & Referral Network
www.hhsc.state.tx.us/tim/timhome.htm