

How are you travelling through early parenthood? See for yourself by taking a mental health quiz

We encourage all new mums and loved ones to check in with themselves and complete this quiz to get a sense for how are travelling on the parenthood journey. The challenges are early parenthood are widely spoken about but it is not until you have the experience that you really understand.

The quiz below is used extensively by health practitioners working with mothers and fathers and is known as the Edinburgh Postnatal Depression Scale (EPDS). It is a set of 10 questions that can help you and your health professional get an understanding of what you are experiencing.

It is important that for each question you select the statement that is closest to how you have been feeling over **the past seven days**. Ideally, it is best to complete the questions with a health professional however if you complete the EPDS at home and you score 10 or higher, please speak to your GP or other health care professional as soon as you can about how you are travelling. Alternatively contact any of the helplines listed at the bottom of this page.\*

Please remember that your score is merely an indication of your symptoms. This is NOT a diagnosis. To clarify diagnosis and explore best treatment options you will need to see your health professional. If you are feeling unsure about your symptoms or how you are travelling, please reach out to us and we can point you in the right direction.

# THE BUMPY ROAD

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

- a. As much as I always could (0)
- b. Not quite so much now (1)
- c. Definitely not so much now (2)
- d. Not at all (3)

2. I have looked forward with enjoyment to things

- a. As much as I ever did (0)
- b. Rather less than I used to (1)
- c. Definitely less than I used to (2)
- d. Hardly at all (3)

3. I have blamed myself unnecessarily when things went wrong

- a. Yes, most of the time (3)
- b. Yes, some of the time (2)
- c. Not very often (1)
- d. No, never (0)

4. I have been anxious or worried for no good reason

- a. No, not at all (0)
- b. Hardly ever (1)
- c. Yes, sometimes (2)
- d. Yes, very often (3)

5. I have felt scared or panicky for no very good reason

- a. Yes, quite a lot (3)
- b. Yes, sometimes (2)
- c. No, not much (1)
- d. No, not at all (0)

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6. Things have been getting on top of me

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

7. I have been so unhappy that I have had difficulty sleeping

- a. Yes, most of the time (3)
- b. Yes, sometimes (2)
- c. Not very often (1)
- d. No, not at all (0)

8. I have felt sad or miserable

- a. Yes, most of the time (3)
- b. Yes, quite often (2)
- c. Not very often (1)
- d. No, not at all (0)

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

- a. Yes, most of the time (3)
- b. Yes, quite often (2)
- c. Only occasionally (1)
- d. No, never (0)

10. The thought of harming myself has occurred to me

- a. Yes, quite often (3)
- b. Sometimes (2)
- c. Hardly ever (1)
- d. Never (0)

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## Scoring

Total Score = (add up numbers corresponding to your answers)

0 – 8 points: Low probability of depression

8 – 12 points: most likely just dealing w/ a new baby or the baby blues.

13 – 14 points: signs leading to possibility of PPD; take preventative measures.

15 + points: High probability of experiencing clinical depression.

\*Helplines if you are not travelling so well and need immediate support.

**Beyond Blue** 1300 224 636 (24hours)

**Karitane** 1300 227 464 (24hours)

**Post and Antenatal Depression Association**

1300 726 306 (Mon-Fri:10-5pm)

**Pregnancy, birth and baby helpline** 1800 882 436

**Tresillian** 1300 272 736 (Mon-Sun: 7am-11pm)

## References

Cox, J. L., Holden, J. M., & Sagovsky, R. (1987). Detection of postnatal depression: Development of the 10-item Edinburgh Postnatal Depression Scale. *British Journal of Psychiatry*, 150, 782-786.