



Dear mother of a small baby,

Enclosed you will find a form to be filled in at home that will help to evaluate how the arrival of a new baby in the family has affected your health. The form has ten questions that will assess your moods in the post week. We ask you to select the answer to each question that best describes your moods, and to have this form with you in the discussion during the next two month home visit for the baby or visit to the child health clinic. Fill in the form preferably only a few days before the meeting in question.

The name of the form is EPDS mood form (Edinburgh Postnatal Depression Scale). It is related to Espoo's objectives to care in many ways and ever better for pregnant women as well as families with babies and small children. The form will help to evaluate how you have felt and feel with your small baby. It is given out during the post-check-up visit (approximately within 1 ½ months of the birth of the baby) to every mother that has new/y given birth.

There is the underlying knowledge that a pregnancy and a baby drastically change the family life in many ways. Many type of thoughts and feelings churn in the minds of the mother and father. It is known that every tenth mother experiences a drop in her moods with her small baby. This type of drop in the mood may also mean depression.

It is important to recognize the symptoms of depression as early as possible so that support and/or care can be offered to the mother, baby and the family on time. Therefore, answer the questions openly and discuss your health bravely with your nurse when you return the questionnaire. All the information in the questionnaire and discussions are confidential.

It is good to discuss your emotions and thoughts about being a new mother also with your partner and/or someone other close to you. In order for you to be able to manage and to feel well as a mother of a baby you need all the possible support and attention. You deserve it and you also deserve all the good feelings that a mother's connection with a small new person can offer. The mood questionnaire aims to ensure this on its part.

If you have anything to ask or consider concerning this questionnaire you may contact the head nurse in the health care in your area:

..... tfn.....

EPDS-SCALE

As you have recently had a baby, we would like to know how you are feeling. Please UNDERLINE the answer which comes closest to how you have felt **IN THE PAST 7 DAYS**, not just how you feel today.

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