

PPD Risk Assessment During Pregnancy

Important Note:

This assessment is not diagnostic. Risk factors do not cause postpartum depression. Our intention is to help you become aware of the factors that can potentially make you vulnerable to depression, so you can mobilize your support network and make use of the resources available to you. The list below are factors that can increase your susceptibility to depression. Check all that apply and discuss the results with your doctor. In fact, we would encourage you to print it out and take the list so your treating physician can see it and keep it in your patient file.

- I was not happy to learn I was pregnant.
- My partner was not happy to learn I was pregnant.
- I have had a previous episode of postpartum depression and/or anxiety that was successfully treated with therapy and/or medication.
- I might have experienced symptoms of postpartum depression following previous births, but I never sought professional help.
- I have had one or more pregnancy losses.
- I have a history of depression/anxiety that was not related to childbirth.
- I have lost a child.
- I have been a victim of the following:
 - Childhood sexual abuse
 - Childhood physical abuse
 - Physical assault by someone you know
 - Physical assault by stranger
 - Physical assault during this pregnancy
 - Sexual assault by someone you know
 - Sexual assault by stranger
- There is a family history of depression/anxiety, treated or untreated.
- I have a history of severe PMS.
- I have experienced suicidal thoughts or have considered doing something to hurt myself in my past.
- I do not have a strong support system to help me if I need it.
- I have a history of drug or alcohol abuse.
- People have told me I'm a perfectionist.
- During this pregnancy, I have experienced some emotions about which I am very concerned.
- I feel sad.
- My relationship with my partner is not as strong as I'd like it to be.
- My partner and I have been thinking about separating or divorcing.
- I am not likely to admit it when I need help.
- During the past year, I have experienced an unusual amount of stress (ex: Move, job loss, divorce, loss of loved one)
- I have little interest in things that I used to find pleasurable.
- I am having anxiety attacks.
- Sometimes I worry about things so much that I can't get the thoughts out of my head.

- I am bothered and frightened by thoughts that I can't get out of my mind, especially about my baby's well-being.
- I have thoughts of hurting myself.
- I have thoughts of hurting my baby.
- I am more irritable and/or angry than usual.
- I just don't feel like myself.
- Sometimes, I feel like I can't shake off these bad feelings no matter what I do.
- I'm afraid if I tell someone how I really feel, they will not understand or they will think something is really wrong with me.