



# Supporting Mamas' self-assessment quiz for pregnant and new moms

It's normal to feel a wide range of emotions during pregnancy or following the birth of a baby, but there are some symptoms that may indicate something more serious is going on, such as postpartum depression or anxiety. Take the short quiz below to assess your risk for pregnancy or postpartum related mood disorders and find out if you need additional help. Use this quiz to start a conversation with your healthcare provider.

- I have a family history of depression, anxiety or mental health issues.
- I have a history of emotional issues (depression, anxiety, OCD, abuse, PTSD, eating disorder, etc).
- During the past year, I have experienced a lot of negative stress and change (example: loss of job, loss of loved one, move, financial worries, etc).
- This was a very difficult pregnancy for me emotionally and/or physically.
- This was a very difficult birth for me emotionally and/or physically.
- I had depression or anxiety in the weeks/months following the birth of another child or pregnancy loss.
- I often feel emotionally unsupported by those around me.
- I am a single parent.
- My baby is in the Neonatal ICU.
- I have delivered a multiple birth.
- I have had a previous miscarriage or stillbirth.

I'm feeling.....

- I can't sleep, even when the baby is sleeping.
- I have lost my appetite.
- I just feel sad and have been crying a lot.
- I feel anger or sudden rage.
- I am having scary thoughts about harm coming to me or my baby.
- I'm afraid to leave my baby with anybody and feel paranoid.
- I can't sit still. I feel anxious and my thoughts are racing.
- I feel completely overwhelmed.
- I can't concentrate or stay focused.
- I'm afraid to be alone with my baby.
- I've had thoughts of hurting myself or my baby.
- I feel like everyone is "out to get me."
- I think my baby and family would be better off without me.