

# 9X]bV i f [ \ 'DcghbUhU'`8YdfYgg]cb'GWU`Y%`f19D8GŁ`

B Ua Y. ``SSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSS

5XXfYgg. ``SSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSS

Mci f'8UHY'cZ6]fA. ``SSSSSSSSSSSSSSSSSSSSSSSSSSSS

``SSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSS

6UVnD y SH.Y'Ubgk Yf' h.UhVta Yg'ABgYg'D5GK' #615MG' bZY'hg\ck 'nci 'ZY'hcXUnf'  
<YfY'jg'Ub'YI Ua d'YzU'fYUXmVta d'YHXY''  
=&Uj Y'Z'h\Uddm'

□ MrgžU`h.Y'hja Y'  
Mrgža cgihcZh.Y'hja Y' H\jg'k ci 'X'a Yub. ``Í=&Uj Y'Z'h\Uddma cgihcZh.Y'hja Y'í Xi f]b[ 'h.Y'dUghk YY\_''  
Bčzbchj YfmcZYb' D`YUgY Vta d'YfY'h.Y'ch.Yf'ei Yg]hcbg'j]b'h.Y'gUa Y'k Unf'  
BčzbchiUhU''

≠h.Y' Ug'ig U'

&'' =\Uj Y``cc\_YX'Zcfk UfX'k ]h.'Yb'cna Ybhic'j]b[  
5g'a i W'Ug' =Yj Yf'X]X'  
F Uh.Yf`Ygg'h.Ub' =i gYX'hc'  
8Yz]m'Ygg'h.Ub' =i gYX'hc'  
<UfX'mUhU''

No, most of the time I have coped quite well  
Bcz =\Uj Y VYyb Vtd]b[ 'Ug'k Y''Ug'Yj Yf'  
f + '' =\Uj Y VYyb'gc' i b\Uddm'h.Uh =\Uj Y \UX'X]ZW' hmg]Yd]  
Mrgža cgihcZh.Y'hja Y'  
Mrgžgca Y'hja Yg'  
Bchj YfmcZYb'  
BčzbchiUhU''

f' '' =\Uj Y V'Ua YX'a ngY Zi bbYVWggUf]mk \Yb' h.]b[ g'  
k Ybhk fcb[ '  
Mrgža cgihcZh.Y'hja Y'  
Mrgžgca Y'cZh.Y'hja Y'  
Bchj YfmcZYb'  
BčzbYj Yf'

f, '' =\Uj Y Z'hgUX'cf'a ]gYfWV'  
Mrgža cgihcZh.Y'hja Y'  
Mrgžei ]Y'cZYb'  
Bchj YfmcZYb'  
BčzbchiUhU''

(' '' =\Uj Y VYyb'Ubl ]ci g'cf'k cff]YX'Zcf'bc' [ ccX'fYUgcb  
BčzbchiUhU''  
<UfX'mYj Yf'  
Mrgžgca Y'hja Yg'  
Mrgžj YfmcZYb'

f - '' =\Uj Y VYyb'gc' i b\Uddm'h.Uh =\Uj Y VYyb ]W]b[  
Mrgža cgihcZh.Y'hja Y'  
Mrgžei ]Y'cZYb'  
Cb'mc'WUg]cbU'mi  
BčzbYj Yf'

f)'' =\Uj Y Z'hgUfYX'cf' dUb]W]mZcf'bc' j Yfm[ cc'g'cbU'  
Mrgžei ]Y'U'`ch  
Mrgžgca Y'hja Yg'  
Bčzbcha i W'  
BčzbchiUhU''

f%\$ H\Y'h'ci [ \hcZ\Ufa ]b[ 'a ngY Z\Ug'c'WV'fYX'hc'a  
Mrgžei ]Y'cZYb'  
Gca Y'hja Yg'  
<UfX'mYj Yf'  
Never

Administered/Reviewed by \_\_\_\_\_ Date \_\_\_\_\_

<sup>1</sup>Source: Cox, J.L., Holden, J.M., and Sagovsky, R. 1987. Detection of postnatal depression: Development of the 10-item Edinburgh Postnatal Depression Scale British Journal of Psychiatry 150:782-786  
<sup>2</sup>Source: K. L. Wisner, B. L. Parry, C. M. Piontek, Postpartum Depression N Engl J Med vol. 347, No 3, July 18, 2002, 194-199

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**9X]bV i f [ \ `DcghbUhU` 8YdfYgg]cb`GWU`Y%` fl9D8GL`**

DcghdUfhi a `XYdfYgg]cb`]g`h.Y`a cghVta a cb`Vta d`]WU]cb`cZWX]XVYUf]b[ "8` H\Y`%\$!ei Yg]cb`9X]bVi f[\`