

# Postpartum depression checklist

You can complete the highlighted fields on this form online and then print the form for easy reference. Only text that is visible on the form is printed; scrolled text will not print. Any text you enter into these fields will be cleared when you close the form; you cannot save it.

## Postpartum depression (PPD) checklist

Emotion	Yes	No
Depressed mood—tearfulness, hopelessness, and feeling empty inside, with or without severe anxiety	<input type="radio"/>	<input type="radio"/>
Loss of pleasure in either all or almost all of your daily activities	<input type="radio"/>	<input type="radio"/>
Appetite and weight change—usually a drop in appetite and weight, but sometimes the opposite	<input type="radio"/>	<input type="radio"/>
Sleep problems—usually trouble with sleeping, even when your baby is sleeping	<input type="radio"/>	<input type="radio"/>
Noticeable change in how you walk and talk—usually restlessness, but sometimes sluggishness	<input type="radio"/>	<input type="radio"/>
Extreme fatigue or loss of energy	<input type="radio"/>	<input type="radio"/>
Feelings of worthlessness or guilt, with no reasonable cause	<input type="radio"/>	<input type="radio"/>
Difficulty concentrating and making decisions	<input type="radio"/>	<input type="radio"/>
Thoughts about death or suicide. Some women with PPD have fleeting, frightening thoughts of harming their babies; these tend to be fearful thoughts, rather than urges to harm.	<input type="radio"/>	<input type="radio"/>

## Postpartum psychosis

Emotion	Yes	No
Feeling removed from your baby, other people, and your surroundings (depersonalization)	<input type="radio"/>	<input type="radio"/>
Disturbed sleep, even when your baby is sleeping	<input type="radio"/>	<input type="radio"/>
Extremely confused and disorganized thinking, increasing your risk of harming yourself, your baby, or another person	<input type="radio"/>	<input type="radio"/>
Drastically changing moods and bizarre behavior	<input type="radio"/>	<input type="radio"/>
Extreme agitation or restlessness	<input type="radio"/>	<input type="radio"/>
Unusual hallucinations, often involving sight, smell, or touch	<input type="radio"/>	<input type="radio"/>
Delusional thinking that isn't based in reality	<input type="radio"/>	<input type="radio"/>

Adapted from Wisner KL, et al. (2002). Postpartum depression. *New England Journal of Medicine*, 347(3): 194-199.