

Date _____

SWS serial no:

We would just like to ask you a few further questions about how you have felt over the last 6 months since the baby was born.

Please **UNDERLINE** the answer which comes closest to how you have felt *during the worst 2 week period* since the baby was born, not just how you feel today.

Here is an example, already completed:

I felt happy

Yes, all the time

Yes, most of the time

No, not very often

No, not at all

This would mean that even during the worst 2 week period since the baby was born "I felt happy most of the time".

Please complete the other questions in the same way.

During the worst 2 week period since the baby was born

1. I was able to laugh and see the funny side of things

As much as I always could

Not quite so much

Definitely not so much

Not at all

☐

2. I 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 blamed myself unnecessarily when things went wrong

Yes, most of the time

Yes, some of the time

Not very often

No, never

☐

4. I was anxious or worried for no good reason

No, not at all

Hardly ever

Yes, sometimes

Yes, very often

☐

During the worst 2 week period since the baby was born

5. I felt scared or panicky for no very good reason

Yes, quite a lot

Yes, sometimes

No, not much

No, not at all

☐

6. Things were getting on top of me

Yes, most of the time I wasn't able to cope at all

Yes, sometimes I wasn't coping as well as usual

No, most of the time I coped quite well

No, I coped as well as ever

☐

7. I was so unhappy that I had difficulty sleeping

Yes, most of the time

Yes, sometimes

Not very often

No, not at all

☐

8. I felt sad or miserable

Yes, most of the time

Yes, quite often

Not very often

No, not at all

☐

9. I was so unhappy that I cried

Yes, most of the time

Yes, quite often

Only occasionally

No, never

☐

10. The thought of harming myself occurred to me

Yes, quite often

Sometimes

Hardly ever

Never

☐

Many thanks for your help with this questionnaire.