

Self-Assessment Quiz for Moms:

- I have a family history of depression, anxiety, or mental health issues
- I have a history of emotional issues
- During the past year, I've experienced a lot of negative stress
- During the past year, I've experience a lot of negative change
- This was a very difficult pregnancy for me emotionally/physically
- This was a very difficult birth for me emotionally/physically
- I had depression/anxiety following another birth or loss of a child
- I often feel emotionally unsupported by those around me
- I am a single parent
- My baby is in the NICU
- I have delivered twins, triplets, etc.
- I have had a previous miscarriage or stillbirth
- I can't sleep, even when my 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
- I can't sit still and my thoughts are racing
- I feel completely overwhelmed
- I can't concentrate or feel 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 would be better off without me

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 can indicate something more serious, such as maternal depression or anxiety. If you checked any of the above statements, use this quiz to start a conversation with your healthcare provider.