BABY BLUES & BETTER DAYS

WEEK 2 WORKBOOK

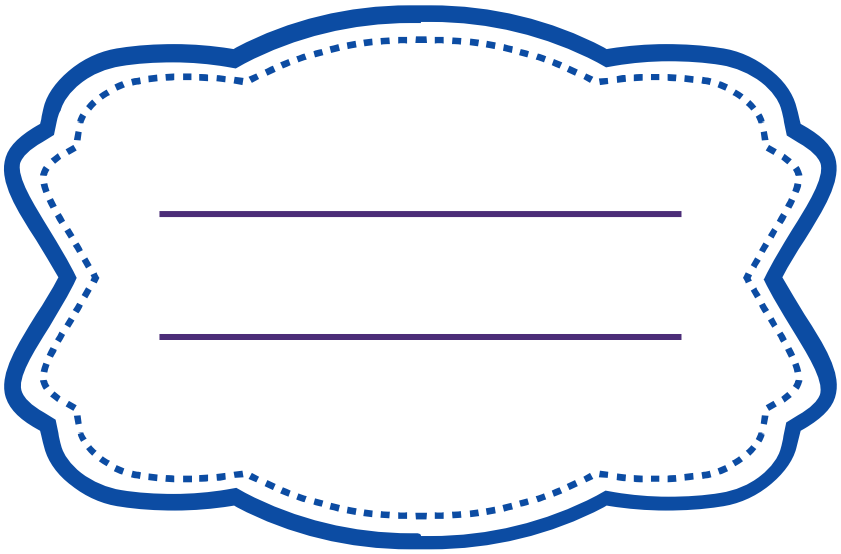
Week 2: The Edin Scale, Getting Help, Relationships & Communication

MDAM MOOD DISORDERS ASSOCIATION OF MANITOBA | Helping People Help Themselves

LOVEYOU by SHOPPERS DRUG MART

THIS WORKBOOK

belongs to



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DEPRESSION SCALE

The Edinburgh Scale is a scale that measures depression.

Please take the time to fill out the scale.

(Cox, Holden & Sagovsky, 1987)

EDINGBURGH SCALE

Name:

Date:

1. I have been able to laugh and see the funny side of things:

0 a) As much as I always could
1 b) Not quite so much now
2 c) Definitely not so much now
3 d) Not at all, difficult

2. I have looked forward, with enjoyment, to things:

0 a) As much as I ever did
1 b) Rather less than I used to
2 c) Definitely less than I used to
3 d) Hardly at all

EDINGBURGH SCALE, cont'd...

3. I have blamed myself unnecessarily when things went wrong

3 a) Yes, most of the time
2 b) Yes, some of the time
1 c) Not very often
0 d) No, never

4. I have felt worried and anxious for no good reason:

0 a) No, not at all
1 b) Hardly ever
2 c) Yes, sometimes
3 d) Yes, very often

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

3 a) Yes, quite a lot
2 b) Yes, sometimes
1 c) No, not much
0 d) No, not at all

EDINGBURGH SCALE, cont'd...

6. Things have been getting to me:

3 a) Yes, most of the time, I haven't been able to cope at all
2 b) Yes, sometimes. I haven't been coping as well as usual
1 c) No, most of the time I have coped quite well
0 d) No, I have been coping as well as ever

7. I have been so unhappy that I have had trouble sleeping:

3 a) Yes, most of the time
2 b) Yes, sometimes
1 c) Not very often
0 d) No, not at all

8. I have felt sad or miserable:

3 a) Yes, most of the time
2 b) Yes, quite often
1 c) Not very often
0 d) Not at all

EDINGBURGH SCALE, cont'd...

9. I have been so unhappy that I have been crying:

3 a) Yes, most of the time
2 b) Yes, quite often
1 c) Only occasionally
0 d) No, never

10. The thought of harming myself has occurred to me:

3 a) Yes, quite often
2 b) Sometimes
1 c) Hardly ever
0 d) Never

Total Score:

Edinburgh Depression Scale

- This is a screening tool only; further discussion and clinical assessment is properly done with a health care provider
- Scores between 9 and 13 or higher indicate depression; follow-up is required
- The scale does not detect anxiety neurosis, phobias, or personality disorders

Discussion

Has there been a change in you? Is there anything different that is causing problems?

How do you sleep? How is your appetite? How is your energy, concentration, and motivation? How is your general physical health?

Discussion, cont'd...

What is your typical mood? Does it change or vary? Do you see any triggers to your mood changes?

Are there any new stressors in your life?

Discussion, cont'd...

Does any kind of mental health problem seem to run in your birth family?

Have you had experiences in the past that seemed to affect your emotional health?

Discussion, cont'd...

What are your usual strengths as a person?

Do you have a typical style of coping?

Discussion, cont'd...

Who do you feel are practical and emotional supports in your life?

Do you see yourself as feeling or reacting differently from other women in this situation? If so, how?

Discussion, cont'd...

Tell me a little bit about your baby. Temperament? Schedule? Challenges?

Are you parenting other children? How are they doing?

Discussion, cont'd...

How do you think your connection and comfort with your baby is going?

Do you ever have thoughts or impulses that frighten you?

Discussion, cont'd...

What would you keep just the same about yourself?

Is there anything you would like to change about yourself?

Discussion, cont'd...

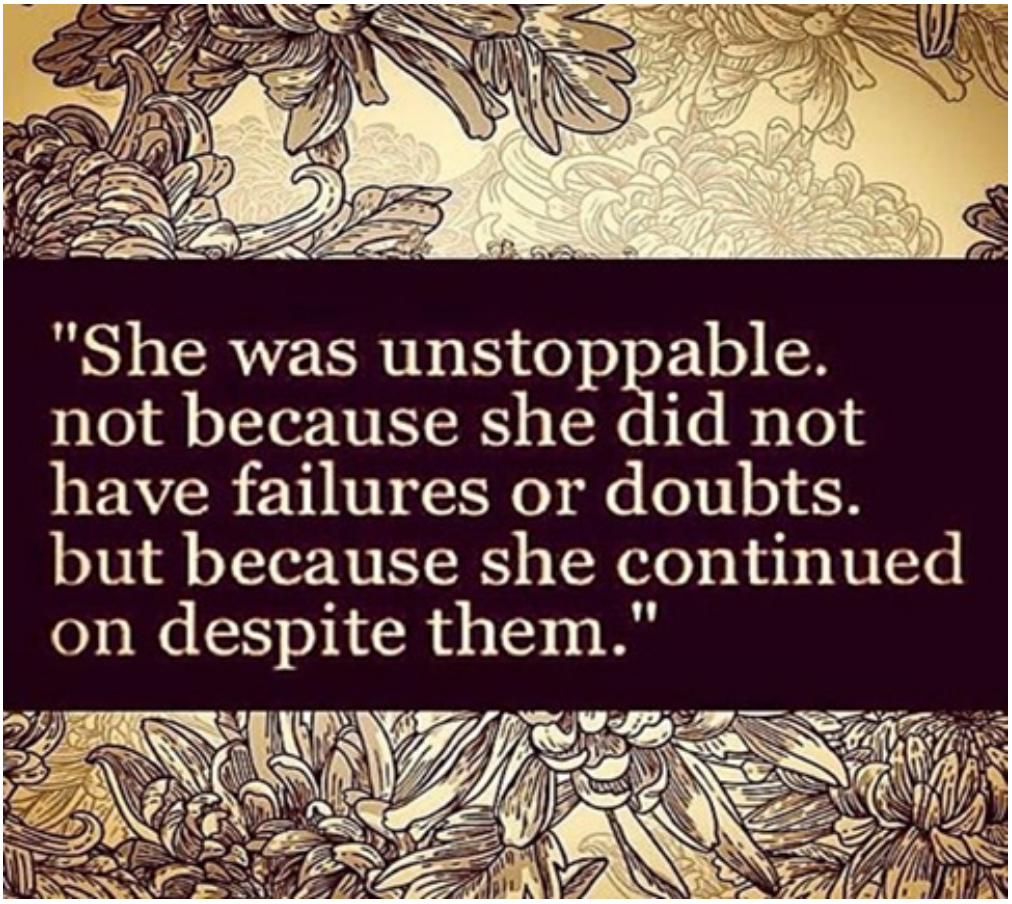
What do you need in your life as a mother just now?

Outline your daily routine.

“So how on earth can I bring a child into the world, knowing that such sorrow lies ahead, that it is such a large part of what it means to be human?

I'm not sure. That's my answer: I'm not sure.”

— Anne Lamott, Operating Instructions: A Journal of My Son's First Year


"She was unstoppable.
not because she did not
have failures or doubts.
but because she continued
on despite them."

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