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this resource, please contact the
Perinatal and Infant Mental Health Service
on
(02) 9827 8071

Affix ID Label Here		MRN			
Surname		Given Names			
Address - Street		Suburb	Postcode		
Date of Birth	Sex	AMO			
Hospital Name				Ward	

Yamang ikaw ay kamakailan lamang nagsilang, nais naming malaman kung ano ang mga nararamdaman mo. Paki salunguhitan ang pinakamalapit na sagot tungkol sa mga naramdaman mo nitong mga **NAKARAANG PITONG (7) ARAW**, hindi lamang iyong mga nararamdoman mo ngayon.

Halimbawa : Masaya ako:

- Oo, sa lahat ng oras
- Oo, halos sa lahat ng oras
- Hindi palagi
- Hindi, kahit kailan

Ang ibig sabihin nito ay: "Masaya ako halos sa lahat ng oras "nitong nakaraang lingo. Sagutin ang mga Tanong katulad ng pamamaraan ng pagsagot sa halimbawa.

Nitong nakarang 7 (pito) araw:

FOR OFFICE USE ONLY English version of EDS introduction

As you have recently had a baby we would like to know how you are feeling. Please underline the answer which comes closest to how you have felt **IN THE PAST 7 DAYS**, not just how you feel today. Here is an example, already completed:

I have felt happy:

- Yes, all the time**
- Yes, most of the time**
- No, not very often**
- No, not at all**

This would mean: "I have felt happy most of the time" during the past week. Please complete the other questions in the same way.

NAKARAANG PITONG (7) ARAW

1. Nakakaya kong tumawa at makita ang bahagi na nakakatawa tungkol sa mga bagay/pangyayari :
Hanggang kaya ko
Hindi na masyado sa ngayon
Tiyak, hindi na masyado ngayon
Hindi, kahit kailan
2. Inaasam ko ang mga bagay ng may kasayahan:
Hangang magagawa ko
Parang hindi na katulad ng dati
Tiyak, hindi na katulad ng dati
Bihira
3. Sinisisi ko ang sarili ko na hindi dapat kailangan kung ang mga bagay/pangyayari ay mali:
Oo, sa lahat ng oras
Oo, hindi lahat ng oras
Hindi madalas
Hindi, kahit kailan
4. Nababalisa o nag-aalala ako ng walang magandang dahilan:
Hindi kahit kailan
Bihira
Oo, minsan
Oo, palagi

5. Nakaramdam ako ng takot ng walang magandang dahilan:
Oo, maraming beses
Oo, minsan
Hindi gaano
Hindi kailanman
6. Ang mga bagay ay nakadagan sa akin:
Oo, halos lahat ng oras ay hindi ko makaya
Oo, minsan nakakaya ko katulad ng dati
Hindi, halos sa lahat ng oras hindi ko makaya
Hindi, nakakaya ko lagi
7. Nalulungkot ako kaya nahirapan akong matulog:
Oo, halos lahat ng oras
Oo, minsan
Hindi madalas
Hindi kahit kailan
8. Nakaramdam ako ng lungkot at pagkalumbay:
Oo, halos lahat ng oras
Oo, madalas
Hindi madalas
Hindi kahit kailan
9. Nalulungkot ako kaya ako ay umiiyak:
Oo, halos lahat ng oras
Oo, madalas
Minsan lamang
Hindi kahit kailan
10. Naisip ko na saktan ang sarili ko:
Oo, madalas
Minsan
Bahagya
Hindi kailanman

Salamat po

English version of questions

- | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 I have been able to laugh and see the funny side of things:
As much as I always could
Not quite so much now
Definitely not so much now
Not at all | 6 Things have been getting on top of me:
Yes, most of the time I haven't been able to cope at all
Yes, sometimes I haven't been coping as well as usual
No, most of the time I have coped quite well
No, I have been coping as well as ever |
| 2 I have 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 | 7 I have been so unhappy that I have had difficulty sleeping:
Yes, most of the time
Yes, sometimes
Not very often
No, not at all |
| 3 I have blamed myself unnecessarily when things went wrong:
Yes, most of the time
Yes, some of the time
Not very often
No, never | 8 I have felt sad or miserable:
Yes, most of the time
Yes, quite often
Not very often
No, not at all |
| 4 I have been worried and anxious for no good reason:
No, not at all
Hardly ever
Yes, sometimes
Yes, very often | 9 I have been so unhappy that I have been crying:
Yes, most of the time
Yes, quite often
Only occasionally
No, never |
| 5 I have felt scared or panicky for no very good reason:
Yes, quite a lot
Yes, sometimes
No, not much
No, not at all | 10 The thought of harming myself has occurred to me:
Yes, quite often
Sometimes
Hardly ever
Never |