

For information on the translation of  
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     |  |

**CHINESE**

由於妳就快作為人母，我們很想了解一下妳的感受。請在下列問題中，以劃線方式來回答一個最接近妳過去七天內（不單只是今天而已）的感受。下面的例子可供參考：

我感到愉快  
總是  
大多數時間是  
不經常  
不

它的意思是：在過去一週，"我大多數時間都感到愉快。"請按同樣方式完成下列其他問題。

**FOR OFFICE USE ONLY English version of EDS introduction**

As you are about to have 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.

**在過去七天**

- 我能夠歡笑，並能看到事物有趣的一面：
  - 和從前一樣
  - 現在沒有如過去那樣經常
  - 現在絕對沒有如過去那樣經常
  - 完全不能
- 我對一切事情都愉快地期待著：
  - 和從前一樣
  - 比以前減少
  - 絕對比以前少
  - 絕對沒有
- 當事情出錯時，我總是不必要地責備自己：
  - 經常
  - 有時
  - 不經常
  - 絕對沒有
- 我會無緣無故地焦慮和擔心：
  - 完全不會
  - 幾乎不會
  - 有時
  - 很經常

(請繼續回答下頁問題)

5. 我會無緣無故地感到害怕和恐慌，但又找不出充足的理由為甚麼會這樣：

很多時  
有時  
不多時  
絕對沒有

6. 我感到事情多得令我難以應付：

是的，大部分時候我一點也不能妥善地處理  
是的，有時我不能如常那樣妥善處理好  
不，大部分時候我能夠處理得相當好  
不，我一直能處理得很好

7. 我很不高興以致很難入睡：

很經常  
有時  
不很經常  
從不

8. 我感到痛苦和悲傷：

總是  
經常  
不經常  
從不

9. 我很不高興以致於哭泣：

總是  
很經常  
偶爾  
從不

10. 我曾有傷害自己的念頭：

很經常  
有時  
幾乎沒有  
從不

謝謝你的合作

### English version of questions

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