

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			

**SPANISH**

Ahora que estás esperando un bebé, nos gustaría saber cómo se siente. Por favor, **SUBRAYE** la respuesta que describa mejor como se ha sentido en los **ULTIMOS SIETE DIAS**, no solamente como se siente el día de hoy. Aquí tiene un ejemplo:

Me he sentido feliz:

- Sí, todo el tiempo
- Sí, la mayor parte del tiempo
- No, no muy seguido
- No, para nada

La respuesta quiere decir: "Me he sentido feliz la mayor parte del tiempo" durante la semana pasada. Por favor, conteste las otras preguntas del mismo modo.

**FOR OFFICE USE ONLY English version of EDS introduction (VERSION IN INGLES)**

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.

**SUS SENTIMIENTOS DURANTE LA SEMANA PASADA**

1. He podido reír y ver el lado bueno de cosas:
  - Tanto como lo hacía antes
  - No tanto ahora
  - Mucho menos
  - No, no he podido
  
2. He mirado al futuro con placer:
  - De la misma forma que lo hacía antes
  - Algo menos de lo que solía hacerlo
  - Definitivamente menos
  - No, nada
  
3. Me he culpado innecesariamente cuando las cosas marchaban mal:
  - Sí, la mayor parte de las veces
  - Sí, algunas veces
  - No muy a menudo
  - No, nunca
  
4. He estado ansiosa y preocupada sin motivo:
  - No, nada
  - Casa nada
  - Sí, a veces
  - Sí, a menudo

BINDING MARGIN - NO WRITING  
FILE IN CLINICAL RECORD

REORDER INFORMATION

5. He sentido miedo y pánico sin motivo alguno:  
 Sí, bastante  
 Sí, a veces  
 No, no mucho  
 No, nada
6. Las cosas me superan, están fuera de mi control  
 Sí, la mayor parte de las veces  
 Sí, a veces  
 No, casi nunca  
 No, nada
7. Me he sentido tan infeliz, que he tenido dificultad para dormir:  
 Sí, casi siempre  
 Sí, a veces  
 No muy a menudo  
 No, nada
8. Me he sentido triste y abatida:  
 Sí, casi siempre  
 Sí, bastante a menudo  
 No muy a menudo  
 No, nada
9. He sido tan infeliz que he estado llorando:  
 Sí, casi siempre  
 Sí, bastante a menudo  
 Sólo ocasionalmente  
 No, nunca
10. He pensado en hacerme daño a mí misma:  
 Sí, bastante a menudo  
 A veces  
 Casi nunca  
 No, nunca

Muchas gracias!

### English version of questions

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