

## EDINBURGH POST PARTUM DEPRESSION SCALE

Please circle the number which best indicates how you have generally felt IN THE PAST 7 DAYS:

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

- |                              |                         |
|------------------------------|-------------------------|
| 1 As much as I always could  | 2 Not quite so much now |
| 3 Definitely not so much now | 4 Not at all            |

2. I have looked forward with enjoyment to things:

- |                                  |                              |
|----------------------------------|------------------------------|
| 1 As much as I ever did          | 2 Rather less than I used to |
| 3 Definitely less than I used to | 4 Hardly at all              |

3. I have blamed myself unnecessarily when things went wrong:

- |                         |                         |
|-------------------------|-------------------------|
| 1 Yes, most of the time | 2 Yes, some of the time |
| 3 Not very often        | 4 No, never             |

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

- |                     |                   |
|---------------------|-------------------|
| 1 No, hardly at all | 2 Hardly ever     |
| 3 Yes, sometimes    | 4 Yes, very often |

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

- |                    |                  |
|--------------------|------------------|
| 1 Yes, quite a lot | 2 Yes, sometimes |
| 3 No, not much     | 4 No, not at all |

6. Things have been getting on top of me:

- |   |
|---|
| 1 Yes, mostly, I haven't been able to cope at all       |
| 2 Yes, sometimes I haven't been coping as well as usual |
| 3 No, most of the time I have coped quite well          |
| 4 No, I have been coping as well as ever                |

7. I have been so unhappy I have had difficulty sleeping:

- |                         |                  |
|-------------------------|------------------|
| 1 Yes, most of the time | 2 Yes, sometimes |
| 3 Not very often        | 4 No, not at all |

8. I have felt sad or miserable:

- |                         |                    |
|-------------------------|--------------------|
| 1 Yes, most of the time | 2 Yes, quite often |
| 3 Not very often        | 4 No, never        |

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

- |                         |                    |
|-------------------------|--------------------|
| 1 Yes, most of the time | 2 Yes, quite often |
| 3 Only occasionally     | 4 No, never        |

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

- |                    |             |
|--------------------|-------------|
| 1 Yes, quite often | 2 Sometimes |
| 3 Hardly ever      | 4 Never     |

(EPDS; Cox, Holden, & Sagovsky, 1987).

## LORRAINE MCATEER'S BACKGROUND

Lorraine has 14 years experience as a medical health professional and 12 years post-secondary education in healthcare and psychology. Lorraine graduated with First Class honours with a BA in Psychology in 1994 and an MA in Counselling Psychology in 2002, from SFU. She has consistently received awards for her high academic achievements. Her research has focused on how stress effects sensory perception, emotions, and depressive symptoms. Specifically, her research has found stress, social support and feelings of control to be significantly predictive of depressive symptoms before and after childbirth.

Since graduating Lorraine has been in private practice. She has created and directed workshops on parenting, stress management and emotional intelligence. She takes appointments to see individuals, couples and families and has helped her clients lead more fulfilling, happier and healthier lives.

FOR EASE OF PAYMENT, LORRAINE'S DUAL DESIGNATION AS A REGISTERED CLINICAL COUNSELLOR AND A CERTIFIED CANADIAN COUNSELLOR, ALLOWS FOR OPTIMUM COVERAGE BY EXTENDED MEDICAL AND OTHER INSURANCE PROVIDERS. SLIDING FEES MAY BE AVAILABLE

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**CLINICAL  
COUNSELLING  
FOR MATERNITY  
PATIENTS**

## HOW ARE THINGS GOING?

With the arrival of a new baby, there are so many things a Mom and Dad, and their families have to face. There are countless changes in a blink of an eye! There is the wonder of the birth and the miracle of a new life being brought into the world, and all the necessities, responsibilities and life changes that come. It follows that, although not always talked about, *this incredible time can also be a time of incredible stress and strain*. Taking care of a baby, inadequate sleep, and the stresses associated can take a toll on how you feel and how able you are to cope during this busy time.

Furthermore, the needs of the baby often overshadow the needs of other family members, as well as the relationship needs of Mom and Dad. Relationships may suffer as a result. Is it any wonder then that *so many suffer from depression during the peripartum!* Depression makes childrearing onerous, makes relationships extra challenging, brings other people down and most importantly, *can be damaging to a baby's emotional, social and intellectual development*.

Like they say, an ounce of prevention is worth a pound of cure. Please do not hesitate to reach out to others, and, please know that a Counselor is close by, who is specialized in this area and is available to help Moms, Dads, and all those involved.

## WHEN TO SEEK COUNSELLING

If the stress keeps piling up, you are having difficulty coping, your ability to function in your day-to-day life is faltering, or if your relationships are suffering, perhaps its time to seek the help of a certified and experienced Counsellor.

Perhaps you are feeling isolated or out-of-touch and need to feel reconnected. Perhaps you feel overwhelmed with parenting or somewhat hopeless. Lorraine McAteer, has first hand knowledge and is a highly trained and warm professional who is there to help you.

A questionnaire has been included on the back of this pamphlet to assess levels of depressive symptoms. If you answer 'yes' to several of them, or if you or your partner are feeling concerned, you should consider Counselling.

If you answer 'yes' to most of them, especially if you have a family or personal history of anxiety, depression or other mental health issues, you should see your Physician, as well as seriously consider counselling.

Regardless, if you ever have a sense you could benefit from Counselling, chances are you can and will.

## COUNSELLING CAN HELP:

- Work through Concerns and Solve Problems
- Deal with Parenting Issues
- Enhance your Relationships and their Intimacy
- Cope with Role Conflicts and Strain
- Have a Happier Family Life and Better Marriage
- Better Understand Yourself and Others
- Choose and Live the Life You Want
- Set Goals and Reach Them
- Improve Self-Esteem and Sense of Personal Power
- Reduce Stress
- Improve your Lifestyle and Health
- Feel Physically Better, with More Energy for Life
- Improve Function and Performance, at school, at work, at home
- Make The Right Decision for YOU
- To be HAPPIER; To have Greater Life Satisfaction and Well-Being

