

Use this checklist to evaluate the extent of depression or anxiety you are feeling. If you decide to contact a care provider, be sure to let them know your score.

### Mills Depression and Anxiety Checklist

Fill in the appropriate column with the number that comes closest to the way you have been feeling during the past two weeks.

Symptom or Feeling:	Not at all 0 points	Occasionally 1 point	Quite often 2 points	Most of the time 3 points
Appetite Change				
Forgetfulness				
Indecisiveness				
Confusion				
Crying Spells				
*Fears or fantasies of harming yourself or others				
*Fears or fantasies of harming baby				
Feeling afraid				
Feeling angry				
Feeling anxious				
Depression				
Fatigue				
Frustration				
Guilt				
Hopelessness				
Irritability				
Feeling like a bad mother				
Loneliness				
Feeling no love for the baby				
Feeling numb				
Feeling out of control				
Panic				
*Feeling that your baby would be better off without you				
Loneliness				
Feeling trapped				
Feeling unsupported- that no one cares about you				
Having scary thoughts				
Insomnia or other changes in your sleep patterns				
Loss of concentration				
Loss of interest in your appearance				
Loss of libido-no interest in sex				
Loss of motivation				
Loss of self-esteem				
Mood swings				
*Obsessive thinking-weird thoughts that you can't get out of your head				
Panic Attacks				
Frequently thinking about death or dying				

*Suicidal Thoughts				
Unusual conflicts and fights with people close to you				
Unusual physical symptoms-Headaches, irregular heartbeat, nausea, etc				
Unusual weight gain or loss				
Total Score:				

\*Contact a health professional immediately if you have any of these symptoms.

Guidelines for interpreting your total score:

40 or less: Mild adjustment difficulties

41-69: Moderate to severe depression and anxiety

(If you score above 50, we recommend that you contact a health professional)

70+: Severe depression and anxiety

(If you score above 70, consult a health professional immediately)