

Postpartum Depression Predictors Inventory (PDPI)–Revised and Guide Questions For Its Use

During Pregnancy

Marital Status

- 1. Single
- 2. Married/co-habiting
- 3. Separated
- 4. Divorced
- 5. Widowed
- 6. Partnered

Check One

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Socioeconomic Status

- Low
- Middle
- High

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Self-Esteem

- Do you feel good about yourself as a person?
- Do you feel worthwhile?
- Do you feel you have a number of good qualities as a person?

Yes

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No

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Prenatal Depression

- 1. Have you felt depressed during your pregnancy?
If yes, when and how long have you been feeling this way?
If yes, how mild or severe would you consider your depression?

Prenatal Anxiety

- Have you been feeling anxious during your pregnancy?
If yes, how long have you been feeling this way?

Unplanned/Unwanted Pregnancy

- Was the pregnancy planned?
- Is the pregnancy unwanted?

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History of Previous Depression

- 1. Before this pregnancy, have you ever been depressed?
If yes, when did you experience this depression?
If yes, have you been under a physician’s care for this past depression?
If yes, did the physician prescribe any medication for your depression?

Social Support

- Do you feel you receive adequate emotional support from your partner?
- Do you feel you receive adequate instrumental support from your partner (e.g., help with household chores or babysitting)?
- Do you feel you can rely on your partner when you need help?
- Do you feel you can confide in your partner?
(repeat same questions for family and again for friends)

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Marital Satisfaction

- Are you satisfied with your marriage (or living arrangement)?
- Are you currently experiencing any marital problems?
- Are things going well between you and your partner?

Yes

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No

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Life Stress

- Are you currently experiencing any stressful events in your life such as:
financial problems
- marital problems
- death in the family
- serious illness in the family
- moving
- unemployment
- job change

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After Delivery, Add the Following Items

Child Care Stress

- Is your infant experiencing any health problems?
- Are you having problems with your baby feeding?
- Are you having problems with your baby sleeping?

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Infant Temperament

- Would you consider your baby irritable or fussy?
- Does your baby cry a lot?
- Is your baby difficult to console or soothe?

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Maternity Blues

- Did you experience a brief period of tearfulness and mood swings during the 1st week after delivery?

COMMENTS:

* Adapted with permission from Beck CT. A checklist to identify women at risk for developing postpartum depression. JOGNN 2002;31(4):394–402.