

Perinatal Posttraumatic Stress Disorder Questionnaire

	Not at all	Once or twice	Sometimes	Often, but less than 1 month	Often, for more than 1 month
Do you have bad dreams of giving birth of or your baby's hospital stay?					
Do you have upsetting memories of giving birth of or your baby's hospital stay?					
Do you have any sudden feelings as though your baby's birth was happening again?					
Do you try to avoid thinking about childbirth or your baby's hospital stay?					
Do you avoid doing things that might bring up feelings you have about childbirth or your baby's hospital stay (eg, not watching a TV show about babies, not talking about the delivery)?					
Are you unable to remember parts of your baby's hospital stay?					
Have you lost interest in doing things you usually do (eg, have you lost interest in your work or family)?					
Do you feel alone and removed from other people (eg, do you feel like no one understands you)?					
Has it become more difficult for you to feel tenderness or love with others?					
Do you have unusual difficulty falling or staying asleep?					
Are you more irritable or angry with others than usual?					
Do you have greater difficulties concentrating than before you gave birth?					
Do you feel more jumpy (eg, do you feel more sensitive to noise or more easily startled)?					
Do you feel more guilt about the childbirth than you feel you should feel?					
	x 0	x 1	x 2	x 3	x 4
Total Score					