

<b>TRIGGERS</b> Recent life changes, changes in situation that caused depression	<b>THOUGHTS</b> Thoughts about self and other people. Images or memories that come to mind	<b>MOODS</b> Emotional reactions (single word to describe mood)	<b>PHYSICAL REACTIONS</b> Troubling somatic symptoms e.g. changes in sleep, appetite, energy	<b>BEHAVIOUR</b> Changes or improvements an individual would like to make.
<p><b>PREVIOUS MENTAL HEALTH</b></p> <ul style="list-style-type: none"> <li>• Long term user of MHS</li> <li>• See psychiatrist regularly</li> </ul> <p><b>TRAUMATIC BIRTH</b></p> <ul style="list-style-type: none"> <li>• traumatic first birth</li> <li>• PTSD from previous emergency C Section</li> </ul> <p><b>UNPLANNED PREGNANCY</b></p> <ul style="list-style-type: none"> <li>• Baby not planned</li> <li>• Baby not planned [wanted abortion, could not go through with it]</li> </ul> <p><b>ANTI-DEPRESSANTS</b></p> <ul style="list-style-type: none"> <li>• Came off anti-d's to get pregnant</li> <li>• Came off SSRI's when found pregnant</li> </ul>	<p><b>NEGATIVE THOUGHT</b></p> <ul style="list-style-type: none"> <li>• Thought must be a bad person</li> </ul> <p><b>VIOLENCE</b></p> <ul style="list-style-type: none"> <li>• Urge to self-harm</li> </ul> <p><b>NOT COPING</b></p> <ul style="list-style-type: none"> <li>• Not coping</li> <li>• Struggling to cope</li> </ul> <p><b>INTRUSIVE THOUGHTS</b></p> <ul style="list-style-type: none"> <li>• thought child parasite</li> <li>• Thought I was going to end up a bad person, like a murder or something</li> <li>• Obsessive thoughts</li> </ul> <p><b>OTHER</b></p> <ul style="list-style-type: none"> <li>• Prospect of loneliness and domesticity</li> </ul>	<p><b>FEAR WORRY ANXIETY</b></p> <ul style="list-style-type: none"> <li>• Scared (get pni (Perinatal Mental Illness) after birth)</li> <li>• Lot of anxiety in the 3<sup>rd</sup> trimester</li> </ul> <p><b>ANGER</b></p> <ul style="list-style-type: none"> <li>• Angry all the time</li> <li>• Anger</li> </ul> <p><b>GUILT</b></p> <ul style="list-style-type: none"> <li>• Guilt</li> <li>• Felt ungrateful [not to be ecstatic]</li> </ul> <p><b>OTHER MOODS</b></p> <ul style="list-style-type: none"> <li>• Mild depression</li> </ul>	<p><b>CRYING SOBBING</b></p> <ul style="list-style-type: none"> <li>• Can't stop crying</li> </ul> <p><b>SICK</b></p> <ul style="list-style-type: none"> <li>• bleeding</li> <li>• Felt sick</li> <li>• Diarrhoea [due to fear inside]</li> </ul> <p><b>PAIN</b></p> <ul style="list-style-type: none"> <li>• SPD (Symphysis Pubis Dysfunction) ,</li> </ul> <p><b>SLEEPING</b></p> <ul style="list-style-type: none"> <li>• Couldn't sleep</li> <li>• insomnia [want to sleep all the time]</li> </ul> <p><b>EATING</b></p> <ul style="list-style-type: none"> <li>• Over eating/binge eating/ no control over eating/overweight</li> </ul>	<p><b>WITHDRAWAL</b></p> <ul style="list-style-type: none"> <li>• Stay in pj's for days on end</li> <li>• Panic going to meetings or the shops</li> <li>• Lost all my friends. Shut myself in my room</li> <li>• Find it hard to leave house</li> </ul> <p><b>AGGRESSION</b></p> <ul style="list-style-type: none"> <li>• Violent outbursts</li> <li>• Take it out on my partner</li> <li>• Pushing my partner away</li> </ul>

Table - Classification of Self-report Symptoms of Perinatal Depression using Cognitive Behaviour Therapy. Greenberger and Padesky (1995)