

Dear parent of a newly born baby,

Enclosed you will find a form to be filled in at home that will help to evaluate how the arrival of a new baby in the family has affected Your health. The form has ten questions that will assess Your moods in the past week. We ask you to select the option that best describes Your feelings. Please bring the form with you to your next visit at the Child Health Clinic. Fill in the form preferably only a few days before your appointment.

The form is the EPDS mood form (Edinburgh Postnatal Depression Scale). The form will help to evaluate how You have felt with Your baby. It is given out to every parent of a newly born baby.

There is the underlying knowledge that a pregnancy and a baby drastically change the family life in many ways. Parents' minds are full of thoughts and feelings. It is known that every tenth mother, and 8 % of the fathers, experiences a drop in their moods with a small baby. This type of drop in the mood may also be a sign of depression.

It is important to recognise the symptoms of depression as early as possible so that support and/or care can be offered to the parent and the family in time. Therefore, please answer the questions openly and discuss your health with courage with your nurse when you return the questionnaire. All the information in the questionnaire and discussions are confidential.

It is good to discuss Your emotions and thoughts about being a new parent also with your partner or someone other close to you. You need all the possible support and attention, to be able to manage and feel well as a parent of a newly born baby. With this mood questionnaire we hope to achieve this.

If you have any questions or concerns about this questionnaire you can contact your own nurse.