



Tuseen Kis taran maehsoos karde ho ?

Kujh din pahilan tuhada bachha paeda hoiaa cee aatae asseen eh jananna chahudae han ke tuseen kis taran maehsoos karde ho. Pishlae ik haptae ton jis taran vee tuseen maehsoos kita cee oos barae meharbani karke dhhuckveen khanae hethan nishan laoo.

Eh ik aapdea layee poora namoona tiar kita hoia hae (e.g.)

Maen khush rahee cee :

Bahut vaar

Kayee vaar

Bahut vaar nahin

Bilkul nahin

Eisdaa matlab hai ki : Maen pishlae haptae Kayee vaar khush rahee cee .

Baaki sawalaan noon vee eise taran mehar-bani karke poora karo.

Pishlae sat dina vich

1. Meree hasnae khadnae dee isha cee:

Pehilan jinee hee

Agae nalon ghat

Kadae kadae

Bil-kul nahin

2. Maen dilhon khushee nal cam karna chohundee cee:

Peilan wang hee

Agae nalon kujh ghat

Bil-kul agae nalon ghat

Kadae vee nahin

3. Jad koi gal vigad jandi cee taan maen aapnae aap noon kasoorvaar samajh-dee cee:

Bahut var

Kayee var

Bahut var nahin

Bil-kul nahin

4. Maen bina kisaе khas karan hee chinta phikar kardee cee:

Kadae vee nahin

Bahut hee ghat

Kadae kadae

Bahut var



5. Maen bina kisae khas karan hee dar atae ghabrahat mahaesoos kardee cee:

- Bahut var
- Kadae kadae
- Bahut var nahin
- Bil-kul nahin

6. Maen innee udas cee ke maen kisae tarah de tangee jan fikar valee gal sahar nahin

sakdee cee:

- Bahut var
- Kayee var
- Bahut var nahin
- Bil-kul nahin

7. Maenu dukha karke neend nahin aaundee cee:

- Bahut var
- Kadae kadae
- Bahut var nahin
- Bil-kul nahin

8. Maen udas rahindee cee:

- Bahut var
- Kadae kadae
- Bahut var nahin
- Bil-kul nahin

9. Maen innee udas cee kae maen rondee rahindee cee:

- Bahut var
- Kayee var
- Kadae kadae
- Bil-kul nahin

10. Mera dil karda cee kae maen aapnae aap noon nuksaan kar lavan:

- Buhat var
- Kadae kadae
- Bahut var nahin
- Bil-kul nahin

Source: Departement of Health, Government of Western Australia. (2006).
Edinburgh Postnatal Depression Scale (EPDS): Translated versions - validated. Perth,
Western Australia: State Perinatal Mental Health Reference Group