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| --- |
| Name: …………………………. …………………………………… DOB: …………………………..  |



**Women and Newborn Health Service**

**King Edward Memorial Hospital**

**Western Australia**

**Women’s Health Care Clinical Care Unit (WHCCU)**

**Department of Psychological Medicine**

# Perinatal Anxiety Screening Scale (PASS)

 ANTENATAL POSTNATAL DATE: ……………………………

 Weeks pregnant ………… Baby’s age ………………..

**Over the past month,** **how often** have you experienced the following? Please tick the response that **most closely** describes your experience for **every** question.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|   | Not at all  | Some times  | Often  | Almost Always  |
| 1. Worry about the baby/pregnancy  | 0  | 1  | 2  | 3  |
| 2. Fear that harm will come to the baby  | 0  | 1  | 2  | 3  |
| 3. A sense of dread that something bad is going to happen  | 0  | 1  | 2  | 3  |
| 4. Worry about many things  | 0  | 1  | 2  | 3  |
| 5. Worry about the future  | 0  | 1  | 2  | 3  |
| 6. Feeling overwhelmed  | 0  | 1  | 2  | 3  |
| 7. Really strong fears about things, eg needles, blood, birth, pain, etc  | 0  | 1  | 2  | 3  |
| 8. Sudden rushes of extreme fear or discomfort  | 0  | 1  | 2  | 3  |
| 9. Repetitive thoughts that are difficult to stop or control  | 0  | 1  | 2  | 3  |
| 10. Difficulty sleeping even when I have the chance to sleep  | 0  | 1  | 2  | 3  |
| 11. Having to do things in a certain way or order  | 0  | 1  | 2  | 3  |
| 12. Wanting things to be perfect  | 0  | 1  | 2  | 3  |
| 13. Needing to be in control of things  | 0  | 1  | 2  | 3  |
| 14. Difficulty stopping checking or doing things over and over  | 0  | 1  | 2  | 3  |
| 15. Feeling jumpy or easily startled  | 0  | 1  | 2  | 3  |
| 16. Concerns about repeated thoughts  | 0  | 1  | 2  | 3  |
| 17. Being 'on guard' or needing to watch out for things  | 0  | 1  | 2  | 3  |

18. Upset about repeated memories, dreams or

 0 1 2 3

nightmares

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**Reference:**

Somerville, S., Dedman, K., Hagan, R., Oxnam, E., Wettinger, M., Byrne, S., Coo, S., Doherty, D., Page, A.C. (2014).

The Perinatal Anxiety Screening Scale: development and preliminary validation. *Archives of Women’s Mental Health*, DOI: 10.1007/s00737-014-0425-8

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