|  |
| --- |
| 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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