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TRIGGERS Recent life changes, changes in situation that caused depression	THOUGHTS Thoughts about self and other people. Images or memories that come to mind	MOODS Emotional reactions (single word to describe mood)	PHYSICAL REACTIONS Troubling somatic symptoms e.g. changes in sleep, appetite, energy	BEHAVIOUR Changes or improvements an individual would like to make.
PREVIOUS MENTAL HEALTH • Long term user of MHS • See psychiatrist regularly **TRAUMATIC BIRTH** • traumatic first birth • PTSD from previous emergency C Section **UNPLANNED PREGNANCY** • Baby not planned • Baby not planned [wanted abortion, could not go through with it] **ANTI-DEPRESSANTS** • Came off anti-d's to get pregnant • Came off SSRI's when found pregnant	**NEGATIVE THOUGHT** • Thought must be a bad person **VIOLENCE** • Urge to self-harm **NOT COPING** • Not coping • Struggling to cope **INTRUSIVE THOUGHTS** • thought child parasite • Thought I was going to end up a bad person, like a murder or something • Obsessive thoughts **OTHER** • Prospect of loneliness and domesticity	**FEAR WORRY ANXIETY** • Scared (get pni (Perinatal Mental Illness) after birth) • Lot of anxiety in the 3rd trimester **ANGER** • Angry all the time • Anger **GUILT** • Guilt • Felt ungrateful [not to be ecstatic] **OTHER MOODS** • Mild depression	**CRYING SOBBING** • Can't stop crying **SICK** • bleeding • Felt sick • Diarrhoea [due to fear inside] **PAIN** • SPD (Symphysis Pubis Dysfunction) , **SLEEPING** • Couldn't sleep • insomnia [want to sleep all the time] **EATING** • Over eating/binge eating/ no control over eating/overweight	**WITHDRAWAL** • Stay in pj's for days on end • Panic going to meetings or the shops • Lost all my friends. Shut myself in my room • Find it hard to leave house **AGGRESSION** • Violent outbursts • Take it out on my partner • Pushing my partner away

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