

AM I EXPERIENCING BIRTH TRAUMA?

Birth Trauma covers a wide description of feelings, emotional and behaviours.

On one end of the scale is a simply feeling sad, upset or disappointed about your birth.
The other end of the spectrum is full-blown PTSD.

This checklist is not a substitute for a clinical diagnosis, but rather a means to help you discover if your feelings are connected to your birth experience and whether you want to seek further diagnosis or help.

For each question circle Yes or No. Add up the number of yes's and refer to the key below.

- Yes / No Do you consider your birth to be in some way traumatic?
- Yes / No Do you ever get flashbacks or keep reliving your birth?
- Yes / No Do you ever have unexpected angry outbursts?
- Yes / No Do you suffer from insomnia?
- Yes / No Do you suffer from anxiety or panic attacks?
- Yes / No Do you worry excessively about bad things happening to your loved ones?
- Yes / No Do you avoid conversations about birth?
- Yes / No Do you avoid thinking about your birth?
- Yes / No Do you feel overwhelmed by daily tasks?
- Yes / No Do you a lack of bonding or connection with your baby or child?
- Yes / No Do you feel resentment of other people's positive birth?
- Yes / No Do you get jealous of other parents and think they are better than you?
- Yes / No Do you feel depressed or find yourself crying for no reason?
- Yes / No Did you feel out of control in your birth?
- Yes / No Were you injured in birth?
- Yes / No Did you have any emergency treatment at your birth?
- Yes / No Have you put off having further children due to fear of another birth?

0-5 Yes

While you have some difficult emotions to deal with, it is not affecting your life too much. You could seek help in getting back on track to normal life.

6-10 Yes

You are feeling a variety of effects that can be a result of trauma. It is a good idea to seek help to ensure that these feelings do not escalate.

10 or more Yes

You are experiencing many symptoms that are associated with trauma. You may wish to seek a diagnosis with your GP or seek professional help.