



STEFFEN
COUNSELING SERVICES

POSTPARTUM ANXIETY QUIZ

A self-reflection tool for new and expecting parents

This brief quiz is designed to help you reflect on whether anxiety may be affecting you during pregnancy or after having a baby. **It is not a diagnostic test and does not replace an evaluation by a qualified healthcare or mental health professional.**

How to Use This Quiz

Think about how you have been feeling recently. For each statement, check the response that best describes your experience.

1. I worry excessively about my baby's health or safety.

☐ Never or rarely ☐ Sometimes ☐ Often ☐ Nearly every day

2. Once I start worrying, it is difficult to stop or control the worry.

☐ Never or rarely ☐ Sometimes ☐ Often ☐ Nearly every day

3. I frequently imagine frightening things happening to my baby or family.

☐ Never or rarely ☐ Sometimes ☐ Often ☐ Nearly every day

4. I feel restless, tense, keyed up, or unable to relax.

☐ Never or rarely ☐ Sometimes ☐ Often ☐ Nearly every day

5. I repeatedly check on my baby or seek reassurance because I am afraid something is wrong.

☐ Never or rarely ☐ Sometimes ☐ Often ☐ Nearly every day

6. Anxious thoughts make it difficult for me to sleep, even when I have an opportunity to rest.

☐ Never or rarely ☐ Sometimes ☐ Often ☐ Nearly every day

7. I avoid activities, places, or situations because I am afraid something bad could happen.

☐ Never or rarely ☐ Sometimes ☐ Often ☐ Nearly every day

8. I experience physical symptoms of anxiety, such as a racing heart, trembling, sweating, nausea, or shortness of breath.

☐ Never or rarely ☐ Sometimes ☐ Often ☐ Nearly every day

9. Anxiety makes it harder for me to enjoy time with my baby or connect with my partner, family, or friends.

☐ Never or rarely ☐ Sometimes ☐ Often ☐ Nearly every day

10. My worries interfere with my ability to function, care for myself, or feel present in daily life.

☐ Never or rarely ☐ Sometimes ☐ Often ☐ Nearly every day

Reflecting On Your Answers

There is no score that can diagnose postpartum anxiety. Instead, look at the overall pattern. If several statements describe your experience—or if any symptom is causing significant distress or interfering with daily life—it may be helpful to talk with a doctor, midwife, therapist, or other qualified mental health professional.

You do not need to wait until anxiety becomes severe before asking for help. Postpartum anxiety is treatable, and support can make a meaningful difference.

A Few Questions to Bring to a Professional

- *How often am I experiencing these symptoms?*
- *How much time do I spend worrying or checking for reassurance?*
- *Is anxiety affecting my sleep, relationships, work, or ability to enjoy my baby?*
- *What support would help me feel more grounded and confident?*

When to Seek Urgent Help

If you are having thoughts of harming yourself or your baby, feel unable to keep yourself or your baby safe, or are experiencing a mental health emergency, seek immediate professional or emergency help.

Important Note

This quiz is for educational and self-reflection purposes only. It is not a validated screening instrument, does not provide a diagnosis, and should not be used to determine whether someone has a mental health condition.