

Post-Discharge Coping Difficulty Scale ©
New Mother Form

Since your baby has been home from the hospital:

<p>1. How stressful has your life been?</p> <p>What has been stressful?</p>	<p>0 1 2 3 4 5 6 7 8 9 10</p> <p>Not at all Extremely</p>
<p>2. How much difficulty have you had with your own recovery?</p> <p>What has been difficult?</p>	<p>0 1 2 3 4 5 6 7 8 9 10</p> <p>None at all A great deal</p>
<p>3. How much difficulty have you had with caring for your baby?</p> <p>What has been difficult?</p>	<p>0 1 2 3 4 5 6 7 8 9 10</p> <p>None at all A great deal</p>
<p>4. How much difficulty have you had with feeding your baby?</p> <p>What has been difficult?</p>	<p>0 1 2 3 4 5 6 7 8 9 10</p> <p>None at all A great deal</p>
<p>5. How difficult has the time been for your family members or other close persons?</p> <p>What has been difficult?</p>	<p>0 1 2 3 4 5 6 7 8 9 10</p> <p>Not at all Extremely</p>
<p>6. How much help have you needed with caring for your baby?</p>	<p>0 1 2 3 4 5 6 7 8 9 10</p> <p>None at all A great deal</p>
<p>7. How much emotional support have you needed?</p>	<p>0 1 2 3 4 5 6 7 8 9 10</p> <p>None at all A great deal</p>

8. How confident have you felt in your ability to care for own needs since the birth?	0 1 2 3 4 5 6 7 8 9 10 Not at all Completely
9. How confident have you felt in your ability to care for your baby since the birth?	0 1 2 3 4 5 6 7 8 9 10 Not at all Completely
10. How well have you adjusted to being at home since the birth of your baby?	0 1 2 3 4 5 6 7 8 9 10 Not at all Extremely well

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