



**ROSE ADHERENCE SCALE**  
**SESSION B: ROLE TRANSITIONS**

Date of scale completion: \_\_\_\_\_

Clinic: \_\_\_\_\_

Interventionist: \_\_\_\_\_

Group: Yes ☐ No ☐

If yes Number of women in session: \_\_\_\_\_

Date of session: \_\_\_\_\_

**Session by Session Adherence to Protocol Scale:**

**Adherence:** For each item, place an X next to tasks that occurred in the session and put an O next to tasks that didn't. This is an assessment of the intervention, not you. We are trying to understand how the intervention happens in real-world settings, so please be honest. It is important for the study to have an accurate picture of what actually happened in each session.

- \_\_\_\_\_ 1. Demonstrates relaxation exercise.
- \_\_\_\_\_ 2. Assigns daily practice for homework.  
*Includes homework on relaxation and pleasant activities*
- \_\_\_\_\_ 3. Discusses strategies for managing changes after delivery.  
*Includes gains and losses, pleasant activities, and mother's survival kit*
- \_\_\_\_\_ 4. Highlights importance of social support and explores potential supports.  
*Includes my close people handout*
- \_\_\_\_\_ 5. Identifies possible pleasant activities and assigns pleasant activity homework.