



ROSE ADHERENCE SCALE
SESSION D: ASSERTIVENESS AND GOAL SETTING

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. Reviews homework from previous session.
- _____ 2. Provides psychoeducation on communication, support, and barriers to effective communication.
- _____ 3. Conducts role-plays on saying no.
- _____ 4. Provides psychoeducation on goal setting.
Includes working through an example of goal setting
- _____ 5. Reviews homework on completing goal setting and reminder to practice relaxation and pleasant activities.
- _____ 6. Briefly reviews themes of the intervention and future session.