



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.

Once complete please fax this form to **810-600-9190** or scan and email the document to
ROSES.Study@msu.edu