

Post-Discharge Coping Difficulty Scale ©
New Mother Form

Since your baby has been home from the hospital:

1. How stressful has your life been? What has been stressful?	0 1 2 3 4 5 6 7 8 9 10 Not at all Extremely
2. How much difficulty have you had with your own recovery? What has been difficult?	0 1 2 3 4 5 6 7 8 9 10 None at all A great deal
3. How much difficulty have you had with caring for your baby?	

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