



## Postpartum Social Support Screening Tool

The following questions are about how much support you can count on from people around you.  
How often is each of the following kinds of support available to you if you need it?

<i>Circle one number per line:</i>	None of the time	A little of the time	Some of the time	Most of the time	All of the time
Someone you can count on to listen to you when you need to talk	1	2	3	4	5
Someone to give you good advice about a problem	1	2	3	4	5
Someone to take you or baby to the doctor if needed	1	2	3	4	5
Someone you can laugh or just relax with	1	2	3	4	5
Someone to help you get information or help you to solve a problem	1	2	3	4	5
Someone to help you with chores or with taking care of the baby	1	2	3	4	5
Someone to share your most private worries and fears with	1	2	3	4	5
Someone to do something enjoyable with	1	2	3	4	5
Someone to love you and make you feel special	1	2	3	4	5

Who helps you the **most** in with practical things (feeding baby, folding laundry, grocery store)?

Spouse  Community Health Worker  Other family members  Friends  Paid helper  Doctor  Nurse  Case manager  No one  Other (please specify) \_\_\_\_\_

With whom do you feel most comfortable sharing your feelings or talking about something that is worrying you?

Spouse  Community Health Worker  Other family members  Friends  Paid helper  Doctor  Nurse  Case manager  No one  Other (please specify) \_\_\_\_\_

Who helps you the **most** in with the transition to motherhood?

Spouse  Community Health Worker  Other family members  Friends  Paid helper  Doctor  Nurse  Case manager  No one  Other (please specify) \_\_\_\_\_

The Postpartum Social Support Screening Tool was adapted by *The Artemis Center for Guidance, LLC*™ from a questionnaire developed by the Advancing Diabetes Self-Management project at La Clinica de La Raza, Inc. in Oakland, CA with support from the Robert Wood Johnson Foundation® in Princeton, NJ. For permission to reproduce, please email [info@artemisguidance.com](mailto:info@artemisguidance.com).

Recommended citation:

The Artemis Center for Guidance, LLC (2013). *Postpartum Social Support Screening Tool*. [Unpublished measure]. Retrieved from <https://www.artemisguidance.com/PSSST>.