



wazzzup
mamma!

DISCUSSING COPING

PROBLEM-SOLVING FOCUSED (PRACTICAL) AND EMOTIONAL FOCUSED (SOCIAL / ENVIRONMENT) QUESTIONS

- What do you think the problem is? What is the reason for this problem?
- On a scale from 0 to 10, how much do you experience stress, tension, worries? (0 = not at all – 10 = very much)
- To what extent are you able to cope with the problem or situation? (0 = not at all – 10 = very much)
- How important is it for you to change the situation or to change how you feel about the situation? (0 = not at all – 10 = very much)
- What do you think will help you?
- What is it you want to change or be different?

- What or who is it you need?
- What is it you can do yourself to change or cope with the situation? What are your coping skills?
- What and/ or who are your resources for help and support? How can you access and utilize these?
- Are there people in your environment with whom you can share your emotions and problems with? Who are they?
- When your emotions and/ or problems affect your daily life and functioning; how do you usually cope with this?
- What practical help and support is available? What or who can help you?
- What emotional help and support is available? What or who can help you?
- Who would you like or prefer to help you? Professional help? Friend? Family member? Lay person? E-health? Social work? Alternative care (e.g. acupuncture, meditation, yoga, etc)
- Can you name people in your environment/ life who can help you? How can they help you? What would you need from her/him/them?

INTERPRETATION SCORES

- 0-4 No actions required
- 5-7 Re-assess next visit, ideally within the next 2 weeks. Discuss the need for help.
- 8-10 Consult and/or refer to professional psychological healthcare professional.
Keep close contact with the woman until professional support is organized.