

Self-Efficacy Labor Support Scale

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How confident are you in your ability to use each of the following techniques for providing support to women in labor?

	STRONGLY DISAGREE							STRONGLY AGREE
1. Review and discuss a woman's preferences (birth plans)	1	2	3	4	5	6	7	
2. Suggest alternate positions/movements	1	2	3	4	5	6	7	
3. Provide specific backache relief measures	1	2	3	4	5	6	7	
4. Know what to say and do for reassurance	1	2	3	4	5	6	7	
5. Be continually present with a woman in labor	1	2	3	4	5	6	7	
6. Assist partner/friend in providing labor support	1	2	3	4	5	6	7	
7. Assist with breathing/relaxation techniques	1	2	3	4	5	6	7	
8. Explain what is happening about labor progress	1	2	3	4	5	6	7	
9. Deal with distress and panic situations	1	2	3	4	5	6	7	
10. Use nonpharmacologic pain relief methods	1	2	3	4	5	6	7	
11. Accept a woman's behavior without judgement, even when unusual/upsetting	1	2	3	4	5	6	7	
Please rate your skill in the following labor support techniques:								
12. Physical comfort measures (backache relief measures, nonpharmacologic pain relief)	1	2	3	4	5	6	7	
13. Emotional support (presence, coping mechanisms for distress and panic situations)	1	2	3	4	5	6	7	
14. Information/advice (labor progress)	1	2	3	4	5	6	7	

Notes

