

# PRENATAL OPIOID USE PERCEIVED STIGMA (POPS) SCALE

## » PURPOSE

- Measures perceptions of stigma in health care settings among women who take opioids while pregnant.
- May be used for monitoring health care programs designed to improve communication and relationship building between health care providers and individuals with opioid use disorder (OUD) who are pregnant.

## » FEATURES

- Brief 8-item measure
- Designed for clinical or community settings
- Easy-to-use scoring system
- Covers three aspects of stigma:
  - » Delays in care
  - » Communication with providers
  - » Patient-provider interactions

## » RELIABILITY AND VALIDITY

- The POPS scale was evaluated as a part of the NIH-funded Outcomes of Babies with Opioid Exposure (OBOE) Study.
- The scale demonstrated good reliability and validity:
  - » Cronbach's alpha=0.88
  - » The scale was related to measures of similar constructs
  - » Women who reported greater stigma were significantly less likely to have received adequate prenatal care.

## » AVAILABILITY

- The POPS scale may be used free of charge. Please cite the following source for the scale:
  - » Bann CM, Newman JE, Okoniewski KC, et al. Psychometric properties of the prenatal opioid use perceived stigma scale and its use in prenatal care. *J Obstet Gynecol Neonatal Nurs.* 2023; 52(2):150–158.



## POPS SCALE

### While you were pregnant, did you/did...(Yes/No)

1. Delay getting health care because you were worried about how your health care providers would treat you if they found out about your opioid use?
2. Delay getting health care because you were worried that you would have to take a drug test?
3. Feel that you could talk to your health care providers about your opioid use?\*
4. Try to avoid talking to your health care providers about your opioid use because you were worried they would judge you?
5. Feel your health care providers treated you differently than other patients because of your opioid use?
6. Your health care providers make you think you wouldn't be a good mother because of your opioid use?
7. Your health care providers make you feel like you couldn't be trusted to make good choices because of your opioid use?
8. Your health care providers blame you for putting your pregnancy at risk because of your opioid use?

\*Requires reverse coding.

