

Grief Questionnaire

A Screening tool for Complicated Grief

1. How much are you having trouble accepting the death of _____?
2. How much does your grief still interfere with your life?
3. How much are you having images or thoughts of _____ when she/he died or other thoughts about the death that really bother you?
4. Are there things you used to do when _____ was alive that you do not feel comfortable doing anymore, that you avoid? Like going somewhere you went with him/her, or doing things you used to enjoy together? Or avoiding looking at pictures or talking about _____? How much are you avoiding these things?
5. How much are you feeling cut off or distant from other people since _____ died, even people you used to be close to like family or friends?

Each question is rated as: 0 = Not at all, 1 = Somewhat, or 2 = A lot

A score of 5 or more suggests complicated grief may be present and additional evaluation is indicated.

Developed by Shear KM, Jackson CT, Essock SM, Donahue SA, Felton CJ. Screening for complicated grief among Project Liberty service recipients 18 months after September 11, 2001. *Psychiatr Serv.* 2006;57(9):1291-1297.