

## **Inventory of Grief and Loss Measures for Adults and Children**

### **Inventory of Grief and Loss Measures for Adults**

1. Boelen, P. & Lensvelt-Mulders, G. (2005). Psychometric properties of the Grief Cognitions Questionnaire (GCQ). *Journal of Psychopathology and Behavioral Assessment*, 27, 291–303.
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3. Faschingbauer, T., Zisook, S. & DeVaul, R. (1987). The Texas Revised Inventory of Grief. In S. Zisook (Ed.), *Biopsychosocial aspects of bereavement*. Washington, DC: American Psychiatric Press.
5. Prigerson, H., Maciejewski, P., Reynolds, C., Bierhals, A., Newsom, J., Faziczka, A., et al. (1995). Inventory of Complicated Grief: A scale to measure maladaptive symptoms of loss. *PsychiatryResearch*, 59, 65-79.
6. Ritsher, J. & Neugebauer, N. (2002). Perinatal Bereavement Grief Scale: Distinguishing grief from depression following miscarriage. *Assessment*, 9(1), 31-40.
7. Rubin SS, Nadav OB, Malkinson R, Koren D, Goffer-Shnarch M, Michaeli E. (2009) The two-track model of bereavement questionnaire (TTBQ): development and validation of a relational measure. *Death Studies*, Apr;33(4):305-33.

### **Inventory of Grief and Loss Measures for Children**

1. Dyregrov, A., Yule, W., Smith, P., Perrin, S., Gjestad, R., & Prigerson, P. (2001). *Inventory of Complicated Grief for Children*.
2. Layne, C. M., Savjak, N., Saltzman, W. R., & Pynoos, R. S. (2001). *UCLA/BYU Grief Screening Inventory*. Unpublished instrument. Provo, UT: Brigham Young University. For more information contact [CMLayne@mednet.ucla.edu](mailto:CMLayne@mednet.ucla.edu)
3. Melhem, N. (2007). *Inventory of Complicated Grief-Revised (ICG-R)*. (youth version).
4. Nader, K. & Prigerson, H. (2009). *Complicated Grief Assessment-C (Child/Adolescent Version)-Long Form*.
5. Prigerson, Nader, & Maciejewski (2005). *Complicated Grief Assessment Interview (Child/Adolescent Version)-Short Form*.
6. Nader & Prigerson (2006). *The Person, Places, and Things that Your Child Misses (PPTYCM; parent report of childhood loss exposures)*. (short and long forms)
7. Nader & Prigerson (2005). *An Inventory of People, Places, and Things that I Miss (child-report of loss exposures)*

## **Brief Information about Grief and Traumatic Grief Measures for Adults and Children**

**Name of Measure:** Texas Revised Inventory of Grief (TRIG) & Texas Expanded Inventory of Grief

**Author(s):** Thomas R. Faschingbauer, Richard A. DeVaul, Sidney Zisook

**Author Contact:** Sidney Zisook, VA Medical Center, 3350 La Jolla Village Drive, La Jolla, CA 92161, Mailcode 116A.

szisook@ucsd.edu. (858) 534-4040.

**Citations:**

Faschingbauer TR, Devaul RA, Zisook S. Development of the Texas Inventory of Grief. Am J Psychiatry. 1977 Jun;134(6):696-8.

Zisook, S, Devaul, RA, Click, MA, Jr. Measuring symptoms of grief and bereavement. Am J Psychiatry 1982 139: 1590-1593

Faschingbauer, T.R., Zisook, S. and DeVaul, R., 1987. The Texas Revised Inventory of Grief. In: Zisook, S., Editor,

1987. Biopsychosocial Aspects of Bereavement, American Psychiatric Press, Inc., Washington, DC, pp. 109–124

**Brief description:**

The Texas Revised Inventory of Grief is a 21-item self report measurement of grief. The scale is divided into two separate Likert-type measures: feelings after the person's death and present feelings.

The Texas Expanded Inventory of grief is an expanded version of the TRIG, providing a 58-item self-report measurement of grief, modeled after the TRIG. The scale is also divided into separate past a present assessment sections.

**To Obtain:** Sidney Zisook, szisook@usc.edu

**Cost:** None

**Copyright:** No

**Domains Assessed:** Present and Past Grief

**Languages:** Spanish, German, French, Dutch, Taiwanese, Chinese, Norwegian

Age Range: 18+

**Number of Items:** 21

**Measure Format:** Questionnaire

**Time to Complete:** 5-10 Minutes

**Name of Measure:** Perinatal Bereavement Grief Scale

**Author(s):** Dr. Jennifer Boyd Ritsher, Dr. Richard Neugebauer

**Author Contact:** m3@columbia.edu

**Citations:**

**Brief description:**

The PBGS a 15-item scale to measure grief and yearning for the lost pregnancy and the lost baby. The 15 items were derived from a review of the theoretical, clinical, counseling, and research literature (Belitsky & Jacobs, 1986; Bowlby, 1980; Kirkley-Best & Kellner, 1982; Jacobs et al., 1987; Leon, 1986; Lewis & Page, 1978; Phipps, 1981; Zeanah, 1989). The set of 7 pregnancy items contains statements such as “you dreamed you were still pregnant” and “you patted or held your belly as though you were still pregnant.” Examples of the 7 items about the loss of the baby include “you wanted to hold the baby in your arms” and “you imagined what the baby would have looked like.” The remaining item asks if “you felt physically ill when you thought about the miscarriage.” Respondents indicate how often the statement has been true in the past week, using a 4-point Likert scale ranging from rarely or none of the time, less than 1 day (scored 1) to most or all of the time, 5 to 7 days (scored 4). Responses are summed to yield a total score (possible range, 15-60).

**To Obtain:** Email Dr. Neugebauer at m3@columbia.edu

**Cost:** None

**Copyright:** None

**Domains Assessed:** Grief and yearning for a lost pregnancy and the lost baby

**Languages:** English

**Age Range:** 18+

**Number of Items:** 15 items

**Measure Format:** Questionnaire

**Time to Complete:** 5-10 minutes

**Name of Measure:** The Two-Track Bereavement Questionnaire (TTBQ):  
**Author(s):** Simon Shimshon Rubin, Ruth Malkinson, Dan Koren & Ofri Bar Nadav

**Author Contact:**

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Bereavement and Human Resilience  
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Haifa, Israel 31905  
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WEBSITE: <http://psy.haifa.ac.il/~rubin>

**Citations:**

- Rubin, S., Bar Nadav, O., Malkinson, R., Koren, D., Gofer-Shnarch, M. & Michaeli, E. (2009). The Two-Track Model of Bereavement Questionnaire (TTBQ): Development and findings of a relational measure. *Death Studies*, 33: 1- 29.
- Rubin, S., Malkinson, R. & Witztum, E. (2011, in press). *Multiple lenses, continuing bonds, and life after loss: A clinician's guide to working with loss and bereavement*. New York: Routledge.
- Aveneri, M. i (2010). Parental divorce in childhood and the Two-Track Model of Loss and Bereavement: Functioning and relationship to parent as a function of attachment style among young women. Unpublished MA thesis, University of Haifa, Israel.
- Bar Nadav,. (2007). Partner loss and the Two-Track Model of Bereavement: The long term consequences of bereavement for young women who lost spouses and life partners. Unpublished doctoral dissertation, University of Haifa, Israel.

**Brief description:** The TTBQ and TTBQ2-70 are self-report measures assessing response to grief over time for clinicians as well as researchers. They are appropriate for long term evaluation of the response to loss as well as for assessing short-term coping responses. The measures address many questions of interest to clinicians such as suicidal ideation, wish for help, and a variety of symptoms. At the same time, it is of interest to researchers who wish to follow changes in both biopsychosocial functioning including grief, images of the death, traumatic imagery, and the relational bond. The TTBQ was developed to allow for a single measure to assess important aspects of the ongoing relational bond to the deceased over time as well as the more familiar features of difficulties in functioning and features of trauma in response to loss. The TTBQ2-70 is a modified version of the TTBQ that retains all the original questions but changes wording and direction of a number of the items to ease completion and scoring.

**To Obtain:** Available on first author website under publications or by email request.

**Cost:** None

**Copyright:** Yes

**Domains Assessed:**

Track I – Biopsychosocial Functioning [Factors include functioning, and trauma.]  
Track II- Ongoing Relationship (continuing bonds) to the Deceased. [Factors include relational active grief; close and positive features of relationship; and conflict in relationship.]  
Total Grief Score.

**Languages:** English, Hebrew, Arabic in both TTBQ and TTBQ2-70 versions.

**Age Range:** 16 and above.

**Number of Items:** 70 items

**Measure Format:** Questionnaire

**Time to Complete:** 15 – 30 minutes

**Reporter:** (i.e. self-report or clinician or other) Self report.

**Name of Measure:** Inventory for Complicated Grief- Revised for Children (ICG-RC)

**Author(s):** Nadine Melhem

**Author Contact:** Nadine Melhem

**melhemnm@upmc.edu**

**Citations:** Melhem NM, Moritz G, Walker M, Shear MK, Brent D. Phenomenology and correlates of complicated grief in children and adolescents.

J Am Acad Child Adolesc Psychiatry. 2007 Apr;46(4):493-9.

**Brief description:**

**To Obtain:** Nadine Melhem

**melhemnm@upmc.edu**

**Cost:**

**Copyright:** No

**Domains Assessed:** Complicated Grief

**Languages:** English

**Age Range:** 8-17

**Number of Items:**

**Measure Format:** (i.e. questionnaire, CD Rom or other)

**Time to Complete:** 30 minutes

**Reporter:** (i.e. self-report or clinician or other) Interview

**Name of Measure:** Complicated Grief Assessment-C (Child/Adolescent Version)-Long Form.

**Authors:** Dr. Kathleen Nader & Dr. Holly Prigerson, 2009

**Author Contact/obtain from:** [measures@twosuns.org](mailto:measures@twosuns.org)

**Brief Description:** The CGA-C long form (Nader & Prigerson, 2009a) consists of three main subscales (bereavement, prolonged grief, interplay with trauma). The bereavement subscale includes responses that may occur normally after a death, but may be problematic because of their intensity or their effect on functioning and development (Nader & Prigerson 2009b). Items that overlap with proposed prolonged grief disorder symptoms (PG; Prigerson, Vanderwerker, & Maciejewski, 2008) are included in the PG subscale. Avoidance associated with more than one form of grief and DSM IV pathological grief symptoms are included in part B of this subscale. The PG subscale consists of the questions of the Prolonged Grief Disorder Scale (Prigerson & Maciejewski, 2008) and some additional symptoms from the ICG-R. The interplay with trauma subscale (TG) looks for death related aspects of posttrauma grief reactions. A page that elicits child background information and information about the death/deceased as well as an instruction and practice page, precede the scale. Instruction and guide PDFs are available. Companion scales are also available for possible use. The companion scales combine four additional subscales that offer the context of grief to issues important to grieving children (areas of functioning, coping, support, and affect) (Nader & Prigerson, 2009b).

**Cost:** None. Authors ask that users share data with them and/or provide copies of papers/ results.

**Copyright:** yes

**Domains Assessed:**

**Languages:** English

**Age Range:** 7-17

**Number of Items:**

**Format:** PDF

**Time to Complete:** 20 to 45 minutes, depending on the child

**Reporter:** self-report or interview

Nader, K. & Prigerson, H. (2009a). Complicated Grief Assessment-Child long form (CGAC long), a comprehensive grief assessment. (Parent report scales and Companion scales, on functioning, coping, support, and affect, are also available)

Nader, K. & Prigerson, H. (2009b). Complicated Grief Assessment—Child and Adolescent scales manual. Austin, TX: Two Suns.

Prigerson, H. & Maciejewski, P. (2008). Prolonged Grief Disorder (PG-13) scale. Boston: Dana-Farber Cancer Institute.

Complicated Grief Assessment-Child long form (CGA-C long form)

grief, prolonged grief, traumatic grief (CGA-C)

Functioning, coping, support, affect (Companion Scales)

CGA-C: Grief scale— A = 18; B = ; PG scale—15 ; TG scale—21 (plus 3 open-ended probes)

Companion Scales: Functioning—21; Support—14; Coping—29; Affect—34 (each scale is followed by a few probe questions)

Prigerson, H., Vanderwerker, L., & Maciejewski, (2008). A case for inclusion of Prolonged Grief Disorder in DSM-V. Handbook of Bereavement Research and Practice: Advances in Theory and Intervention, Washington, D.C.: APA Books.

**Name of Measure:** Complicated Grief Assessment Interview (Child Version)-Short Form, revised (parent form also available)

**Authors:** Prigerson, Nader, & Maciejewski, 2010

**Author Contact/obtain from:** [measures@twosuns.org](mailto:measures@twosuns.org)

**Brief Description:** The scale is based on Prolonged Grief Disorder Items proposed for DSM V in 2008 by Prigerson and colleagues.

**Cost:** None

**Copyright:** yes

**Domains Assessed:** symptoms of proposed Prolonged Grief Disorder

**Languages:** English

**Age Range:** 7-17

**Number of Items:** Criterion A (exposure): 4; Criterion B (symptoms): 10 plus probes;

Criterion C (functioning): 9

**Measure Format:** PDF

**Time to Complete:** 15 to 25 minutes

**Reporter:** self-report or interview (parent report form also available)

**Name of Measure:** Prolonged Grief Disorder (The PG-13)

**Author(s):** Holly G. Prigerson, Ph.D., Paul K. Maciejewski, Ph.D.

**Author Contact:**

Holly G. Prigerson, PhD

Director, Center for Psychooncology & Palliative Care Research

Dana-Farber Cancer Institute

Associate Professor of Psychiatry, Brigham & Womens' Hospital Harvard Medical

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**Citations:**

Prigerson HG, Vanderwerker LC, Maciejewski PK. (2008). A Case for the Inclusion of Prolonged Grief Disorder in DSM-V. Pp. 165-186, Chapter 8 in Handbook of Bereavement Research and Practice: 21st Century Perspectives, Eds., Margaret Stroebe, Robert Hansson, Henk Schut & Wolfgang Stroebe, Washington, D.C.: American Psychological Association Press, 2008

Prigerson HG, Horowitz MJ, Jacobs SC, Parkes CM, Aslan M, Raphael B, Marwit SJ, Wortman CB, Goodkin K, Neimeyer RA, Bonanno G, Block S, Kissane D, Boelen P, Maercker A, Litz B, Johnson JG, First MB, Maciejewski PK. Field Trial of Consensus Criteria for Prolonged Grief Disorder Proposed for DSM-V PLoS Medicine <http://dx.doi.org/10.1371/journal.pmed.1000121>

Zhang B, El-Jawahri A, Prigerson HG. Update on bereavement research: evidence-based guidelines for the diagnosis and treatment of complicated bereavement. *J Palliat Med.* 2006;9:1188-203.

Articles that have applied ICG-R to PGD criteria:

Boelen PA, Prigerson HG. The influence of symptoms of prolonged grief disorder, depression, and anxiety on quality of life among bereaved adults: a prospective study. *Eur Arch Psychiatry Clin Neurosci.* 2007;257(8):444-52.

Goldsmith B, Morrison RS, Vanderwerker LC, Prigerson HG. Elevated rates of Prolonged Grief Disorder in African Americans. *Death Studies.* 2008; 32; 4: 352-365

Kiely DK, Prigerson H, Mitchell SL. Health care proxy grief symptoms before the death of nursing home residents with advanced dementia. *Am J Geriatr Psychiatry.* 2008;16(8): 664-73.

Morina N, Rudari V, Bleichhardt G, Prigerson HG. Prolonged grief disorder, depression, and posttraumatic stress disorder among bereaved Kosovar civilian war survivors: A preliminary investigation. *Int J Soc Psychiatry.* 2009 Jul 10. [Epub ahead of print]

Maciejewski PK, Zhang B, Block SD, Prigerson HG. An Empirical Examination of the State Theory of Grief Resolution. *JAMA* 2007; 297: 716-723.

**Brief description:** PGD is a newly defined syndrome that is a specific reaction to the loss of someone loved very much. There are a particular set of PGD symptoms – feelings, thoughts, actions – that must be elevated at 6 months post-loss and that must be associated with significant functional impairment in order for a person to meet criteria for PGD.

**INSTRUCTIONS**

Below lie instructions for how to score (diagnose) Prolonged Grief Disorder (PGD). Each of the requirements for Criteria A-E must be met for an individual to be diagnosed with PGD.

A. Event Criterion: In order to complete the PG-13, we assume the respondent has experienced bereavement (i.e., the loss of a loved person).

B. Separation Distress: The respondent must experience PG-13 questions #1 or 2 at least daily.

C. Duration Criterion: The symptoms of separation distress must be elevated at least 6 months



after the loss. That is, PG-13 question #3 must be answered as “Yes”.

D. Cognitive, Emotional, and Behavioral Symptoms: The respondent must experience 5 of the PG-13 questions #4-12 at least “once a day” or “quite a bit”.

E. Impairment Criterion: The respondent must have significant impairment in social, occupational, or other important areas of functioning (e.g., domestic responsibilities). That is, PG-13 question #13 must be answered as “Yes”.

PG-13 is a diagnostic tool. If a respondent meets criteria for PGD, this would suggest that he or she should seek a more thorough evaluation from a mental health professional. Only an in-person assessment by a mental health professional can determine for certain, the clinical significance of the reported symptoms, and provide recommendations or referrals for treatment.

**To Obtain:** Available on author website under publications or by email request.

[holly\\_prigerson@dfci.harvard.edu](mailto:holly_prigerson@dfci.harvard.edu)

**Cost:** None

**Copyright:** Yes

**Domains Assessed:** Event Criterion, Separation Distress, Duration Criterion, Cognitive, Emotional, and Behavioral Symptoms, Impairment Criterion

**Languages:** English

**Age Range:** N/A

**Number of Items:** 13 items

**Measure Format:** Questionnaire

**Time to Complete:**

**Reporter:** (i.e. self-report or clinician or other) Self report.

**Name of Measure:** People, Places, and Things that You Miss (child completion)  
An Inventory of People, Places, and Things that Your/This Child Misses (parent completion; single or multiple loss forms)

**Author:** Nader, 2009; Nader, K. & Prigerson, H., 2006

**Author Contact/obtain from:** [measures@twosuns.org](mailto:measures@twosuns.org)

**Brief Description:** The People, Places, and Things that You Miss scale (PPTYM-child; Nader, 2009) examines the child's losses, including people, pets, home placement, home and belongings. Page 1 asks about a person who died and elicits information about closeness of the relationship, nature of the death, emotions related to the death, how much the person is missed (and what is missed most), and whether there was preparation for (and worry about) the death. Optional pages follow that explore other losses of a person's proximity or friendship, living away from parents, other people who have gone out of the child's life, loss of pets, and loss of home and/or belongings. The scale(s) may be used after deaths or displacements.

An Inventory of People, Places, and Things that Your/This Child Misses (PPTYCM-parent; Nader & Prigerson, 2006) is a parent completion (or interview) form that is available in single loss or multiple loss formats (e.g., loss of one person or multiple persons). It parallels the child scales.

**Cost:** None. Author asks that users share data with her and/or provide copies of papers/results.

**Copyright:** Yes

**Domains Assessed:** Multiple types of loss exposure (plus nature of loss, relationship to deceased, preparation, and emotions related to the loss)

**Languages:** English

**Age Range:** 7-17

**Number of Items:**

Death of a significant person—6

Loss other than death—5; Parent separations—6; Other loss of person—4; Loss of Pets—6;

Loss of home and belongings—6

Measure Format: PDF (for printing)

Time to Complete: less than 5 minutes to 10 minutes per section

Reporter: self-report (parent-report) or interview

Nader (2009). People, Places, and Things that You Miss (PPTYM). Austin, TX: Two Suns.

Nader & Prigerson (2006). An Inventory of People, Places, and Things that Your/This Child Misses (PPTYCM). Austin, TX: Two Suns.