

Brief Grief Questionnaire

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1. How much are you having trouble accepting the death of _____?
- Not at all 0
 - Somewhat 1
 - A lot..... 2
2. How much does your grief still interfere with your life?
- Not at all 0
 - Somewhat 1
 - A lot.....2
3. How much are you having images or thoughts of _____ when s/he died or other thoughts about the death that really bother you?
- Not at all 0
 - Somewhat 1
 - A lot.....2
4. Are there things you used to do when _____ was alive that you don't 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?
- Not at all..... 0
 - Somewhat 1
 - A lot.....2
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?
- Not at all 0
 - Somewhat..... 1
 - A lot.....2

A score of 5 or more may be suggestive of the presence of the syndrome of Complicated Grief, but full evaluation by a clinician is necessary to make this diagnosis.

