



**International Prolonged Grief Disorder Scale (IPGDS)**

**Killikelly, Stelzer, Zhou and Maercker (2019 in preparation)**

**Instruction:** Using the scale below, please choose the answer that best describes how you have been feeling over the **past week**.

**Standard Scale**

	<b>Not at all</b> (1)	<b>Rarely</b> (2)	<b>Sometimes</b> (3)	<b>Often</b> (4)	<b>Always</b> (5)
1. I am longing or yearning for the deceased.	1	2	3	4	5
2. I am preoccupied with thoughts about the deceased or circumstances of the death.	1	2	3	4	5
3. I have intense feelings of sorrow, related to the deceased.	1	2	3	4	5
4. I feel guilty about the death or circumstances surrounding the death.	1	2	3	4	5
5. I am angry over the loss.	1	2	3	4	5
6. I try to avoid reminders of the deceased or the death as much as possible (e.g., pictures, memories).	1	2	3	4	5
7. I blame others or the circumstances for the death (e.g., a higher power).	1	2	3	4	5
8. I have trouble or just don't want to accept the loss.	1	2	3	4	5
9. I feel that I lost a part of myself.	1	2	3	4	5
10. I have trouble or have no desire to experience joy or satisfaction.	1	2	3	4	5
11. I feel emotionally numb.	1	2	3	4	5
12. I have difficulties engaging in activities I enjoyed prior to the death.	1	2	3	4	5
13. Grief significantly interferes with my ability to work, socialize or function in everyday life.	1	2	3	4	5
14. My grief would be considered worse (e.g., more intense, severe and/or of longer duration) than for others from my community or culture	1	2	3	4	5

15. When did the loss occur? (circle one)

- a. less than 6 months ago
- b. 6 to 12 months ago
- c. 1 to 5 years ago
- d. 5 to 10 years ago
- e. 10 to 20 years ago
- f. more than 20 years ago



**Cultural Supplement: Accessory items**

Instructions: please advise the participant to complete these culturally specific items if their grief experience was not adequately captured by the standard scale above

	<b>Not at all</b> (1)	<b>Rarely</b> (2)	<b>Sometimes</b> (3)	<b>Often</b> (4)	<b>Always</b> (5)
1. I experience strong physical problems since the loss (e.g., headache, problems with appetite).	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
2. I would do anything to feel close to the deceased (e.g., visit their grave everyday, sleep next to their picture).	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
3. Since the loss my behavior has changed drastically in an unhealthy direction (e.g., excessive alcohol consumption).	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
4. The loss shattered my trust in life or faith in God/a higher spiritual power.	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
5. It is impossible for me to focus.	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
6. My grief is so intense that I feel stuck in grief	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
7. I just can't seem to fall back into a rhythm.	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
8. I feel paralyzed and disconnected, (e.g., as if I am not in my own body)	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
9. I have no energy or desire to engage in activities.	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
10. This life holds no meaning since the death.	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
11. I want to die in order to be with the deceased.	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
12. I don't feel close to other people or feel no satisfaction when being around others.	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
13. I feel like I have completely lost control.	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
14. I am searching for the deceased with the hope to find him/her.	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
15. I feel life is hopeless because of the loss.	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
16. I constantly look back upon the past relationship.	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
17. I feel so helpless since I lost him/her.	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
18. I feel he/she is beside me.	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
19. I cry loudly when I think of the loss.	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
20. I can't trust others since the loss.	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>