



International Prolonged Grief Disorder Scale (IPGDS)

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

Instruction: This scale is to be completed by individuals who have experienced the *death* of a loved one or close person. Using the scale below, please choose the answer that best describes how you have been feeling over the **past week**.

Standard Scale

	Not at all (1)	Rarely (2)	Sometimes (3)	Often (4)	Always (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