



— THE CENTER FOR —
COMPLICATED GRIEF

Assessment Instrument Packet

Instruments included in this packet:

- 1. Brief Grief Questionnaire (BGQ):** a 5-item questionnaire that can be used as a telephone, in person or self-report screening tool. Screen positive ≥ 4
- 2. Structured Clinical Interview for Complicated Grief (SCI-CG):** a semi-structured clinical interview that can be easily administered and used to identify individuals suffering from complicated grief.
- 3. Grief-related Avoidance Questionnaire (GRAQ):** a 15-item questionnaire that asks the patient to rate the degree of avoidance of specific situations related to bereavement. It is important to ask very specific questions about avoidance because otherwise it is easy for the patient to forget what they are avoiding.
- 4. Typical Beliefs Questionnaire (TBQ):** a 25-item questionnaire that asks the patient to rate the extent to which they believe various statements related to the loss. This is an efficient way to elicit some of the specific thoughts that often get people sidetracked from their grief. Most patients feel these questions are very relevant to how they are feeling.
- 5. Grief Support Inventory (GSI):** a 2-item questionnaire that asks patients to list people in their life who have been supportive since the loss and people who have been actively unsupportive. Giving this to a patient helps her consider if there are supportive people, even if she is not feeling very close to them. It also allows the patient to see that we know people can be unsupportive. This can feel very validating.
- 6. Loss summary (LOSS SUM):** The Loss Summary is a list of close friends and relatives the patient has lost and a rating of how difficult this loss was. Very often people with CG have experienced other losses. The loss summary tells the patient you know that.
- 7. Difficult Times Questionnaire (DTQ):** On this form the patient is asked to rate how difficult they find certain calendar dates (e.g. anniversary of the death, birthdays, wedding anniversary, holiday times, and any other difficult time)