

# **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 (sadness and longing) 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 images or thoughts about \_\_\_\_\_ 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

**total score =**

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Ito, M., et al. (2012). "Brief measure for screening complicated grief: reliability and discriminant validity." PLoS ONE 7(2): e31209.

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*If someone scores 4 or more on the Brief Grief Questionnaire, it is recommended that they be assessed further with the full 19 item Inventory of Complicated Grief*

Ito, M., et al. (2012). "Brief measure for screening complicated grief: reliability and discriminant validity." PLoS ONE 7(2): e31209. (Available in free full text) BACKGROUND: Complicated grief, which is often under-recognized and under-treated, can lead to substantial impairment in functioning. The Brief Grief Questionnaire (BGQ) is a 5-item self-report or interview instrument for screening complicated grief. Although investigations with help-seeking samples suggest that the BGQ is valid and reliable, it has not been validated in a broader population. METHODOLOGY/PRINCIPAL FINDINGS: A questionnaire was mailed to a randomly selected sample (n = 5000) residing in one of 4 areas of Japan. The BGQ was examined for responders who were bereaved more than 6 months and less than 10 years (n = 915). Non-specific psychological distress was assessed with the K6 screening scale. Multiple group confirmatory factor analysis supported a uni-dimensional factor structure and the invariance of parameters across gender and age. Cronbach's alpha was sufficiently high (alpha = .75) to confirm internal consistency. Average Variance Extracted (0.39) was higher than the shared covariance (0.14) between BGQ and K6, suggesting discriminant validity. CONCLUSIONS: The results of this study support the reliability and validity of the BGQ in the Japanese population. Future studies should examine predictive validity by using structured interviews or more detailed scales for complicated grief.

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