

**The Two-Track Bereavement Questionnaire on Life Following Loss**

Please complete the following questionnaire, which addresses a variety of questions concerning your life after the loss of a person important to you. Please read the questions and mark the answer that seems most appropriate to you. At the end of the questionnaire is a section where you may add your comments. Thank you.

<i><b>Information about you</b></i>	<i><b>Details about the deceased</b></i>										
<u>Today's date:</u> ____/____/____	First Name of the deceased _____										
<u>Your Sex:</u> (please circle) Male / Female  <u>Your age:</u> _____	<u>Date of death:</u> ____/____/____  <u>Age at death:</u> _____										
<u>Your Country of birth:</u> _____  <u>Country you live in now:</u> _____  <u>Years in this country:</u> _____	Circumstances of the death: _____  _____										
<u>Religion:</u> (please specify): _____ <u>Degree of Religious Observance/Belief:</u> Please circle the number that applies best to you. <table border="1" data-bbox="114 1379 764 1599" style="margin: 10px auto;"> <tr> <td align="center">1</td> <td align="center">2</td> <td align="center">3</td> <td align="center">4</td> <td align="center">5</td> </tr> <tr> <td align="center">Very little</td> <td align="center">Little</td> <td align="center">So-so</td> <td align="center">Much</td> <td align="center">Very much</td> </tr> </table>	1	2	3	4	5	Very little	Little	So-so	Much	Very much	<u>Your relation to the deceased:</u> (please specify how you were related to or involved with the deceased). _____  _____
1	2	3	4	5							
Very little	Little	So-so	Much	Very much							
<u>Languages spoken at home:</u>  _____  _____  _____	(date of death allows for computation of time since loss.)										

<b>In all parts of the questionnaire, unless stated otherwise: 1- true, 2- mostly true, 3- so- so, 4- mostly not true, 5- not true.</b>						<u>For office use only</u>
<b>Part I. All questions refer to the past week unless stated otherwise.</b>						
	<u>True</u>		<u>So-so</u>		<u>Not true</u>	
<b>1. My mood is very depressed:</b>	1	2	3	4	5	A2 - r I-DF
<b>2. I feel very anxious:</b>	1	2	3	4	5	A3 - r I-DF
<b>3. The direction of the changes in the meaning of my life has been for the worse only:</b>	1	2	3	4	5	A6-r I-DF
<b>4. Thoughts and feelings flood and confuse me:</b>	1 several times a day	2 almost daily	3 almost every week	4 almost every month	5 almost never	A7- r II-RAGT
	<u>True</u>		<u>So-so</u>		<u>Not true</u>	
<b>5. I function very well at work / school:</b> (Circle the X on the right if not applicable)	1	2	3	4	5	A9 I-DF X
<b>6. My self-perception this week has been almost totally positive:</b>	1	2	3	4	5	A11 I-DF
<b>7. I find it difficult to function socially:</b>	1	2	3	4	5	A12-r I-DF
<b>8. I believe and trust in my abilities to cope on my own with the tasks of life:</b>	1	2	3	4	5	A19 I-DF
<b>9. Following the loss, it is fair to describe my current situation as in great need of help:</b>	1	2	3	4	5	A20-r II-RAGT
<b>II. <u>Please read the instructions for the next section and proceed.</u> In the following questions, wherever a line (_____) appears, please answer as if the name of the deceased was written there. The questions refer to the past week, unless stated otherwise.</b>						
	<u>True</u>		<u>So-so</u>		<u>Not true</u>	
<b>1. Our relationship was such that when I think of _____, I usually remember our disagreements:</b>	1	2	3	4	5	B2*-r II-RC

	<u>almost never</u>	<u>almost every month</u>	<u>almost every week</u>	<u>almost daily</u>	<u>several times a day</u>	
<b>2. Occasionally, I behave or act emotionally, as if I don't believe that _____ is gone. This happens to me:</b>	1	2	3	4	5	B4 II-RAGT
	<u>True</u>		<u>So-so</u>		<u>Not true</u>	
<b>3. I think of _____ all the time:</b>	1	2	3	4	5	B6-r II-RAGT
<b>4. I've reached a degree of acceptance of the loss of _____:</b>	1	2	3	4	5	B7 II-RAGT
<b>5. Thoughts about _____ bring up positive feelings in me:</b>	1	2	3	4	5	B9 II RC
<b>6. I remember _____:</b>	1 almost never	2 almost every month	3 almost every week	4 almost daily	5 several times a day	B10 II-RAGT
	<u>True</u>		<u>So-so</u>		<u>Not true</u>	
<b>7. I avoid things that remind me of _____:</b>	1	2	3	4	5	B11- r II-RC
<b>8. Life without _____ is too hard to bear:</b>	1	2	3	4	5	B13-r II-RAGT
<b>9. I yearn strongly for _____ and miss him/her deeply:</b>	1 almost never	2 almost every month	3 almost every week	4 almost daily	5 several times a day	B15 II-RAGT
	<u>True</u>		<u>So-so</u>		<u>Not true</u>	
<b>10. I feel pain whenever I recall _____:</b>	1	2	3	4	5	B16-r II-RAGT
<b>11. Now I understand people who think about putting an end to their own life after losing a close person:</b>	1	2	3	4	5	B17-r II-RAGT
<b>12. It's possible to define my situation today, following the loss, as suffering greatly:</b>	1	2	3	4	5	B20-r II-RAGT

III. Please read the instructions for this section and proceed. The following questions relate to the last 2 years of the relationship between you and \_\_\_\_\_ during his/her life.

	<u>True</u>		<u>So-so</u>		<u>Not true</u>	
<b>1. During his/her life, _____ was a major source of emotional support for me:</b>	1	2	3	4	5	C2-r II-CPR
<b>2. My relationship with _____ had many and strong ups and downs:</b>	1	2	3	4	5	C4-r II-RC
<b>3. My relationship with _____ was characterized by sharp changes between being close to being angry and/or wishing to be distant:</b>	1	2	3	4	5	C7-r II-RC
<b>4. _____ was the person closest to me:</b>	1	2	3	4	5	C8-r II-CPR

**IV. Please proceed. The next questions ask about your thoughts and feelings today.**

	<u>True</u>		<u>So-so</u>		<u>Not true</u>	
<b>1. Because of the loss I feel very angry:</b>	1	2	3	4	5	D4-r II-RAGT

**Whom are you angry with and why?**

A) \_\_\_\_\_

B) \_\_\_\_\_

	<u>True</u>		<u>So-so</u>		<u>Not true</u>	
<b>2. I keep on experiencing the loss as a shocking and traumatic event in my life:</b>	1	2	3	4	5	D7-r II-RAGT

**Please explain why:** \_\_\_\_\_

\_\_\_\_\_

	<u>almost never</u>	<u>almost every month</u>	<u>almost every week</u>	<u>almost daily</u>	<u>several times a day</u>	
<b>3. I see images or pictures from the death scene that enter my thoughts:</b>	1	2	3	4	5	D10 II-RAGT
<b>4. I see images or pictures of _____ in my head:</b>	1	2	3	4	5	D11 II-RAGT

<b>5. I am flooded by thoughts and feelings about the death of _____ :</b>	1	2	3	4	5	D14 II-RAGT
	<u>True</u>		<u>So-so</u>		<u>Not true</u>	
<b>6. I am able to talk and share my feelings with other people and to receive their help and support:</b>	1	2	3	4	5	D18* I-DF

If you wish to add information about how you have coped with your loss or to make additional comments, please add them here.

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Thank you for your participation.

**For office use only:**

The numbers in the right hand column give the item number on the full scale TTBQ2-70. Persons interested in comparing the differences between the TTBQ2-70 to the original TTBQ will find that information on the TTBQ2-70.

Score by adding numbers of relevant scale, and dividing by number of items completed for each score except for X (r = reversal where 1 = 5, 2=4, 4=2, 5 = 1).

Track I – Dysfunction = I-DF

Track II –Relational Active Grief and Trauma– II RAGT

Track II – Conflict in the Relationship = II-RC

Track II – Close Positive Relationship = II-CPR

Total = raw scores of DF + RAGT + RC + CPR divided by number of items completed

Updates and other information regarding the TTBQ can be found at the website:  
etc.

Track II	Relational Active Grief and Trauma (RAGT)	A4R <sup>1</sup> +A9R +B2 +B3R +B4 +B6 +B8R +B9 +B10R +B12R +B13R +D1R +D2R +D3 +D4 +D5	This should be calculated as a mean score (Total score divided by number of items completed).
Track II	Conflict in the Relationship (RC)	B1R +B5 +B7R +C2R +C3R	
Track II	Close and Positive Relationship (CPR)	C1R +C4R	
Track I	Dysfunction (D)	A1R +A2R +A3R +A5 +A6 +A7R +A8 +D6	
Total Score of TTBQ2-CG31		RAGT raw score <sup>2</sup> + CR raw score + CPR raw score + D raw score divided by total number of items completed.	

**Table: The Two-Track Bereavement Questionnaire version 2 – Complicated Grief 31 (TTBQ2-CG31) Clinician score sheet.**

<sup>1</sup> R means to reverse the score so that 1=5, 2=4, 3 stays the same, 4=2 and 5=1.

<sup>2</sup> Raw score is the score computed after reversing the items labeled R but before division by number of items per factor.