

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>Information about you</i>	<i>Details about the deceased</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="113 1377 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.)										

In all parts of the questionnaire, unless stated otherwise: 1- true, 2- mostly true, 3- so- so, 4- mostly not true, 5- not true.

Part I. All questions refer to the past week unless stated otherwise.

For
office
use only

	<u>True</u>		<u>So-so</u>		<u>Not true</u>	
1. My mood is very depressed:	1	2	3	4	5	A2 – r I-DF
2. I feel very anxious:	1	2	3	4	5	A3 – r I-DF
3. The direction of the changes in the meaning of my life has been for the worse only:	1	2	3	4	5	A6-r I-DF
4. Thoughts and feelings flood and confuse me:	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>	
5. I function very well at work / school: (Circle the X on the right if not applicable)	1	2	3	4	5	A9 I-DF X
6. My self-perception this week has been almost totally positive:	1	2	3	4	5	A11 I-DF
7. I find it difficult to function socially:	1	2	3	4	5	A12-r I-DF
8. I believe and trust in my abilities to cope on my own with the tasks of life:	1	2	3	4	5	A19 I-DF
9. Following the loss, it is fair to describe my current situation as in great need of help:	1	2	3	4	5	A20-r II-RAGT

II. Please read the instructions for the next section and proceed. 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.

	<u>True</u>		<u>So-so</u>		<u>Not true</u>	
1. Our relationship was such that when I think of _____, I usually remember our disagreements:	1	2	3	4	5	B2*-r II-RC

	almost never	almost every month	almost every week	almost daily	several times a day	
2. Occasionally, I behave or act emotionally, as if I don't believe that _____ is gone. This happens to me:	1	2	3	4	5	B4 II-RAGT
	<u>True</u>		<u>So-so</u>		<u>Not true</u>	
3. I think of _____ all the time:	1	2	3	4	5	B6-r II-RAGT
4. I've reached a degree of acceptance of the loss of _____:	1	2	3	4	5	B7 II-RAGT
5. Thoughts about _____ bring up positive feelings in me:	1	2	3	4	5	B9 II CPR
6. I remember _____:	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>	
7. I avoid things that remind me of _____:	1	2	3	4	5	B11- r II-RC
8. Life without _____ is too hard to bear:	1	2	3	4	5	B13-r II-RAGT
9. I yearn strongly for _____ and miss him/her deeply:	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>	
10. I feel pain whenever I recall _____:	1	2	3	4	5	B16-r II-RAGT
11. Now I understand people who think about putting an end to their own life after losing a close person:	1	2	3	4	5	B17-r II-RAGT
12. It's possible to define my situation today, following the loss, as suffering greatly:	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>	
1. During his/her life, _____ was a major source of emotional support for me:	1	2	3	4	5	C2-r II-CPR
2. My relationship with _____ had many and strong ups and downs:	1	2	3	4	5	C4-r II-RC
3. My relationship with _____ was characterized by sharp changes between being close to being angry and/or wishing to be distant:	1	2	3	4	5	C7-r II-RC
4. _____ was the person closest to me:	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>	
1. Because of the loss I feel very angry:	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>	
2. I keep on experiencing the loss as a shocking and traumatic event in my life:	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>	
3. I see images or pictures from the death scene that enter my thoughts:	1	2	3	4	5	D10 II-RAGT
4. I see images or pictures of _____ in my head:	1	2	3	4	5	D11 II-RAGT
5. I am flooded by thoughts and feelings about the death of _____ :	1	2	3	4	5	D14 II-RAGT

	<u>True</u>		<u>So-so</u>		<u>Not true</u>	
6. I am able to talk and share my feelings with other people and to receive their help and support:	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.

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 ¹ +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 +B7R +C2R +C3R	
Track II	Close and Positive Relationship (CPR)	B5 + C1R +C4R	
Track I	Dysfunction (D)	A1R +A2R +A3R +A5 +A6 +A7R +A8 +D6	
Total Score of TTBQ2-CG31		RAGT raw score ² + 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.

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

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