

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>Date of death:</u> ____/____/____									
<u>Your age:</u> _____	<u>Age at death:</u> _____									
<u>Your Country of birth:</u> _____	Circumstances of the death: _____									
<u>Years in this country:</u> _____:	_____									
<u>Religion:</u> (please specify): _____	<u>Your relation to the deceased:</u> (please specify how you were related to or involved with the deceased). _____ _____									
<u>Degree of Religious Observance/Belief:</u> Please circle the number that applies best to you.										
<table border="1" style="width: 100%; text-align: center;"> <tr> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td>Very little</td> <td>Little</td> <td>So-so</td> <td>Much</td> <td>Very much</td> </tr> </table>		1	2	3	4	5	Very little	Little	So-so	Much
1	2	3	4	5						
Very little	Little	So-so	Much	Very much						
<u>Languages spoken at home:</u> _____ _____ _____										

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

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

	<u>True</u>		<u>So-so</u>		<u>Not true</u>	
1. My health is very good:	1	2	3	4	5	F
2. My mood is very depressed:	1	2	3	4	5	F-R
3. I feel very anxious:	1	2	3	4	5	G-R
4. Since the loss, life seems very different to me:	1	2	3	4	5	D-R
Please explain briefly and give an example: _____						

5. Since the loss, the meaning of my life and of the world around me has changed greatly:	1	2	3	4	5	D-R
6. The direction of the changes in the meaning of my life has been for the worse only:	1	2	3	4	5	F-R
7. Thoughts and feelings flood and confuse me:	1	2	3	4	5	RAG-R
	several times a day	almost daily	almost every week	almost every month	almost never	
	<u>True</u>		<u>So-so</u>		<u>Not true</u>	
8. I am involved and participate in various activities and tasks:	1	2	3	4	5	F-M
9. I function very well at work / school: (Circle the X on the right if not applicable)	1	2	3	4	5	F X
10. Following the loss, how I think of myself (my self-perception) has changed greatly:	1	2	3	4	5	D-R
11. My self-perception this week has been almost totally positive:	1	2	3	4	5	F-M

	<u>True</u>		<u>So-so</u>		<u>Not true</u>	
12. I find it difficult to function socially:	1	2	3	4	5	F-R-M
13. My relationships with close family are very good: (Circle the X on the right if not applicable)	1	2	3	4	5	F X
14. My relationships with close family are a significant source of support for me: (Circle the X on the right if not applicable)	1	2	3	4	5	F-M X
15. Connections with others outside the family are a significant source of support for me:	1	2	3	4	5	G-M
16. My functioning as a spouse is very good: (Circle the X on the right if not applicable)	1	2	3	4	5	F X
17. My functioning as a parent is very good : (Circle the X on the right if not applicable)	1	2	3	4	5	F X
18. My values and beliefs are a significant source of support for me:	1	2	3	4	5	F-M
19. I believe and trust in my abilities to cope on my own with the tasks of life:	1	2	3	4	5	F
20. Following the loss, it is fair to describe my current situation as in great need of help:	1	2	3	4	5	G-R

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. I find it hard to recall memories of _____ even when I try to:	1	2	3	4	5	G-R-M
2. Our relationship was such that when I think of _____, I usually remember our disagreements:	1	2	3	4	5	CN-R-M
3. Because of _____'s virtues and unique qualities, it's very hard to have negative thoughts about him/her:	1	2	3	4	5	PC -R

	almost never	almost every month	almost every week	almost daily	several times a day	
4. Occasionally, I behave or act emotionally, as if I don't believe that _____ is gone. This happens to me:	1	2	3	4	5	RAG-M
5. I notice things that remind me of _____. For example, people that look like him/her, voices, or a feeling he/she's around. This happens to me:	1	2	3	4	5	RAG-M
	<u>True</u>		<u>So-so</u>		<u>Not true</u>	
6. I think of _____ all the time:	1	2	3	4	5	RAG-R
7. I've reached a degree of acceptance of the loss of _____:	1	2	3	4	5	RAG
8. When I think of _____, I feel strong guilt and regret that I didn't do things differently:	1	2	3	4	5	RAG-R
9. Thoughts about _____ bring up positive feelings in me:	1	2	3	4	5	G
10. I remember _____:	1 almost never	2 almost every month	3 almost every week	4 almost daily	5 several times a day	RAG-M
	<u>True</u>		<u>So-so</u>		<u>Not true</u>	
11. I avoid things that remind me of _____:	1	2	3	4	5	CN-R
12. Thinking of and remembering _____ significantly calms me:	1	2	3	4	5	G
13. Life without _____ is too hard to bear:	1	2	3	4	5	RAG-R
14. Since the loss, I've discovered some negative things about _____ that I didn't know before. Those things changed what I thought of him/her for the worse:	1	2	3	4	5	CN-R
15. 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	RAG-M

	<u>True</u>		<u>So-so</u>		<u>Not true</u>	
16. I feel pain whenever I recall _____:	1	2	3	4	5	RAG-R
17. Now I understand people who think about putting an end to their own life after losing a close person:	1	2	3	4	5	D-R
18. I do things to keep alive and maintain the memory of _____:	1	2	3	4	5	RAG-R

(please give 3 examples of keeping alive or maintaining the memory of _____)

1) _____

2) _____

3) _____

19. Since the loss I've discovered some positive things about _____ that I didn't know before. Those things changed what I thought of him/her for the better:	1	2	3	4	5	G-R
20. It's possible to define my situation today, following the loss, as suffering greatly:	1	2	3	4	5	RAG-R

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. My relationship with _____ was very close:	1	2	3	4	5	PC-R
2. During his/her life, _____ was a major source of emotional support for me:	1	2	3	4	5	PC-R
3. I was emotionally dependent on _____:	1	2	3	4	5	PC-R
4. My relationship with _____ had many and strong ups and downs:	1	2	3	4	5	CN-R
5. My relationship with _____ had much avoidance and distance:	1	2	3	4	5	CN-R

	<u>True</u>		<u>So-so</u>		<u>Not true</u>	
6. _____ was emotionally dependent on me:	1	2	3	4	5	PC-R
7. 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	CN-R
8. _____ was the person closest to me:	1	2	3	4	5	PC-R
9. Overall, my relationship with _____ was based on a sense of mutual trust:	1	2	3	4	5	PC-R
10. The relationship between _____ and I was based on mutual understanding, freedom, and a sense of comfort or “flow”:	1	2	3	4	5	PC-R

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. The loss was traumatic for me:	1	2	3	4	5	D-R
2. The loss happened suddenly and unexpectedly:	1	2	3	4	5	D-R
3. The loss took place under circumstances of violence or horror (such as accident, terror, or self-harm) or other difficult circumstances:	1	2	3	4	5	D-R

Please explain: _____

4. Because of the loss I feel very angry:	1	2	3	4	5	G-R-M
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Whom are you angry with and why?

A) _____

B) _____

5. I witnessed the death of _____:	1	2	3	4	5	G-R
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	<u>True</u>		<u>So-so</u>		<u>Not true</u>	
6. My life was in danger when _____ died:	1	2	3	4	5	G-R
7. I keep on experiencing the loss as a shocking and traumatic event in my life:	1	2	3	4	5	D-R
Please explain why: _____ _____						
8. Loss of the kind I experienced is usually experienced as a most difficult event:	1	2	3	4	5	D-R
9. The circumstances that caused the loss I've experienced are usually considered as extremely difficult:	1	2	3	4	5	D-R
	<u>almost never</u>	<u>almost every month</u>	<u>almost every week</u>	<u>almost daily</u>	<u>several times a day</u>	
10. I see images or pictures from the death scene that enter my thoughts:	1	2	3	4	5	RAG-M
11. I see images or pictures of _____ in my head:	1	2	3	4	5	RAG-M
12. I find myself actively avoiding thoughts of _____:	1	2	3	4	5	-G-M
13. I am tense and not relaxed:	1	2	3	4	5	RAG-M
14. I am flooded by thoughts and feelings about the death of _____ :	1	2	3	4	5	RAG-M
	<u>True</u>		<u>So-so</u>		<u>Not true</u>	
15. People who are not family are aware of how great my loss is:	1	2	3	4	5	G-R
16. In facing life's difficulties, I usually trust only myself:	1	2	3	4	5	G-R
17. Before the loss, difficult events affected me for a short while only:	1	2	3	4	5	D-R

	<u>True</u>		<u>So-so</u>		<u>Not true</u>	
18. I am able to talk and share my feelings with other people and to receive their help and support:	1	2	3	4	5	G
19. I have managed to overcome difficult events in my life:	1	2	3	4	5	F
20. I believe that I'm capable of handling my feelings and reactions to the loss without the support and help of others:	1	2	3	4	5	D

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:

RAG- Relation Active Grief

R- Reverse Score

PC- Positive/ Close

CN- Conflict

F- Function

M- Modified from TTBQ1

D- Dislocation/Perception of Trauma

G- General