**DAAPGQ Depressive and Anxious Avoidance in Prolonged Grief Questionnaire**

To what extent have the statements below been true for you over the last month?

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | Not at all  true  for me |  |  |  |  |  |  | Completely  true  for me |
| 1. | Since [--] is dead, I do much less of the things that I used to enjoy. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 2. | Since [--] died, I avoid activities that used to give me satisfaction, because these activities now seem meaningless to me. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 3. | I avoid doing activities that used to bring me pleasure, because I feel unable to carry out these activities. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 4. | I develop very few new activities since [--] died, because I an unable to do so. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 5. | Since [--] died, there are several activities, hobby’s, and acquaintances that I pay much less attention to. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 6. | I avoid to dwell on the fact that [--] is dead and will never return. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 7. | I avoid situations and places that confront me with the fact that [--] is dead and will never return. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 8. | I avoid to dwell on painful thoughts and memories connected to his/her death. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9. | I deliberately retrieve positive memories related to [--] as a means to avoid thinking about the fact that [--] is dead and will never return. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |

**Scoring**

Sum up the scores of items 1 through 5 to get a score that indicates the intensity of “Depressive Avoidance”. Sum up the scores of items 6 through 9 to get a score that indicates the intensity of “Anxious Avoidance”. Sum up the scores of all items to get an index of overall grief-related avoidance.

**Interpretation of score**

Higher scores point at more intense avoidance.

**More information**

http://dx.doi.org/10.5334/pb-50-1-2-49