**THE INTERNATIONAL GRIEF QUESTIONNAIRE (IGQ)**

**OVERVIEW**:

The attached instrument is a brief measure of all diagnostic requirements for ICD-11 Prolonged Grief Disorder. The IGD was developed to be consistent with the organizing principles of the ICD-11, as set forth by the World Health Organization, which are to maximize clinical utility and ensure international applicability. The IGQ is freely available in the public domain to all interested parties.

**DIAGNOSTIC ALGORITHM** is as follows:

A diagnosis of PGD requires (1) a lifetime bereavement, (2) bereavement occurring more than 6 months ago, (3) the presence of at least one of the two ‘essential’ symptoms (G1 or G2), (4) the presence of at least one ‘associated’ symptom (G3, G4, or G5), (5) a response of ‘yes’ to the question related to exceeding the expected cultural, social, or religious norms, and (6) the presence of functional impairment

**DIMENSIONAL SCORING** is as follows:

A total score for PGD symptoms can be calculated by summing responses from G1-G5.

**THE REFERENCE** for the measure is:

Hyland, P., Redican, E., Karatzias, T., & Shevlin, M. (2024). The International Grief Questionnaire (IGQ): A new measure of ICD-11 prolonged grief disorder. *Journal of Traumatic Stress*, *37*(1), 141–153. https://doi.org/10.1002/jts.22986

* + - 1. During your life has someone close to you died (e.g., a partner, parent, child, close friend)?
* No
* Yes
  + - 1. People often experience multiple bereavements during their lifetime. Please indicate if you have lost any of the following:

|  |  |  |  |
| --- | --- | --- | --- |
|  | No | Yes | Yes -  More than One |
| 1. Child |  |  |  |
| 1. Partner or spouse |  |  |  |
| 1. Parent |  |  |  |
| 1. Brother or sister |  |  |  |
| 1. Grandparent |  |  |  |
| 1. Uncle or aunt |  |  |  |
| 1. Cousin |  |  |  |
| 1. Niece or nephew |  |  |  |
| 1. Close friend |  |  |  |
| 1. Colleague |  |  |  |
| 1. Acquaintance |  |  |  |
| 1. Beloved pet |  |  |  |

* + - 1. Which of these affected you the most?
* Child
* Partner or spouse
* Parent
* Brother or sister
* Grandparent
* Uncle or aunt
* Cousin
* Niece or nephew
* Close friend
* Colleague
* Acquaintance
* Beloved pet
  + - 1. How long ago did your loved one die?
* Within the last 6 months
* 6 months to a year ago
* 1-2 years ago
* 2-3 years ago
* 3-5 years ago
* 6-10 years ago
* More than 10 years ago

**Instructions**: Below are a number of problems that people sometimes report following the death of a loved one. Please answer in relation to the bereavement that causes you the most distress.

Using the scale below, please choose the answer that best describes how **bothered** you have been by each of these problems **in the past week**.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Not at all | A little bit | Moderately | Quite a bit | Extremely |
| 0 | 1 | 2 | 3 | 4 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| G1. Yearning for the deceased almost every day? | 0 | 1 | 2 | 3 | 4 |
| G2. Thinking too much about the deceased almost every day? | 0 | 1 | 2 | 3 | 4 |
| G3. Feeling guilty or angry about my loss. | 0 | 1 | 2 | 3 | 4 |
| G4. Having trouble accepting the death of my loved one. | 0 | 1 | 2 | 3 | 4 |
| G5. Feeling sad or emotionally numb. | 0 | 1 | 2 | 3 | 4 |

G6. Would you say these problems have been going on for longer than most people in your social, cultural, or religious context would expect? Yes No I don’t know

G7. Have these experiences caused problems in personal, family, social, educational, occupational, or other important areas of your life?  Yes No