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| **Traumatic Grief Inventory Self Report Plus | TGI-SR+ | English** |
| Below are several grief reactions. Indicate to what extent you had these reactions **in the past month**, following the death of your loved one. Have you experienced multiple losses? Then assume the loss that is most in your mind and / or is currently most distressing you. |
|  |  | Never | Seldomly | Sometimes | Frequently | All the time |
| 1 | I had intrusive thoughts or images related to the person who died. | 1 | 2 | 3 | 4 | 5 |
| 2 | I experienced intense emotional pain, sadness, or pangs of grief. | 1 | 2 | 3 | 4 | 5 |
| 3 | I found myself longing or yearning for the person who died. | 1 | 2 | 3 | 4 | 5 |
| 4 | I experienced confusion about my role in life or a diminished sense of self. | 1 | 2 | 3 | 4 | 5 |
| 5 | I had trouble accepting the loss. | 1 | 2 | 3 | 4 | 5 |
| 6 | I avoided places, objects, or thoughts that reminded me that the person I lost has died. | 1 | 2 | 3 | 4 | 5 |
| 7 | It was hard for me to trust others. | 1 | 2 | 3 | 4 | 5 |
| 8 | I felt bitterness or anger related to his/her death. | 1 | 2 | 3 | 4 | 5 |
| 9 | I felt that that moving on (e.g., making new friends, pursuing new interests) was difficult for me. | 1 | 2 | 3 | 4 | 5 |
| 10 | I felt emotionally numb. | 1 | 2 | 3 | 4 | 5 |
| 11 | I felt that life is unfulfilling or meaningless without him/her. | 1 | 2 | 3 | 4 | 5 |
| 12 | I felt stunned, shocked, or dazed by his/her death. | 1 | 2 | 3 | 4 | 5 |
| 13 | I noticed significant reduction in social, occupational, or other important areas of functioning (e.g., domestic responsibilities) as a result of his/her death. | 1 | 2 | 3 | 4 | 5 |
| 14 | I had intrusive thoughts and images associated with the circumstances of his/her death. | 1 | 2 | 3 | 4 | 5 |
| 15 | I experienced difficulty with positive reminiscing about the lost person. | 1 | 2 | 3 | 4 | 5 |
| 16 | I had negative thoughts about myself in relation to the loss (e.g., thoughts about self-blame). | 1 | 2 | 3 | 4 | 5 |
| 17 | I had a desire to die in order to be with the deceased | 1 | 2 | 3 | 4 | 5 |
| 18 | I felt alone or detached from other individuals. | 1 | 2 | 3 | 4 | 5 |
| 19 | It felt unreal that he/she is dead | 1 | 2 | 3 | 4 | 5 |
| 20 | I put an intense blame on others because of his/her death | 1 | 2 | 3 | 4 | 5 |
| 21 | It felt as if a part of me has died along with the deceased | 1 | 2 | 3 | 4 | 5 |
| 22 | I had difficulties experiencing positive feelings | 1 | 2 | 3 | 4 | 5 |
|  |  | Never | Seldomly | Sometimes | Frequently | All the time |

**Scoring**

The TGI-SR+ score is calculated by summing the scores of all 22 items.

**Interpretation of score**

A total score of 71 or higher indicates that someone likely meets criteria for Prolonged Grief Disorder as defined in DSM-5-TR.

A total score of 75 or higher indicates that someone likely meets criteria for Prolonged Grief Disorder as defined in ICD-11.

**More information**

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