**Grief Cognitions Questionnaire** $∥$ **English**

Below you find different negative beliefs. Would you please indicate the degree to which you agree with each belief?

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | Disagree strongly |  |  |  |  | Agree strongly |
| 1. | Since [--] is dead, I think I am worthless. | 0 | 1 | 2 | 3 | 4 | 5 |
| 2. | Since [--] died, I realise that the world is a bad place. | 0 | 1 | 2 | 3 | 4 | 5 |
| 3. | The people around me should give me more support. | 0 | 1 | 2 | 3 | 4 | 5 |
| 4. | If I let go of my emotions, I will go crazy.. | 0 | 1 | 2 | 3 | 4 | 5 |
| 5. | The death of [--] has made me realise that we live in an awful world. | 0 | 1 | 2 | 3 | 4 | 5 |
| 6. | My grief reactions are abnormal. | 0 | 1 | 2 | 3 | 4 | 5 |
| 7. | I don’t have confidence in the future. | 0 | 1 | 2 | 3 | 4 | 5 |
| 8. | As long as I mourn I maintain the bond with [--]. | 0 | 1 | 2 | 3 | 4 | 5 |
| 9. | My life is useless since [--] died. | 0 | 1 | 2 | 3 | 4 | 5 |
| 10. | I should have prevented the death of [--] | 0 | 1 | 2 | 3 | 4 | 5 |
| 11. | My life is meaningless since [--] died. | 0 | 1 | 2 | 3 | 4 | 5 |
| 12. | If I would have done things differently, [--] would still be alive.  | 0 | 1 | 2 | 3 | 4 | 5 |
| 13. | Ever since [--] died, I think negatively about myself.  | 0 | 1 | 2 | 3 | 4 | 5 |
| 14. | I do not react to this loss normally.  | 0 | 1 | 2 | 3 | 4 | 5 |
| 15. | As long as I mourn I do not really have to let [--] go. | 0 | 1 | 2 | 3 | 4 | 5 |
| 16. | People around me should show much more interest in me. ? | 0 | 1 | 2 | 3 | 4 | 5 |
| 17. | Since [--] is no longer here, I have a negative view on the future. | 0 | 1 | 2 | 3 | 4 | 5 |
| 18. | If I allow my feelings to come, I will loose control. | 0 | 1 | 2 | 3 | 4 | 5 |

**Scoring**

The summed scores of items 1 and 13 give an index of negative cognitions about the self. Summed scores of items 2 and 5 give an index of negative cognitions about the world. Summed scores of items 3 and 16 give an index of negative cognitions about other people. Summed scores of items 4 and 18 give an index of catastrophic misinterpretations of grief reactions. Summed scores of items 6 and 14 give an index of the appropriateness of one’s grief reactions. Summed scores of items 7 and 17 give an index of negative cognitions about the future. Summed scores of items 8 and 15 give an index of the tendency to cherish the grief to maintain the bond with the deceased. Summed scores of items 9 and 11 give an index of negative cognitions about life. Summed scores of items 10 and 12 give an index of negative cognitions about self-blame. The summed scores of all items given an index of negative cognitions about the loss.

**Interpretation of score**

Higher scores point at more intense negative cognitions

**More information**

http://dx.doi.org/10.1007/s10862-005-2409-5