

Caregiver Grief Scale

Caring for a family member with dementia can also mean to witness changes in this person and experience painful losses. Below are some statements that convey how one might think or feel about this. Please read each statement carefully and circle the number from 1 (= strongly disagree) to 5 (= strongly agree) that best describes how you feel.

		Strongly disagree	Disagree	Somewhat agree	Agree	Strongly agree
1	I miss so many of the activities we used to share.	1	2	3	4	5
2	This situation is totally unacceptable in my heart.	1	2	3	4	5
3	It hurts to realize that she/he is gone.	1	2	3	4	5
4	I feel terrific sadness.	1	2	3	4	5
5	It is hard for me to allow myself to grieve and show my sadness.	1	2	3	4	5
6	I'm having a hard time accepting that she/he is suffering from this disease.	1	2	3	4	5
7	I long for what was, what we had and shared in the past.	1	2	3	4	5
8	I feel like the future holds no meaning or purpose without her/him.	1	2	3	4	5
9	I feel that life is empty without her/him.	1	2	3	4	5
10	I try to avoid thinking about the fact that I will lose her/him.	1	2	3	4	5
11	It burdens me not to be able to talk to her/him anymore.	1	2	3	4	5

Instructions for scoring:

A total mean score can be computed as well as subscores for four factors: Factor 1, Emotional Pain, is comprised of items 2, 3 and 4; Factor 2, Relational Loss, is comprised of items 1, 7, and 11; Factor 3, Absolute Loss, is comprised of items 8, 9, and 10; and Factor 4, Acceptance of Loss, is comprised of items 5 and 6.

Descriptive Statistics of factor scores in the validation sample are provided in: Meichsner, F., Schinköthe, D., & Wilz, G. (2016). The Caregiver Grief Scale: Development, exploratory and confirmatory factor analysis, and validation. *Clinical Gerontologist*, 39(4), 342–361. doi: 10.1080/07317115.2015.1121947

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