

The Aarhus PGD scale (A-PGDs)

This questionnaire examines different grief reactions. Please respond to the questions below based on your experience during the past month without thinking too much about which response option you choose. There are no right or wrong answers.

Has someone close to you died? Yes/No

Write the answer here: _____

Who have you lost? (e.g., a partner, parents, siblings, child or other close person)

Write the answer here: _____

What was their name?

Write the answer here: _____

How many months have passed since the loss?

Write the answer here: _____

Think of the name of the person you lost on the blank lines in the questions below (_____) and answer the questions in relation to your loss.

	Not at all (1)	A little (2)	To some extent (3)	Very much (4)	Overwhelmingly (5)
1. Have you longed for _____ during the past month?					
2. Have you during the past month found yourself preoccupied with thoughts of _____ even when you did not want to be thinking about them?					
3. Have you had feelings of sadness or sorrow during the past month?					
4. Have you felt guilty during the past month?					
5. Have you felt angry during the past month?					
6. During the past month, has it been hard for you to believe that _____ is dead?					
7. Have you blamed yourself for your loss during the past month?					
8. During the past month, have you had trouble accepting that _____ is dead?					
9. During the past month, have you felt that you have lost a part of yourself? (e.g. feeling as though a part of you has died)					
10. During the past month, have you been unable to experience positive emotions?					

The Aarhus-PGD scale (A-PGDs) was developed at the Unit for Bereavement Research, Department of Psychology, Aarhus University, Denmark, under the leadership of Professor Maja O'Connor and supported by TrygFonden. The A-PGDs may be freely used by relevant professionals. Credit to: O'Connor, M., Vang, M. L., Shevlin, M., Elklit, A., Komishcke-Konnerup, K. B., Lundorff, M., & Bryant, R. (2023). Development and validation of the Aarhus PGD scale for operationalizing ICD-11 and DSM-5-TR TR Prolonged Grief Disorder. *Journal of Affective Disorders*. <https://doi.org/https://doi.org/10.1016/j.jad.2023.09.022>. Contact: maja@psy.au.dk.

11. During the past month, have you felt emotionally numb? <i>(e.g., having difficulties with feeling emotions as you used to do, being emotionally stunned)</i>					
12. Have you had difficulty engaging in social or other activities during the past month?					
13. Have you felt loneliness during the past month?					
14. During the past month, have you tried to avoid reminders that _____ is dead? <i>(e.g., avoiding certain thoughts, feelings, places, music, conversation topics, etc. or keeping yourself constantly going)</i>					
15. During the past month, have you felt that life is meaningless since _____ has died?					
16. Have you felt bitterness during the past month?					
17. Overall, have these difficulties led to a decline in your level of functioning? <i>(i.e., your ability to function in everyday life)</i>					
<i>If you answered "A little / (2)" or higher to question 17:</i>				YES	NO
17a. Does this apply in relation to your work/study/daily tasks?					
17b. Does this apply to your social life?					
17c. Does this apply to your family life/domestic obligations?					
17d. Does this apply to other areas than those mentioned?					
				YES	NO
18. Have any of your acquaintances expressed concern about your grief reaction? <i>(e.g., that they feel that it exceeds what they consider normal in relation to your social, cultural or religious norms)</i>					
19. Are you worried about your own grief reaction, including that it is more severe or intense than you expected? <i>(e.g., compared to the people you surround yourself with or what you think is normal)</i>					
20. Would you say that you felt this way during the past 6 months? (Please answer the question in relation to your total response to the questions above)					

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Key to scoring the Aarhus PGD scale with ICD-11 and DSM-5-TR diagnostic criteria

This scale is used to assess whether there is potential prolonged grief disorder present according to the ICD-11 and DSM-5-TR diagnostic criteria. A symptom is considered present if the client scores 4 or higher. This is marked with a check in the column to the right for respectively ICD 11 and DSM-5-TR. There must be checks in all symptom categories before saying yes to respectively probable ICD 11 PGD and probable DSM-5-TR PGD at the bottom of the page. A formal diagnosis CANNOT be made based on self-reporting. This would require a structured clinical interview and a clinical assessment.

Diagnostic Criteria	Symptoms	Client's Score <i>Present = 1</i> <i>Not present = 0</i>	ICD-11 Criteria	DSM-5-TR Criteria
Criterion A: Bereaved due to the death of a close relative.	Death of a significant other		Present = YES	Present = YES
Criterion B: Time Criterion.	> 6 months		> 6 months	> 12 months
	> 12 months			
Criterion C: Occurrence of one or more of the following invasive symptoms that began after the death.	1. Longing*		≥ 1 symptom	≥ 1 symptom
	2. Preoccupation*			
Criterion D: Negative changes in cognition, mood, and/or behavior that began or worsened after the death.	3. Sadness*		≥ 1 symptom	≥ 3 symptom
	4. Guilt			
	5. Anger*			
	6. Disbelief/denial*			
	7. Self-blame			
	8. Lack of Acceptance			
	9. Identity disturbance*			
	10. Absence of positive mood/emotions			
	11. Numbness*			
	12. Reduced activity *			
	13. Loneliness			
	14. Avoidance			
	15. Meaninglessness			
	16. Bitterness			
	Total score in Criterion D (ICD-11)			
	Total score in Criterion D (DSM-5-TR)			
Criterion E: The loss causes clinically significant disturbance or impairment in the ability to function socially, occupationally, or in other important areas.	17. Functional impairment (general)		Present	Present
	17a. Work/study/daily tasks			
	17b. Social			
	17c. Family life/home			
	17d. Other areas			
Criterion F: The grief reaction clearly exceeds social, cultural, or religious norms.	18. Social circle		Present = YES	Present = YES
	19. Personal perspective			
Criterion G: Symptom onset and duration.	20. Symptom duration		Duration: ≥6 months	Duration: ≥1 month

Is probable ICD-11 PGD present? Yes/No

Is probable DSM-5-TR PGD present? Yes/No

A formal diagnosis CANNOT be made based on self-reporting such as A-PGDs alone.

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