

PGS					
Over the last 2 weeks, how often have you experienced the following thoughts, feelings, or behaviors related to your loss?		<i>Not at all</i>	<i>Several days</i>	<i>More than half the days</i>	<i>Nearly everyday</i>
1.	I wished to die in order to be with the deceased.	0	1	2	3
2.	I experienced confusion over my role in life or felt like my identity was diminished because of the loss.	0	1	2	3
3.	Nothing seemed to matter much to me because of this loss.	0	1	2	3
4.	I found it difficult to have positive memories about the deceased.	0	1	2	3
5.	I believed that without the deceased, life was either meaningless, empty, or could not go on.	0	1	2	3
Column Totals		_____ +	_____ +	_____ +	_____ +
Total Score					

Basic information

The Pandemic Grief Scale (PGS) is a self-report mental health screener of dysfunctional grief due to a COVID-19 loss. Because losing someone to COVID-19 can be particularly challenging, the PGS was developed to help clinicians and researchers efficiently identify cases of individuals impaired by this form of loss.

Psychometric properties

The PGS was developed on a large sample of adults ($N = 831$) who lost a significant person to COVID-19. The PGS is a reliable instrument ($\alpha > .86$), with solid factorial (single-factor), construct (correlates with alcohol/drug coping and suicidal ideation), and incremental (predicts impairment above depression and anxiety) validity. The diagnostic properties of the PGS (87% sensitivity, 71% specificity, and $AUC = .87$) are comparable to other psychiatric screening instruments, such as the General Health Questionnaire (GHQ).

Scoring and interpretation

Each item of the PGS is rated on a 4-point scale, from 0 (not at all) to 3 (nearly every day), based on experiences over the past two weeks. A PGS total score ≥ 7 indicates probable dysfunctional grief due to a COVID-19 loss. Elevated scores on a particular item or a high total scale score (≥ 7) may indicate problematic symptoms for the individual that might warrant further assessment and/or treatment. Clinical judgement should guide the interpretation of the PGS results.

Use

The PGS is placed in the public domain to encourage its use in clinical assessment and research. No formal permission is therefore required for its reproduction and use by others, beyond appropriate citation:

Lee, S. A., & Neimeyer, R. A. (2020). Pandemic Grief Scale: A screening tool for dysfunctional grief due to a COVID-19 Loss. *Death Studies*. <https://doi.org/10.1080/07481187.2020.1853885>