

Aarhus Prolonged Grief Disorder Scale - Brief form (A-PGDs-brief)

This questionnaire explores various grief reactions. Please answer the questions as best as you can based on your immediate experiences over the past month, without overthinking your choices. There are no right or wrong answers.

Has someone close to you died? **Yes/No**

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

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. During the past month, has it been hard for you to believe that _____ is dead?					
5. 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)					
6. Overall, have these difficulties led to a decline in your level of functioning? (i.e., your ability to function in everyday life)					

Probable ICD-11 PGD: A close one has died = yes; at least 6 months since the loss = yes; score of ≥ 3 on question 1 or 2 (marked in light gray) = yes; score of ≥ 3 on question 3, 4, or 5 (marked in medium gray) = yes; score of ≥ 3 on question 6 (marked in dark gray) = yes.

Probable DSM-5-TR PGD: A close one has died = yes; at least 12 months since the loss = yes; score of ≥ 3 on question 1 or 2 (marked in light gray) = yes; score of ≥ 3 on question 3, 4, or 5 (marked in medium gray) = yes; score of ≥ 3 on question 6 (marked in dark gray) = yes.

Should be combined with screening for other types of complicated grief reactions (e.g., loss-related depression and PTSD).