

Perinatal Grief Scale

Respondent's name (optional): Rachel Martinez

Date: September 8, 2024

Each of the items is a statement of thoughts and feelings which some people have concerning a loss such as yours. There are no right or wrong responses to these statements. For each item, tick the circle which best indicates the extent to which you agree or disagree with it at the present time. If you are not certain, use the "neither" category. Please try to use this category only when you truly have no opinion.

Use the scale below:

Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
1	2	3	4	5

Statements	1	2	3	4	5
1. I feel depressed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
2. I find it hard to get along with certain people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
3. I feel empty inside.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I can't keep up with my normal activities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
5. I feel a need to talk about the baby.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I am grieving for the baby.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
7. I am frightened.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I have considered suicide since the loss.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. I take medicine for my nerves.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
10. I very much miss the baby.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
11. I feel I have adjusted well to the loss.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. It is painful to recall memories of the loss.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
13. I get upset when I think about the baby.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
14. I cry when I think about him/her.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. I feel guilty when I think about the baby.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
16. I feel physically ill when I think about the baby.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. I feel unprotected in a dangerous world since he/she died.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. I try to laugh, but nothing seems funny anymore.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
1	2	3	4	5

Statements	1	2	3	4	5
19. Time passes so slowly since the baby died.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
20. The best part of me died with the baby.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
21. I have let people down since the baby died.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
22. I feel worthless since he/she died.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23. I blame myself for the baby's death.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24. I get cross at my friends and relatives more than I should.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
25. Sometimes, I feel like I need a professional counselor to help me get my life back together again.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
26. I feel as though I'm just existing and not really living since he/she died.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
27. I feel so lonely since he/she died.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
28. I feel somewhat apart and remote, even among friends.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
29. It's safer not to love.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
30. I find it difficult to make decisions since the baby died.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
31. I worry about what my future will be like.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
32. Being a bereaved parent means being a "second-class citizen."	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
33. It feels great to be alive.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

Additional notes
<p>I'm still struggling with accepting the loss, and it's hard to talk to people about it. I miss my baby every day, and even though I'm trying to keep going, some days feel impossible.</p>

Scoring

The total PGS score is arrived at by first reversing all of the items except 11 and 33.

By reversing the items, higher scores now reflect more intense grief. Then add the scores together. The result is a total scale consisting of 33 items with a possible range of 33-165.

Subscale 1 Active grief	Subscale 2 Difficulty coping	Subscale 3 Despair
1	2	9
3	4	15
5	8	16
6	11*	17
7	21	18
10	24	20
12	25	22
13	26	23
14	28	29
19	30	31
27	33*	32
Subscale 1 total: 35	Subscale 2 total: 31	Subscale 3 total: 27

Higher scores in each subscale indicate that a respondent feels the associated quality more intensely.

There is no universally established or standardized cutoff score.

References

Lasker, J. (2018, May 28). *Perinatal grief scale, scoring and translations*. <https://judithlasker.com/perinatal-grief-scale/>

Toedter, L. J., Lasker, J. N., & Alhadeff, J. M. (1988). The Perinatal Grief Scale: Development and initial validation. *American Journal of Orthopsychiatry*, 58(3), 435–449. <https://doi.org/10.1111/j.1939-0025.1988.tb01604.x>