

# Perinatal Grief Scale

Respondent's name (optional): \_\_\_\_\_

Date: \_\_\_\_\_

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

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

Additional notes

## 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
<b>Subscale 1 total:</b>	<b>Subscale 2 total:</b>	<b>Subscale 3 total:</b>

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>