

PGRF					
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 felt guilty about not being able to be there for the deceased before he/she died.	0	1	2	3
2.	I felt upset about how the deceased died (e.g., alone or suffering).	0	1	2	3
3.	I felt upset that the deceased was not given a proper funeral or memorial service.	0	1	2	3
4.	I kept thinking about what I could have done to prevent the deceased's illness.	0	1	2	3
5.	I felt that the circumstances of the death created emotional distance between us.	0	1	2	3
6.	I worried that I will lose other people I care for to the same disease.	0	1	2	3
7.	I kept having images of the deceased struggling for life on some machine.	0	1	2	3
8.	I resented that the doctors didn't keep me informed about the deceased's condition.	0	1	2	3
9.	I felt too alone in my grief because of social isolation policies to control the pandemic.	0	1	2	3
10.	I questioned why God or the universe is punishing us in this way when I thought about the deceased.	0	1	2	3
Column Totals		_____ +	_____ +	_____ +	_____ +
Total Score					

### Basic information

The Pandemic Grief Risk Factors (PGRF) is a self-report inventory or screening tool of distinctive risk factors associated with grief in the context of a COVID-19 loss. Because losing someone to COVID-19 has its own set of unique challenges, the PGRF was developed to help clinicians and researchers identify these factors. Individually and collectively, these risk factors are strongly associated with dysfunctional grief symptoms and functional impairments.

### Psychometric properties and interpretation

The PGRF was developed on a large sample of adults ( $N = 831$ ) who lost a significant person to COVID-19. The PGRF is a reliable instrument ( $\alpha = .88$ ), with solid factorial (single-factor) and construct validity (correlates with measures of dysfunctional pandemic-related grief symptoms and functional impairment). Each item of the PGRF 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. Elevated scores on a particular item or a high total scale score indicate problematic symptoms or struggles for the individual that could warrant further assessment and/or treatment. Clinical judgement should guide the interpretation of the PGRF results.

### Use

The PGRF 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:

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