

Adapted Prolonged Grief Scale

Westbrook, J., Greenwood, E., Sheikh, R., & Prigerson, H.G. (2026)

This is an adapted version of the Prolonged Grief Scale (PG-13-R) with agreement of the original authors Holly G. Prigerson, Xu Jiehui and Paul K. Maciejewski. This scale is intended for use with people with learning disabilities and those who require easy read adaptations.

Scoring Guide

Response	Score
Not at all	1
A little bit	2
Some days	3
Nearly everyday or a lot	4
All the time	5

Scoring and Interpretation

Question 1, 2 and 13 are not scored items.

Score up the assessment for questions 3-12 only, using the rating scale to the left.

For people with learning disabilities, research suggests it can take approximately 12-24 months to process the loss of a close person. Natural support is of upmost importance in this time.

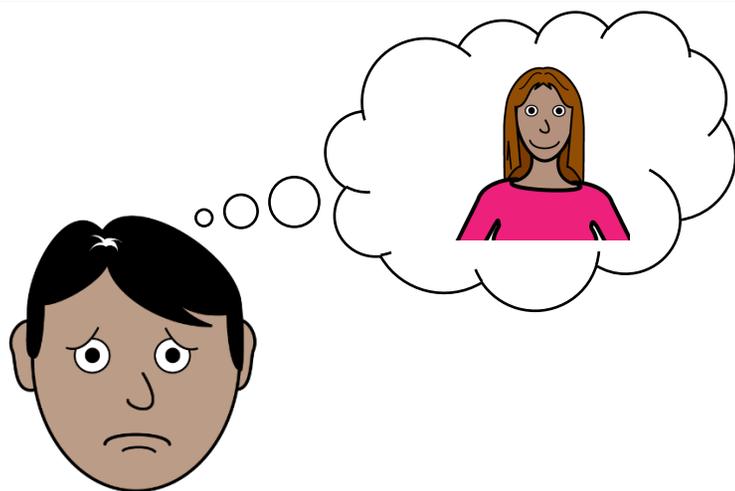
Using this assessment measure is advised after this 12–24-month time period.

If the person scores more than 30, this may be indicative of Prolonged Grief Disorder and marked distress resulting from their loss. It would be suggestive that mental health support about their loss may be useful.

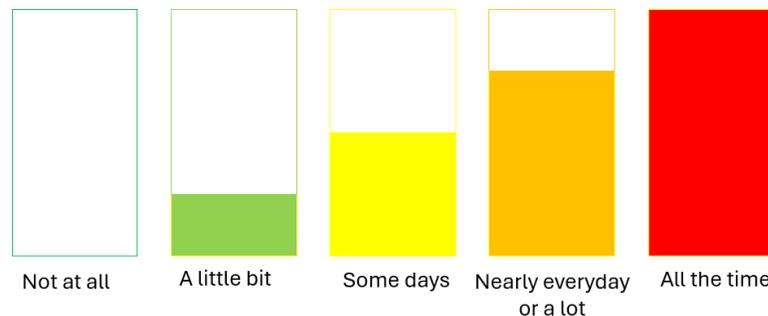
The person can tick or circle the option that applies for each question.

<p>1.</p>		<p>Have you lost somebody close or important to you?</p> <p>Yes <input data-bbox="1081 613 1239 724" type="checkbox"/> OR No <input data-bbox="1491 613 1654 727" type="checkbox"/></p>				
<p>2.</p>	<div style="display: flex; justify-content: space-around;"> <div data-bbox="210 885 556 1258"> <p>months</p> </div> <div data-bbox="588 885 976 1258"> <table border="1"> <tr> <td> <p>winter</p> </td> <td> <p>spring</p> </td> </tr> <tr> <td> <p>summer</p> </td> <td> <p>autumn</p> </td> </tr> </table> </div> </div>	<p>winter</p>	<p>spring</p>	<p>summer</p>	<p>autumn</p>	<p>How many months has it been since the important person died?</p> <p>Did they die in the winter, spring, summer or autumn?</p> <p><i>(We can ask a carer for help if you are not sure)</i></p>
<p>winter</p>	<p>spring</p>					
<p>summer</p>	<p>autumn</p>					

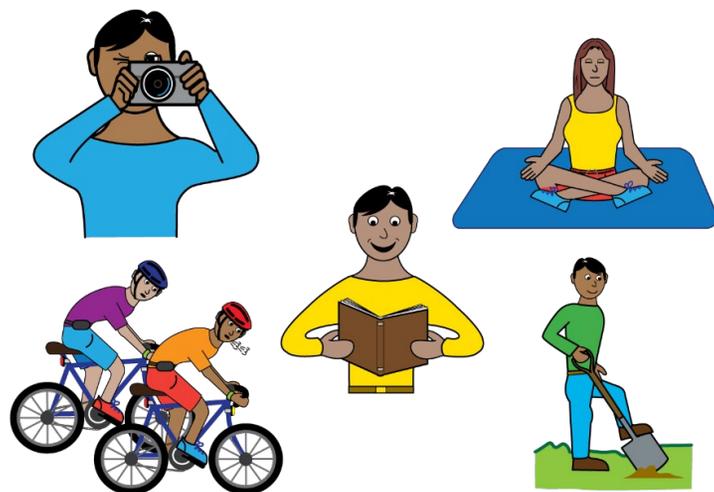
3.



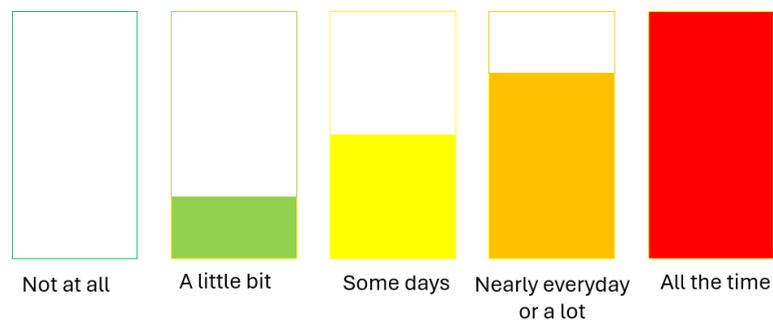
Do you miss the person who died?



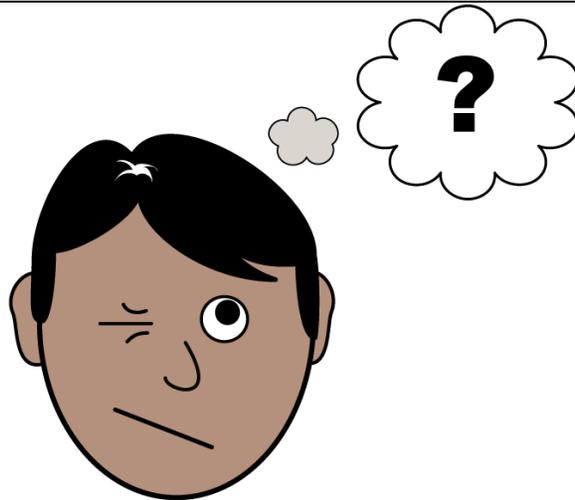
4.



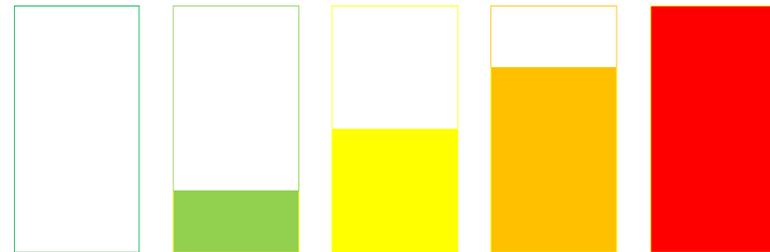
Does missing this person make it hard for you to do things you usually do?



5.



Do you feel confused about who you are because this person is no longer here (e.g. like a part of you have died?)

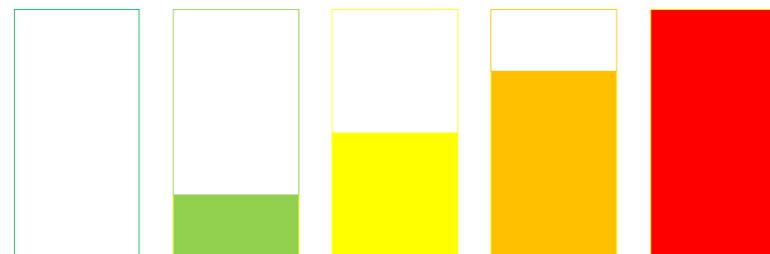


Not at all A little bit Some days Nearly everyday or a lot All the time

6.



Is it hard to believe that the person who has died has really gone?



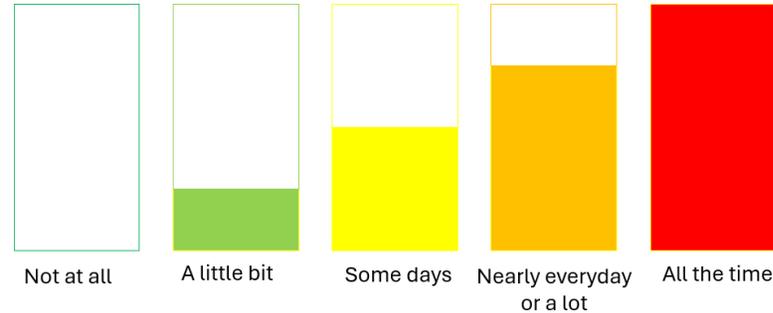
Not at all A little bit Some days Nearly everyday or a lot All the time

<p>7.</p>		<p>Do you stay away from things that remind you that the person is gone/not alive anymore?</p> <p>Not at all A little bit Some days Nearly everyday or a lot All the time</p>
<p>8.</p>		<p>Do you feel angry or upset about the person who has died?</p> <p>Not at all A little bit Some days Nearly everyday or a lot All the time</p>

9.



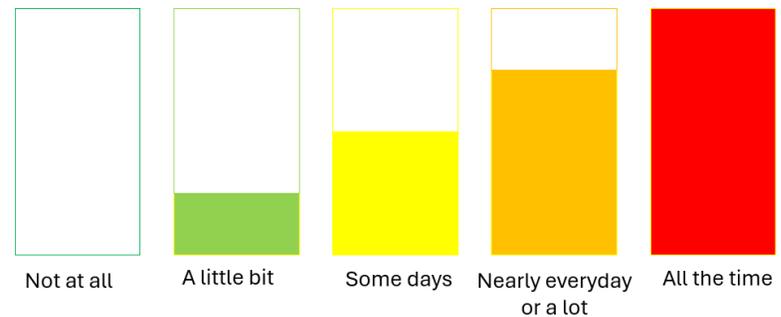
Do you find it hard getting on with life?
(problems seeing friends, doing things you enjoy, making plans)



10.



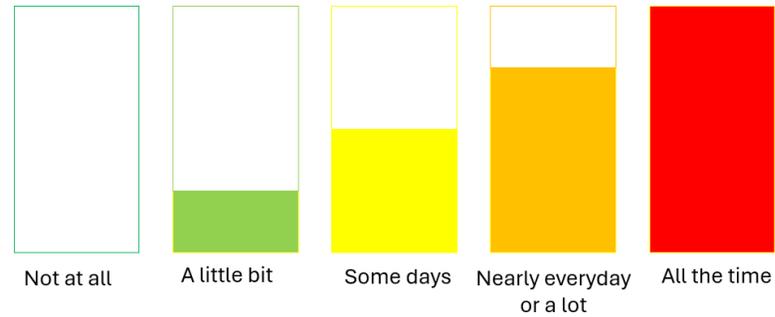
Do you find it hard to feel connected or close to other people now?



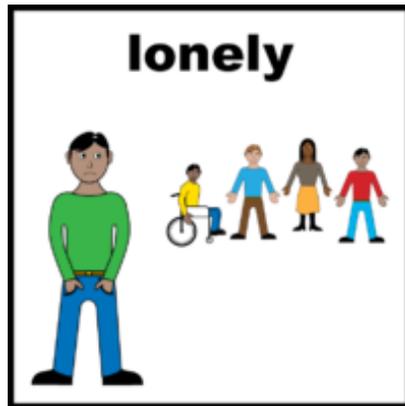
11.



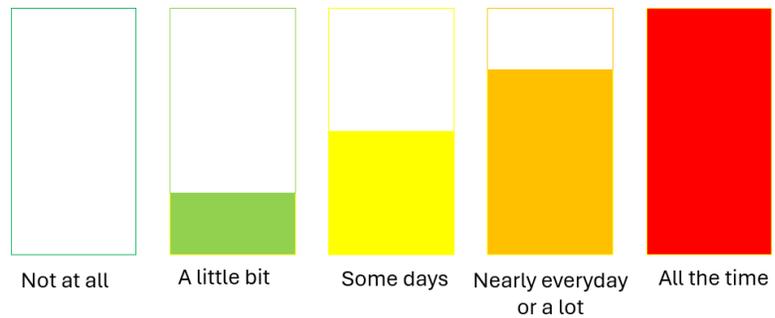
Do you feel without the person who has died that nothing matters anymore?

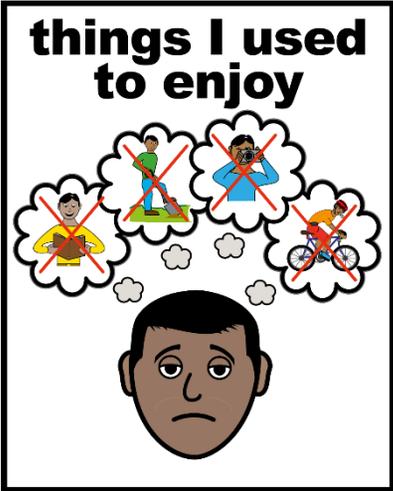


12.



Do you feel lonely without the person who has died?



13.	 <p>things I used to enjoy</p>	<p>Have these feelings made it hard for you to do your usual activities at work, school, or home?</p> <p>Yes  <input data-bbox="1083 521 1239 630" type="checkbox"/> OR No  <input data-bbox="1493 521 1654 630" type="checkbox"/></p>
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Total score: /50

Developed by:

Dr Jenna Westbrook, Dr Emma Greenwood and Ruby Sheikh (Salford Learning Disability Team)
in consultation with Professor Holly G. Prigerson

Contact details: jenna.westbrook@nca.nhs.uk

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9. "Sad man holding pillow" by Vic, CC BY 2.0