

PARENTS: Please note this survey will be given to parents before the death of their child.

Anticipatory Grief Scale

The following statements represent feelings and attitudes of some parents of children with a chronic illness. Answer the statements as you are feeling now. Read each statement carefully and circle the number at the right which most closely reflects your degree of agreement or disagreement.

1= Strongly disagree, 2= Disagree, 3=Somewhat agree, 4=Agree, 5=Strongly agree

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|---|---|---|---|---|---|
| 1. I daydream about how life with my child was before the diagnosis was made. | 1 | 2 | 3 | 4 | 5 |
| 2. I feel close to my child who has a chronic illness. | 1 | 2 | 3 | 4 | 5 |
| 3. I seem to be more irritable since the diagnosis was made for my child. | 1 | 2 | 3 | 4 | 5 |
| 4. I am preoccupied with thoughts about my child and his/her illness. | 1 | 2 | 3 | 4 | 5 |
| 5. I have discovered new personal resources since my child's illness was diagnosed. | 1 | 2 | 3 | 4 | 5 |
| 6. I very much miss my child the way he/she used to be. | 1 | 2 | 3 | 4 | 5 |
| 7. I have felt very much alone since the diagnosis was made for my child. | 1 | 2 | 3 | 4 | 5 |
| 8. I am able to move ahead with my life. | 1 | 2 | 3 | 4 | 5 |
| 9. I blame myself for my child's illness. | 1 | 2 | 3 | 4 | 5 |
| 10. I find it hard to concentrate on my work since the diagnosis was made for my child. | 1 | 2 | 3 | 4 | 5 |
| 11. I have the personal resources to help me cope with my child and his/her illness. | 1 | 2 | 3 | 4 | 5 |
| 12. I have periods of tearfulness as I think about the course of my child's illness. | 1 | 2 | 3 | 4 | 5 |
| 13. I feel detached from my child. | 1 | 2 | 3 | 4 | 5 |
| 14. I feel a need to talk to others regarding my child's illness. | 1 | 2 | 3 | 4 | 5 |
| 15. I feel it is unfair that my child has this illness. | 1 | 2 | 3 | 4 | 5 |
| 16. I find it hard to sleep since the diagnosis was made for my child. | 1 | 2 | 3 | 4 | 5 |
| 17. No one will ever take the place of my child in my life. | 1 | 2 | 3 | 4 | 5 |
| 18. I avoid some people since my child was diagnosed. | 1 | 2 | 3 | 4 | 5 |
| 19. I feel I have adjusted to my child's illness. | 1 | 2 | 3 | 4 | 5 |
| 20. Since my child was diagnosed I find it more difficult to get along with certain people. | 1 | 2 | 3 | 4 | 5 |
| 21. I wonder what my life would be like if my child had not been diagnosed with his/her illness. | 1 | 2 | 3 | 4 | 5 |
| 22. I feel more competent since my child was diagnosed his/her illness. | 1 | 2 | 3 | 4 | 5 |
| 23. I get angry when I think about my child and his/her illness. | 1 | 2 | 3 | 4 | 5 |
| 24. Since the diagnosis was activities made for my child, I don't feel interested in keeping up with the day to day activities (T.V., newspapers, friends). | 1 | 2 | 3 | 4 | 5 |
| 25. I am unable to accept the fact that my child has a chronic illness. | 1 | 2 | 3 | 4 | 5 |
| I am now functioning about as well as before my child was diagnosed. | 1 | 2 | 3 | 4 | 5 |
| 27. I am planning for the future. | 1 | 2 | 3 | 4 | 5 |