

# MM Caregiver Grief Inventory - Short Form

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**Instructions:** This inventory is designed to measure the grief experience of current family caregivers of persons living with progressive dementia (e.g., Alzheimer's disease). Read each statement carefully, then decide how much you agree or disagree with what is said. Circle a number 1-5 to the right using the answer key below (For example 5 = Strongly Agree). It is important that you respond to all items so that the scores are accurate. Scoring rules are listed below.

ANSWER KEY							
1 = Strongly Disagree // 2 = Disagree // 3 = Somewhat Agree // 4 = Agree // 5 = Strongly Agree							
1	I've had to give up a great deal to be a caregiver.	1	2	3	4	5	A
2	I feel I am losing my freedom.	1	2	3	4	5	A
3	I have nobody to communicate with.	1	2	3	4	5	C
4	I have this empty, sick feeling knowing that my loved one is “gone”.	1	2	3	4	5	B
5	I spend a lot of time worrying about the bad things to come.	1	2	3	4	5	C
6	Dementia is like a double loss...I've lost the closeness with my loved one and connectedness with my family.	1	2	3	4	5	C
7	My friends simply don't understand what I'm going through.	1	2	3	4	5	C
8	I long for what was, what we had and shared in the past.	1	2	3	4	5	B
9	I could deal with other serious disabilities better than with this.	1	2	3	4	5	B
10	I will be tied up with this for who knows how long.	1	2	3	4	5	A
11	It hurts to put her/him to bed at night and realize that she/he is “gone”	1	2	3	4	5	B
12	I feel very sad about what this disease has done.	1	2	3	4	5	B
13	I lay awake most nights worrying about what's happening and how I'll manage tomorrow.	1	2	3	4	5	C
14	The people closest to me do not understand what I'm going through.	1	2	3	4	5	C
15	I've lost other people close to me, but the losses I'm experiencing now are much more troubling.	1	2	3	4	5	B
16	Independence is what I've lost...I don't have the freedom to go and do what I want.	1	2	3	4	5	A
17	I wish I had an hour or two to myself each day to pursue personal interests.	1	2	3	4	5	A
18	I'm stuck in this caregiving world and there's nothing I can do about it.	1	2	3	4	5	A

**Self-Scoring Procedure:** Add the numbers you circled to derive the following sub-scale and total grief scores. Use the letters to the right of each score to guide you.

**Personal Sacrifice Burden (A Items)** = \_\_\_\_\_  
(6 Items, M = 20.2, SD = 5.3, Alpha = .83, n = 292)

**Heartfelt Sadness & Longing (B Items)** = \_\_\_\_\_  
(6 Items, M = 20.2, SD = 5.0, Alpha = .80, n = 292)

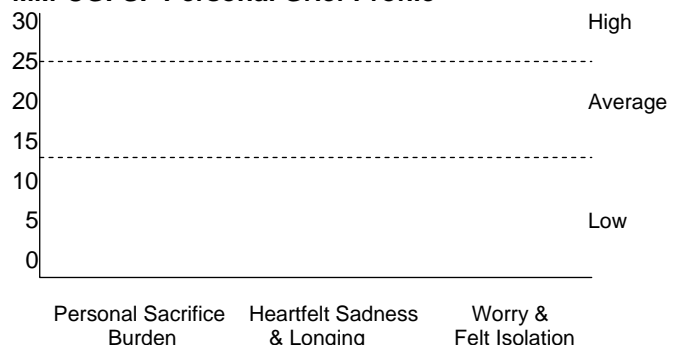
**Worry & Felt Isolation (C Items)** = \_\_\_\_\_  
(6 Items, M = 16.6, SD = 5.2, Alpha = .80, n = 292)

**Total Grief Level (Sum A + B + C)** = \_\_\_\_\_  
(18 Items, M = 57, SD = 12.9, Alpha = .90, n = 292)

**Plot your scores** using the grid to the right. Make an "X" nearest to your numeric score for each sub-scale heading. Connect the X's. This is your grief profile. Discuss this with your support group leader or counselor.

**Author Note:** This scale may be copied and freely used for clinical or supportive purposes. Those wishing to use the scale for research are asked to e-mail for permission: [meusert@umsl.edu](mailto:meusert@umsl.edu) (8/09).

## MM-CGI-SF Personal Grief Profile



### What do these scores mean?

Scores in the top area are one standard deviation (SD) higher than average based on responses of other family caregivers (n = 292). High scores may indicate a need for formal intervention or support assistance to enhance coping. Low scores (one SD below the mean) may indicate denial or a downplaying of distress. Low scores may also indicate positive adaptation if the individual is not showing other signs of suppressed grief or psychological disturbance. Average scores in the center indicate common reactions. These are general guides for discussion and support only— more research is needed on specific interpretation issues.