MM Caregiver Grief Inventory

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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 at the end.

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 miss so many of the activities we used to share.	1	2	3	4	5	B
3	I feel I am losing my freedom.	1	2	3	4	5	A
4	My physical health has declined from the stress of being a caregiver.	1	2	3	4	5	A
5	I have nobody to communicate with.	1	2	3	4	5	C
6	I don't know what is happening. I feel confused and unsure.	1	2	3	4	5	C
7	I carry a lot of stress as a caregiver.	1	2	3	4	5	A
8	I receive enough emotional support from others.	1	2	3	4	5	Cr
9	I have this empty, sick feeling knowing that my loved one is "gone".	1	2	3	4	5	B
10	I feel anxious and scared.	1	2	3	4	5	C
11	My personal life has changed a great deal.	1	2	3	4	5	A
12	I spend a lot of time worrying about the bad things to come.	1	2	3	4	5	C
13	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
14	I feel terrific sadness	1	2	3	4	5	B
15	This situation is totally unacceptable in my heart.	1	2	3	4	5	B
16	My friends simply don't understand what I'm going through.	1	2	3	4	5	C
17	I feel this constant sense of responsibility and it just never leaves.	1	2	3	4	5	A
18	I long for what was, what we had and shared in the past.	1	2	3	4	5	B
19	I could deal with other serious disabilities better than with this.	1	2	3	4	5	B
20	I can't feel free in this situation.	1	2	3	4	5	A
21	I'm having trouble sleeping.	1	2	3	4	5	A
22	I'm at peace with myself and my situation in life.	1	2	3	4	5	Cr
23	It's a life phase and I know we'll get through it.	1	2	3	4	5	Cr
24	My extended family has no idea what I go through in caring for him/her.	1	2	3	4	5	C
25	I feel so frustrated that I often tune him/her out.	1	2	3	4	5	A
26	I am always worrying.	1	2	3	4	5	C
27	I'm angry at the disease for robbing me of so much.	1	2	3	4	5	B
28	This is requiring more emotional energy and determination than I ever expected.	1	2	3	4	5	A
29	I will be tied up with this for who knows how long.	1	2	3	4	5	A
30	It hurts to put her/him to bed at night and realize that she/he is "gone"	1	2	3	4	5	B
31	I feel very sad about what this disease has done.	1	2	3	4	5	B
32	I feel severe depression.	1	2	3	4	5	C

ANSWER KEY

1 = Strongly Disagree // 2 = Disagree // 3 = Somewhat Agree // 4 = Agree // **5 = Strongly Agree**

33	I lay awake most nights worrying about what's happening and how I'll manage tomorrow.	1	2	3	4	5	C
34	The people closest to me do not understand what I'm going through.	1	2	3	4	5	C
35	His/her death will bring me renewed personal freedom to live my life.	1	2	3	4	5	A
36	I feel powerless.	1	2	3	4	5	B
37	It's frightening because you know doctors can't cure this disease, so things only get worse.	1	2	3	4	5	B
38	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
39	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
40	I've had to make some drastic changes in my life as a result of becoming a caregiver.	1	2	3	4	5	A
41	I wish I had an hour or two to myself each day to pursue personal interests.	1	2	3	4	5	A
42	I'm stuck in this caregiving world and there's nothing I can do about it.	1	2	3	4	5	A
43	I can't contain my sadness about all that's happening.	1	2	3	4	5	B
44	What upsets me most is what I've had to give up.	1	2	3	4	5	A
45	I'm managing pretty well overall.	1	2	3	4	5	Cr
46	I think I'm denying the full implications of this for my life.	1	2	3	4	5	C
47	I get excellent support from members of my family.	1	2	3	4	5	Cr
48	I've had a hard time accepting what is happening.	1	2	3	4	5	B
49	The demands on me are growing faster than I ever expected.	1	2	3	4	5	A
50	I wish this was all a dream and I could wake up back in my old life.	1	2	3	4	5	B

FAIR USE OF THE MM-CGI: The inventory was developed and pilot tested on two samples of dementia caregivers: 87 caregivers (45 adult child, 42 spouse) in the development phase and 166 (83 of each type) for pilot testing. Funding support came from the Alzheimer's Association (Grant 1999-PRG-1730). A 3-factor solution materialized (KMO = .889) and these factors are listed below. The authors consider this instrument to be part of the public domain. The authors would appreciate hearing feedback on how the scale is used. Researchers who wish to administer the inventory and/or modify it as part of a formal study are asked to notify the authors of their plans (Tom Meuser, Ph.D., meusert@umsl.edu; 314-516-5421).

Meuser, T.M., & Marwit, S.J. (2001). A comprehensive, stage-sensitive model of grief in dementia caregiving. The Gerontologist, Vol 41(5), 658-770.
Marwit, S.J., & Meuser, T.M. (2002). Development and Initial Validation of an Inventory to Assess Grief in Caregivers of Persons with Alzheimer's Disease. The Gerontologist, 42(6), 751-765.

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. *C Items with "r" afterwards must first be reverse scored (1→5, 2→4, 3→3, 4→2, 5→1) before adding to calculate your scores.*

Personal Sacrifice Burden *(A Items)* = _____
(18 Items, M = 54.3, SD = 14.1, Alpha = .93, Split-Half = .91)

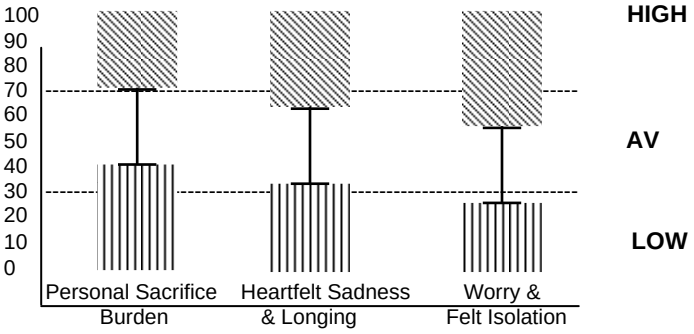
Heartfelt Sadness & Longing *(B Items)* = _____
(15 Items, M = 48.2, SD = 11.1, Alpha = .90, Split-Half = .86)

Worry & Felt Isolation *(C Items)* = _____
(17 Items, M = 40.6, SD = 11.9, Alpha = .91, Split-Half = .91)

Total Grief Level (Sum A + B + C) =_____
(50 Items, M = 144, SD = 31.6, Alpha = .96, Split-Half = .87)

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

MM-CGI Personal Grief Profile



What do these scores mean?

Scores in the top area are higher than average based validation sample statistics (1 SD above the Mean). High scores may indicate a need for formal intervention or support assistance to enhance coping. Low scores in the bottom lined section (1 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. Average scores in the center indicate common reactions. These are general guides for discussion and support only – more research is needed on more specific interpretation issues.