

Aarhus Prolonged Grief Disorder Scale (A-PGDs)

The A-PGDs is a self-report questionnaire on prolonged grief disorder, designed for clinical screening and research in bereaved individuals. It explores separation reactions, the associated emotional distress, functional impairment, the unusually intense nature of the grief reaction, and its duration. The tool was developed to operationalize the criteria for prolonged grief disorder of both ICD-11 and DSM-5-TR within a single measure. It is particularly useful for the structured screening of complicated grief, referral for an in-depth clinical assessment, and symptom monitoring over time.

Number of questions	20 questions
Estimated duration	10 minutes
Language	English
Original name	Aarhus PGD scale
Target audience	Bereaved adults
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Preview of the 20 questions

Think of the name of the person you lost on the blank lines (_____) and answer in relation to your loss.

Have you longed for _____ during the past month?

Not at all | A little | To some extent | Very much | Overwhelmingly

Think of the name of the person you lost on the blank lines (_____) and answer in relation to your loss.

Have you during the past month found yourself preoccupied with thoughts of _____ even when you did not want to be thinking about them?

Not at all | A little | To some extent | Very much | Overwhelmingly

Think of the name of the person you lost on the blank lines (_____) and answer in relation to your loss.

Have you had feelings of sadness or sorrow during the past month?

Not at all | A little | To some extent | Very much | Overwhelmingly

Think of the name of the person you lost on the blank lines (_____) and answer in relation to your loss.

Have you felt guilty during the past month?

Not at all | A little | To some extent | Very much | Overwhelmingly

Think of the name of the person you lost on the blank lines (_____) and answer in relation to your loss.

Have you felt angry during the past month?

Not at all | A little | To some extent | Very much | Overwhelmingly

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Items 1 to 16 are rated on a scale from 1 to 5, from not at all to extremely. Item 17 is rated from 1 to 5 and then supplemented by yes or no answers on near-daily frequency and the areas of impairment. Items 18 to 20 are rated yes or no. In the original key, a symptom is considered present from a score of 4, and the interpretation then checks for the presence of at least one core symptom, the required number of associated symptoms, functional impairment, a reaction exceeding sociocultural norms, and the time elapsed since the loss according to ICD-11 or DSM-5-TR. A more recent two-step screening method first requires at least one core symptom rated 3 or higher, then a total score of at least 27 on the ICD-11 associated symptoms or 29 on the DSM-5-TR associated symptoms. The result indicates a risk or a probable case and must be confirmed clinically.

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Samia T. - Online Psychologist