

Grief Resolution Index

After your husband died, how well were you able to do your grief work in terms of the following?

		Response*
1.	Accepted the death of my husband	
2.	Stopped saying "we"	
3.	Became able to reach out to others	
4.	Was able to do my crying and get it over with	
5.	Said goodbye to my husband	
6.	Was able to think through what my husband's death meant to me	
7.	Was able to get on with my new life	

*Subjects respond to these items using a 1-5 scale
1 = very poorly and 5 = very well

Remondet, JH, Hansson, RO. Assessing a widow's grief--a short index. *Journal of Gerontological Nursing*. Vol 13; 4:31-34.