

## The Post-Bereavement Phenomenology Inventory (PBPI)

**Instructions to patient:** People who have experienced a recent, major loss react in a variety of ways. There are no “right” or “wrong” responses to this questionnaire. After each numbered item, please check the sentence (either in the left *or* right column) that *better describes* how you have been feeling, thinking, or behaving for the past 1 to 2 *months*. Please check only *one* box for each numbered item:

**Which fits you better:**

	<b>The sentence on the left?</b>	<b>Or . . .</b>	<b>The sentence on the right?</b>
1.	I am filled with despair nearly all the time, and I almost always feel hopeless about the future. <input type="checkbox"/>		I feel sadness a lot of the time, but I believe that eventually, things will get better. <input type="checkbox"/>
2.	My sadness or depressed mood is nearly constant, and it isn't improved by any positive events, activities or people. <input type="checkbox"/>		My sadness or depressed mood usually comes in “waves” or “pangs,” and there are events, activities or people who help me feel better. <input type="checkbox"/>
3.	When I am reminded of my loss (of a loved one, friend, job, etc.) I feel nothing but pain, bitterness, or bad memories. <input type="checkbox"/>		When I am reminded of my loss (of a loved one, friend, job, etc.) I often feel intense grief or have painful memories; but sometimes, I have good thoughts and pleasant memories. <input type="checkbox"/>
4.	I will probably never get back to feeling like my “old self” again. <input type="checkbox"/>		Things are really tough now, but I'm hopeful that, with time, I will feel more like my “old self.” <input type="checkbox"/>
5.	I feel like a worthless person who has done mostly bad things in life, and let my friends family and loved ones down. <input type="checkbox"/>		I feel like I'm basically a good person and that in general, I have done my best for my friends, family and loved ones. <input type="checkbox"/>
6.	All I can think about lately is myself, and how miserable I feel; I hardly think about friends, family or loved ones, except to blame myself for some failing. <input type="checkbox"/>		Even though I'm less social and outgoing since my loss, I still think a lot about friends, family and loved ones, often with good feelings about them. <input type="checkbox"/>
7.	When friends or family call or visit, and try to cheer me up, I don't feel anything, or I may feel even worse.		When friends or family call or visit and try to cheer me up, I usually “perk up” for a while and enjoy the social contact.

	<input type="checkbox"/>		<input type="checkbox"/>
8.	I often have persistent thoughts or impulses about ending my life, and I often think I'd be better off dead. <input type="checkbox"/>	I sometimes feel like a part of me has been lost, and I wish I could be re-united with the person or part of my life I am missing; but I still think life is worth living. <input type="checkbox"/>	
9.	Almost nothing that I used to like doing (reading, listening to music, sports, hobbies, etc.) is of any comfort or consolation to me anymore. <input type="checkbox"/>	The things that I have always liked doing (reading, listening to music, sports, hobbies, etc.) give me some comfort and consolation, at least temporarily. <input type="checkbox"/>	
10.	I feel "slowed down" inside, like my body and mind are stuck or frozen, and like time itself is standing still. <input type="checkbox"/>	My concentration isn't as good as usual, but my body and mind aren't slowed down, and time passes in the usual way. <input type="checkbox"/>	

**Source:** Ronald W. Pies, MD; 2012.