

Grief Impairment Scale (GIS)

Instructions: Using the scale (0 to 4) below, please indicate how often (in the past 30 days) you had difficulty functioning because of your grief. We define “grief” as your reactions to your significant loss.

0 days (never)		1 to 3 days (seldom)		4 to 15 days (occasionally)		16 to 29 days (often)		30 days (always)
0		1		2		3		4

1.	Experienced problems with <i>thinking</i> because of your grief. Some examples include: <ul style="list-style-type: none"> Difficulty with attention (e.g., unable to concentrate on an important task). Memory problem (e.g., forgot, lost, or could not remember something important). Difficulty with a decision (e.g., made a poor decision; was indecisive). 	<input style="width: 40px; height: 40px; border: 1px solid black;" type="text"/>
2.	Experienced <i>health problems</i> because of your grief. Some examples include: <ul style="list-style-type: none"> Sickness, pain, or discomfort (e.g., cold symptoms; abdominal pain; felt sick). Sleep disturbances (e.g., unable to fall or stay asleep). Low energy (e.g., feeling exhausted). 	<input style="width: 40px; height: 40px; border: 1px solid black;" type="text"/>
3.	Engaged in <i>unhealthy activity</i> to cope with your grief. Some examples include: <ul style="list-style-type: none"> Alcohol or Substance use (e.g., pain killers; cocaine; heroine; methamphetamine). Unhealthy Eating (e.g., overeating or skipping meals). Self-Destructive Behavior (e.g., damaging self or objects; reckless driving). 	<input style="width: 40px; height: 40px; border: 1px solid black;" type="text"/>
4.	Unable to fulfill an <i>important responsibility</i> in life, such as work/school, housekeeping, and/or caring for others, because of your grief. Some examples include: <ul style="list-style-type: none"> Work or School (e.g., absent/tardy; failing assignment/exam; poor quality work). Housekeeping (e.g., unkept rooms; dusty/dirty surfaces; uncleaned dishes/clothes). Caring for Others (e.g., unable to provide food/shelter; did not provide adequate supervision or tend to medical needs). 	<input style="width: 40px; height: 40px; border: 1px solid black;" type="text"/>
5.	Unable to <i>positively engage with others</i> because of your grief. Some examples include: <ul style="list-style-type: none"> Avoided a significant person, place, or event. Fought or argued with others. People avoided you or treated you in a hurtful way (e.g., insensitive comments). 	<input style="width: 40px; height: 40px; border: 1px solid black;" type="text"/>
	TOTAL SCORE	<input style="width: 40px; height: 40px; border: 1px solid black;" type="text"/>

Note. The GIS is placed in the public domain to encourage its use in clinical assessment, education, and research. No formal permission is therefore required for its reproduction and use by others, beyond appropriate citation:
 Lee, S. A., & Neimeyer, R. A. (2022) Grief Impairment Scale: A biopsychosocial measure of grief-related functional impairment. *Death Studies*, 47(5), 519-530. <https://doi.org/10.1080/07481187.2022.2113605>