



## Appendix A: Adult Attitude to Grief Scale – Patient Handout

### Adult Attitude to Grief scale

Indicate (tick) your response to the attitudes expressed in the following statements:

Adult Attitude to Grief scale	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
1. I feel able to face the pain which comes with loss.					
2. For me, it is difficult to switch off thoughts about the person I have lost.					
3. I feel very aware of my inner strength when faced with grief.					
4. I believe that I must be brave in the face of loss.					
5. I feel that I will always carry the pain of grief with me.					
6. For me, it is important to keep my grief under control.					
7. Life has less meaning for me after this loss.					
8. I think its best just to get on with life and not dwell on this loss.*					
9. It may not always feel like it but I do believe that I will come through this experience of grief.					

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## Appendix A: Adult Attitude to Grief Scale – For Practitioners – Score Sheet and Practice Protocol

Date completed:		Time:					
Completed by:							
<b>R</b> = Resilient (items 1,3,9), <b>C</b> = Controlled (items 4,6, 8), <b>O</b> = Overwhelmed (items 2,5,7)							
	<b>Adult Attitude to Grief scale</b>	<b>Strongly agree</b>	<b>Agree</b>	<b>Neither agree nor disagree</b>	<b>Disagree</b>	<b>Strongly disagree</b>	<b>Additional responses/ comments</b>
1.	<b>R.</b> (Resilient) I feel able to face the pain which comes with loss.	0	1	2	3	4	
2.	<b>O.</b> (Overwhelmed) For me, it is difficult to switch off thoughts about the person I have lost.	4	3	2	1	0	
3.	<b>R.</b> (Resilient) I feel very aware of my inner strength when faced with grief.	0	1	2	3	4	
4.	<b>C.</b> (Controlled) I believe that I must be brave in the face of loss.	4	3	2	1	0	
5.	<b>O.</b> (Overwhelmed) I feel that I will always carry the pain of grief with me.	4	3	2	1	0	
6.	<b>C.</b> (Controlled) For me, it is important to keep my grief under control.	4	3	2	1	0	
7.	<b>O.</b> (Overwhelmed) Life has less meaning for me after this loss.	4	3	2	1	0	
8.	<b>C.</b> (Controlled) I think its best just to get on with life and not dwell on this loss.*	4	3	2	1	0	
9.	<b>R.</b> (Resilient) It may not always feel like it but I do believe that I will come through this experience of grief	0	1	2	3	4	
	Vulnerability Score (AAG score) = _____ (total score for the 9 items) Level of vulnerability identified = _____	Levels of vulnerability identified by the AAG score: Severe vulnerability > 24 High vulnerability 21–23 Low vulnerability <20					

Adapted and used with permission from Dr. Linda Machin. © Linda Machin 2010 (\*modified 2013) (N.B. resilient scores reversed to permit a simple addition)  
Machin L, Bartlam B, Bartlam R. Identifying levels of vulnerability in grief using the Adult Attitude to Grief Scale: from theory to practice. *Bereavement Care*. 2015 34:2, 59-68.

## Using the Adult Attitude to Grief scale (AAG) – a practice protocol (© Linda Machin)

- The AAG can be used as a **standard** form of assessment within a service or used **selectively** i.e. where it is seen to be appropriate (by the practitioner).
- **Information for clients:**
  - i) **explain** how the AAG is used in the service/by the practitioner and gain informed consent (see ii, iii, iv below).
  - ii) **explain the purpose of the scale** i.e. to help client and practitioner have a clear picture of a client's grief.
  - iii) **give a copy of the scale to the client;** explain the 5 choices associated with each item on the scale (from strong agreement to strong disagreement) and decide who will read out each statement.
  - iv) **assure** the client that there are no right or wrong answers.
  - v) when the scale is used - in addition to identifying levels of agreement/disagreement with the 9 items in the scale **encourage** the client to say more about each of the 9 statements to increase an understanding of their individual experience and perspective on grief.
- **The Vulnerability Indicator score** is to help the practitioner have an overview of the client's need for support. It is important **NOT to use a score / numbers sheet with clients** as this can convey a sense of being tested and may prevent honest responses.
- When the AAG has been completed discuss the responses to the scale with the client:
  - i) ask **how the client felt** using the scale.
  - ii) ask whether there were particular themes in the scale which stood out as being **significant or troubling** to them.
  - iii) give feedback on any **evident bias** i.e. an overview of the tendency towards being overwhelmed, controlled or resilient.
  - iv) give more detailed feedback, reflecting on where there seems to be **tension/contradictions** between the overwhelmed, controlled and resilient responses suggesting possible vulnerability e.g. where the desire to be in control and get on with life is undermined by strong emotions (evident where there is agreement with both item 2 and 8).
- **Use the evidence from the AAG responses:**
  - i) at an initial assessment to determine **what kind of support** service is most appropriate for the client.
  - ii) to enable the practitioner and the client, jointly, **set goals** for support / intervention.
  - iii) as part of the help process, **to review** the client's changing grief reactions and responses.
  - iv) as a tool **in supervision** i.e. as a guide to determine appropriate and effective therapeutic/support strategies.
  - v) to evaluate the **outcome** of the client's grief at the end of support.

N.B. for correspondence or copies of: the AAG for use with clients; the Vulnerability Indicator score sheets; practice record sheets – contact Dr Linda Machin – [l.machin@keele.ac.uk](mailto:l.machin@keele.ac.uk)