

Widows Symptom Scale: Self-Report

Widow _____ Date _____

Directions: Below is a list of the problems that widows sometimes have after experiencing the traumatic event of losing their life partner. Read each one carefully and check from 0-3 regarding what you are currently experiencing. I refer to the traumatic event as the “death event” in this list. This includes a prolonged illness, accidental death, suicide, or murder.

0 = Not at all or only one time

1 = Once per week or less/once in a while

2 = 2 to 4 times per week/half the time

3 = 5 or more times per week/almost always

Symptoms	0	1	2	3
1. Having upsetting thoughts or images about the illness or loss event that comes into your head when you don't want them to?				
2. Having bad dreams or nightmares about the loss event?				
3. Having these bad dreams always center on you dying?				
4. Reliving the loss event, acting or feeling as if it were happening again?				
5. Reliving and playing the loss event over and over as if you are viewing it in again and again in a movie?				
6. Feeling emotionally upset when you were reminded of the loss event (for example feeling scared, angry, sad, guilty, etc.)?				
7. Experiencing physical reactions (for example, break out in a sweat, heart beats fast) when you were reminded of the loss event?				
8. Trying not to think about, talk about, or have feelings about the loss event?				
9. And when I try hard enough not to think about the loss event I feel dizzy?				
10. Trying to avoid activities, people, or places that remind you of the loss event?				
11. Not being able to remember an important part of the loss event?				
12. Having much less interest or less participation in important activities?				
13. Having much more interest in activities that are unimportant?				
14. Feeling distant or cut off from people around you?				
15. Feeling emotionally numb (for example, being unable to cry or unable to have loving feelings)				
16. Feeling emotionally transparent (for example, feeling like people see right through you)				
17. Feeling as if your future plans or hopes will not come true (for example, you will not have a career, marriage, children, grandchildren, or a long life)?				
18. Having trouble falling or staying asleep?				
19. Feeling irritable or having fits of anger?				