**Professional Bereavement Scale**

1. **Short-term Bereavement Reactions Subscale**

Please recall your most recent experience of patient death and rate, from 0-4, on the intensity of your reactions within a week after that patient death.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Not at all | Weak | Medium | Strong | Extremely strong |
| 0 | 1 | 2 | 3 | 4 |

1. I felt sad.
2. I felt grief.
3. I felt that life is uncertain.
4. I was moved by the patient’s family’s understanding.
5. I felt fatigue.
6. I was moved by the patient’s family’s gratitude.
7. I blamed myself.
8. I felt pity for the death of the patient.
9. I felt guilty.
10. I thought that I am not a good doctor/nurse.
11. I was confused about why the patient died.
12. I felt nervous and worried about potential professional–patient conflicts.
13. I doubted the value of my occupation.
14. I felt exhausted.
15. I felt frustrated.
16. The scene of the event intruded on my mind repeatedly.
17. I felt anxious for my own death in the future.
18. **Long-term Changes Subscale**

Compared with times before you encountered your first patient death, you might have been changed after experiencing all of the patient deaths in your career.

Please rate the extent to which you have been changed by patient deaths in each of the following aspects. There is no right answer, and please rate according to your true feelings.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| No (no such change or the change was not induced by experiencing patient deaths) | Yes, few | Yes, some | Yes, a lot | Yes, great deal |
| 0 | 1 | 2 | 3 | 4 |

1. I am more aware that death is inevitable.
2. I am more aware that life is uncertain.
3. I cherish my life more.
4. I feel fatigued by my job.
5. I am more anxious about the future deaths of my loved ones.
6. The immediate impact that a patient death has on me becomes weaker.
7. The after-effects of patient deaths become weaker for me.
8. I cherish the present more.
9. I am better at coping with patient deaths.
10. I achieve more acceptance of patient deaths.
11. I deliberately avoid building very close relationships with patients.
12. I am more aware of the limitation of medical science.
13. The goals in my career have become more practical.
14. I achieve more acceptance of my own death.
15. I am more anxious about my own mortality.

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