Perinatal Grief Scale

Each of the items is a statement of thoughts and feelings that some people have concerning a loss such as yours. There are no right or wrong responses to these statements. For each item, circle the number which best indicated the extent to which the respondent agrees or disagrees with it at the present time. If the respondent is not certain, use the "neither" category. Please try to use this category only when the respondent truly has no opinion.

بر سوال خیالات اور احساسات کا بیان بے جو کچھ لوگوں کو آپ جیسے نقصان سے متعلق بے۔ان بیانات کا کونی صحیح یا غلط جواب نہیں بے

بر سوال کے لیے اس نمبر کا چکر لگانیں جس سے یہ اشارہ ملتا ہے کہ جواب دبندہ موجودہ وقت میں اس سے کس حد تک متفق یا غیر متفق کرتا ہے۔اگر جواب دبندہ یقینی نہیں ہے تو "نہ" استعمال کریں براہ کرم اس زمرے کو صرف اس وقت استعمال کرنے کی کوشش کریں جب جواب دبندہ کی واقعی کوئی رانے نہ بو

- 1. Strongly Disagree (پوری طرح غیر متفق)
- 2. Disagree (غير متفق)
- (کونی رانے نہیں) 3. Neutral
- 4. Agree (متفق)
- (پوری طرح متفق) 5. Strongly Agree

Sr.	Original PGS	Urdu Translation	English Back translation of
no			Urdu
1.	Do you feel depressed.	کیا آپ افسردہ محسوس کرتی ہیں	Do you feel depressed
2.	Do You find it hard to get along with certain people?		Do you feel difficulty/hard in meeting certain people
3.	Do You feel empty inside?	کیا آپ اندر سے خالی پن محسوس کرتی بیں بیں	Do you feel empty inside?
4.	You can't keep up with your normal activities.	آپ اپنی معمول کی سرگرمیوں کو جاری نہیں رکھ سکتے۔	You cannot continue your normal activities.

6. Do you grieve for the baby? 7. Do You feel frightened. 8. Have you considered suicide since the loss? 9. Do You take medicine for your nerves? 10. Do You very much miss the baby. 11. Do You feel that you have adjusted well to the loss? 12. It is painful for you to recall memories of the loss. 13. Do You get upset when you think about the baby? 14. Do You get upset when you think about the baby? 15. Do You feel guilty when you think about him/her? 16. Do You feel guilty when you think about you feel physically ill? 17. Do You feel physically ill? 18. Have you considered suicide since the loss? 18. Have you considered suicide since the loss? 19. Do You take medicine ye de Zel Zel Zel Zel Zel Zel Zel Zel Zel Ze	5.	Do you feel a need to	کیا آپ کو اپنے بچے کے بارے میں	Do you feel a need to talk to
baby? بین child 7. Do You feel frightened. بین کرتی ہیں Do you feel scared 8. Have you considered suicide since the loss? 9. Do You take medicine for your nerves? بین آپ کو بچے کی بہت یاد آتی ہے۔ 10. Do You very much miss the baby. 11. Do You feel that you have adjusted well to the loss? 12. It is painful for you to recall memories of the loss. 13. Do You get upset when you think about the baby? 14. Do You cry when you think about think about him/her? 15. Do You feel guilty when you think about him/her? 16. Do You feel physically ill? 17. Do You feel physically ill? 18. Have you considered suicide since the loss? 19. Do you take drugs/medicines to comfort yourself up you werely a bo you feel fully asserted to comfort yourself up your child? 18. It is painful for you to recall the loss the loss. 19. Do you get sad when you think about the up about your child? 10. Do You feel guilty when you think about your child? 11. Do You feel physically ill? 12. Do you feel physically ill? 13. Do You feel physically ill? 14. Do You feel physically ill? 15. Do You feel physically ill? 16. Do You feel physically ill? 17. Do You feel physically ill ill in protected in a dangerous world since child has died?		talk about the baby?	کسی سے بات کرنے کی ضرورت ہے	someone regarding your child
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11. Do You feel that you have adjusted well to the loss? 12. It is painful for you to recall memories of the loss. 13. Do You get upset when you think about the baby? 14. Do You cry when you think about think about him/her? 15. Do You feel guilty when you think about him/her? 16. Do You feel physically ill? 17. Do You feel you feel you feel you set when you feel physically ill? 18. Do You feel physically ill? 19. Do You feel physically ill? 10. Do You feel physically ill? 11. Do You feel you feel you set when you think about your child? 12. It is painful for you to recall the loss the loss. 13. Do You get upset when you week in think about your child? 14. Do You feel guilty when you week you think about him/her? 15. Do You feel guilty when you when you think about your child? 16. Do You feel physically ill? 17. Do You feel in a dangerous world since world since with about your child has died? 18. Do you feel yourself unsafe in the world since child has died?	10.	Do You very much miss	کیا آپ کو بچے کی بہت یاد آتی ہے۔	Do you miss your child
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12. It is painful for you to recall memories of the loss. 13. Do You get upset when you think about the baby? 14. Do You cry when you think about him/her? 15. Do You feel guilty when you think about him/her? 16. Do You feel physically ill? 17. Do You feel unprotected in a dangerous world since child has died?		have adjusted well to	کو صبر آگیا ہے	content after this loss?
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13. Do You get upset when you think about the baby? 14. Do You cry when you think about him/her? 15. Do You feel guilty when you think about him/her? 16. Do You feel physically ill? 17. Do You feel unprotected in a dangerous world since child has died?		recall memories of the	تکلیف دہ ہوتا ہے	the loss
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14. Do You cry when you think about him/her? 15. Do You feel guilty when you when you think about him/her? 16. Do You feel physically الله على ا		you think about the	بچے کے بارے میں سوچتی ہیں	think about your child?
think about him/her? بین تو رونے لگتی بین about your child 15. Do You feel guilty when you when you think about your child? Do you feel guilty when you think about when you think about your child? 16. Do You feel physically کیا آپ جسمائی طور پر بیمار محسوس Do you feel physically ill? 17. Do You feel کرتی بین کرتی بین Do you feel yourself unsafe ir unprotected in a dangerous world since		baby?		
15. Do You feel guilty when you when you think about the baby? 16. Do You feel physically الله على ا	14.	Do You cry when you	کیا آپ جب اس کے بارے میں سوچتی	Do you weep while thinking
when you think about موچتی بین تو خود کو قصور وار تصور think about your child? 2 کرتی بین الله علی الله علی الله علی الله علی الله baby? 16. Do You feel physically الله الله علی الله علی الله الله الله الله الله الله الله ال		think about him/her?	بیں تو رونے لگتی بیں	about your child
the baby? 16. Do You feel physically کیا آپ جسمائی طور پر بیمار محسوس 20. Do you feel physically ازاری ازاری ازاری ازاری این این ازاری	15.	Do You feel guilty	کیا جب آپ اپنے بچے کے بارے میں	Do you feel guilty when you
16. Do You feel physically کیا آپ جسماتی طور پر بیمار محسوس Do you feel physically ill? 27. Do You feel کیا جب سے بچے کا نقصان ہوا ہے آپ Do you feel yourself unsafe in unprotected in a خود کو اس دنیا میں غیر محفوظ محسوس کرتی ہیں 38. کود کو اس دنیا میں غیر محفوظ محسوس کرتی ہیں		when you think about	سوچتی بیں تو خود کو قصور وار تصور	think about your child?
ill? کرتی ہیں کرتی ہیں اور کی کی اور		the baby?	کرتی بیں	
17. Do You feel کیا جب سے بچے کا نقصان ہوا ہے آپ Do you feel yourself unsafe in unprotected in a خود کو اس دنیا میں غیر محفوظ محسوس the world since child has died?	16.	Do You feel physically	کیا آپ جسمائی طور پر بیمار محسوس	Do you feel physically ill?
unprotected in a خود کو اس دنیا میں غیر محفوظ محسوس the world since child has died? کرتی ہیں		ill?	کرتی بیں	
dangerous world since کرتی ہیں	17.	Do You feel	كيا جب سے بچے كا نقصان بوا ہے آپ	Do you feel yourself unsafe in
		unprotected in a	خود کو اس دنیا میں غیر محفوظ محسوس	the world since child has died?
he/she died?		dangerous world since	کرتی ہیں	
		he/she died?		

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18.	Do you try to laugh, but	کیا آپ کوشش کے باوجود خوشی	Don't you feel happy despite
	nothing seems funny	محسوس نہیں کرتی	the effort?
	anymore?		
19.	Do time passes slowly	کیا بچے کے نقصان کے بعد وقت آبستہ	Do time passes slowly since
	since the baby died?	گذرتا ہے	child has died?
20.	The best part of you	آپ کا اچھا وقت آپ کے بچے کے ساتھ	Your good time has ended
	died with the baby?	ختم ہو گیا ہے	with the death of your child?
21.	You have let people	بچے کے نقصان کے بعد سے آپ لوگوں	Since the loss of the child, you
	down since the baby	بیں تی کو مایوس کر	have let people down.
	died		
22.	Do You feel worthless	کیا جب سے آپ کے بچہ نقصان ہوا ہے	Do you feel yourself
	since he/she died?	آپ خود کو بے وُقعت سمجھتی بیں	insignificant since your child
			has died
23.	Do You blame yourself	کیا آپ بچے کے نقصان کا ذمہ دار خود کو	Do you consider yourself
	for the baby's death?	ماتتی بیں	responsible for the death of
			your child
24.	Do you get cross with	کیا آپ دوستوں اور رشتہ داروں سے	Do you argue unnecessarily
	your friends and	ضرورت سے زیادہ بحث کرتی بیں	with your friend and relatives
	relatives more than you		more than you should?
	should?		
25.	Do Sometimes you feel	کیا کبھی کبھی آپ کو لگتا ہے کہ آپ کو	Do you sometimes feel that
	like need a professional	اپنی زندگی معمول پر لانے میں ماہر	you need the help of a
	counselor to help you	نفسیات کی مدد کی ضرورت ہے	psychologist to get your life
	get your life back		back on track?
	together again?		
26.	Do You feel as though	کیا آپ کو محسوس بوتا ہے کہ بچے کی	Do you think that you're not
	you're just existing and	وفات کے بعد آپ بھرپور زندگی نہیں جی	living a complete life since
	not really living since	ربی	death of your child
	he/she died?		
27.	Do You feel so lonely	کیا جب سے بچہ فوت بوا ہے آپ خود کو	Do you feel yourself lonely
	since he/she died?	اكيلا محسوس كرتى بين	since your child has died

28.	Do You feel somewhat	کیا آپ خود کو اپنے دوستوں کے درمیان	Do you feel somewhat
	apart and remote, even	بھی کسی حد تک الگ تھلگ محسوس	isolated, even among your
	among friends?	کرتی بی <i>ں</i>	friends
29.	Do you think it's safer	کیا آپ سوچتی بیں کہ محبت نہ کرنا زیادہ	Do you think it's safer not to
	not to love?	اچھا ہے	love
30.	Do You find it difficult	کیا آپ کو بچے کے نقصان کے بعد سے	Do you find it difficulty to
	to make decisions since	فیصلے کرنا مشکل لگتا ہے	make decision since the death
	the baby died?		of your child
31.	Do You worry about	کیا آپ اس بارے میں فکر مند بیں کہ آپ	Do you have concern about
	what your future will be	کا مستقبل کیسا ہوگا	what your future will be?
	like?		
32.	Do you think Being a	کیا آپ سوچتی بیں کہ غمزدہ والدین	Do you understand that the
	bereaved parent means	دوسروں سے کم تر دوسرے درجے کے	sad parents are inferior/
	being a "Second- Class	اشہری ہیں	second class citizen
	Citizen"?		
33.	Do you think it feels	کیا آپ کو زندہ ربنا اچھا لگتا ہے	Do you feel better to be alive
	great to be alive?		