

Background questions – loss specific

LRQ1_WHO If you have experienced more than one loss of a person aged 18 or over within the last five years, please choose the most significant loss and indicate who you have lost/their relationship to you.

My most significant loss of a person aged 18 or over in the last five years has been:

- My child (1)
- My partner/spouse (2)
- My mother/father (3)
- My grandparent (4)
- My sibling (5)
- Another family member (6)
- A friend (7)
- Another significant person (8)

LRQ1_GENDER What is the gender of the person you have lost?

- Woman (1)
- Man (2)
- Other (3) _____

LRQ2_LIVE Did you live together with this person?

- Yes (1)
- No (2)
- I used to live together with this person in the past. (3)

LRQ3_DOD Please let us know the date of this person's death:

	Month	Day	Year
Please Select: (1)			

LRQ4_AOD What was the age of the person at the time of their death:

	18	118
Age in Years ()		

LRQ5_COD Please let us know the cause of this person's death:

- Natural death after illness (1)
- Sudden natural death (2)
- Fatal accident (3)
- Suicide (4)
- Homicide (5)
- Misadventure (6)
- Other (7) please specify_____

PQR_FREQ How often did you have contact with the person in the year prior to the loss?

- 1 - Daily (1)
- 2 - Several times a week (2)
- 3 - Weekly (3)
- 4 - Monthly (4)
- 5 - Several times a year (5)
- 6 - Yearly (6)
- 7 - Less than once a year (7)

PQR_CHANGE Has your relationship to your deceased loved one changed (for better or worse) since the loss?

- 1 - A lot better (1)
- 2 - Moderately better (2)
- 3 - A little better (3)
- 4 - Same (4)
- 5 - A little worse (5)
- 6 - Moderately worse (6)
- 7 - A lot worse (7)

PQR_SIGNIF How significant was the loss of your $\{e://Field/Deceased\}$ to you on a scale of 1 (hardly significant) to 7 (extremely significant)?

- 1 - Hardly significant (1)
- 2 - A little significant (2)
- 3 - Quite significant (3)
- 4 - Moderately significant (4)
- 5 - Very significant (5)
- 6 - Highly significant (6)
- 7 - Extremely significant (7)

Continuing bonds survey

CBI Thinking about this person who died, please indicate to what extent you are doing/have done or experienced any of the following 23 activities on a frequency scale from 0 (never) to 4 a Great deal). There are no right or wrong answers – please just answer as best as you can in relation to your personal experience.

	Never 0 (0)	Little 1 (1)	Somewhat 2 (2)	Much 3 (3)	A great deal 4 (4)
1. Remembering the deceased/thinking of the deceased (CBI_1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Talking about the deceased/sharing stories of the deceased (CBI_2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Looking at photos/watching video recordings of the deceased/reading old messages or letters of the deceased/listening to music associated with the deceased (CBI_3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Visualising the deceased/daydreaming about the deceased (CBI_4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Keeping or using possessions of the deceased (CBI_5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Keeping places or arrangements associated with the deceased unchanged (CBI_6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Keeping the ashes of the deceased close by (CBI_7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Engaging in specific rituals or practices (e.g. maintaining an altar/shrine/memorial to the deceased; lighting a candle) (CBI_8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

9. Spending time in places/rooms associated with the deceased (e.g. their bedroom, grave/burial site, favourite places of the deceased) (CBI_9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Commemorating significant days/special events connected with the deceased (CBI_10)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. Connecting with people who knew the deceased; nurturing or taking care of people who are related to the deceased (CBI_11)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. Talking or writing to the deceased (CBI_12)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. Using social media to feel connected with the deceased (e.g. leaving messages, using memorial sites) (CBI_13)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. Sensing the presence of the deceased through one of the five senses or having a sense of presence of the deceased (that the deceased is somehow around) (CBI_14)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. Noticing signs and symbols or meaningful coincidences connected to the deceased (CBI_15)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. Having dreams of the deceased that feel more vivid, real or meaningful than most dreams (CBI_16)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

17. Trying to contact the deceased, for example with the help of a medium/psychic/through specific practices (CBI_17)

18. Viewing the deceased as coming back in the form of another being (CBI_18)

19. Doing things the deceased liked to do (e.g. engaging in sports they did, eating their favourite foods, etc.) (CBI_19)

20. Thinking about what the deceased would do or say in a given situation (CBI_20)

21. Being guided by the deceased when making decisions (CBI_21)

22. Carrying out the wishes of the deceased (CBI_22)

23. Doing something in the name of the deceased/engaging in legacy projects (CBI_23)



CBI_TOPTWO You have stated that you have engaged at least once in the following activities/experiences. Please indicate which of these have been the (maximum of two) most significant ones to you or have had the largest impact on you (for better or worse), in order of reference (please write the number '1' next to the most significant one and '2' next to the second most significant one).reference (please write the number '1' next to the most significant one and '2' next to the second most significant one).

Options: The participants could select from a list of the CB they indorsed previously. They are then presented with follow-up questions for the two most significant activities/experiences.

CBF3_FIRST You have chosen the activity/experience “[\\${CBI/ChoiceDescription/14}](#)” as your most significant one

CBF3_DESCRI

Please describe your experience/what you have done specifically:

CBF3_POSITIVE How positive was this activity/experience to you on a scale from 0 (not at all positive) to 6 (extremely positive)?

- Not at all positive0 (1)
 - 1 (2)
 - 2 (3)
 - 3 (4)
 - 4 (5)
 - 5 (6)
 - Extremely positive6 (7)
-

CBF3_NEGATIVE How negative was this activity/experience to you on a scale from 0 (not at all negative) to 6 (extremely negative)?

- Not at all negative0 (1)
 - 1 (2)
 - 2 (3)
 - 3 (4)
 - 4 (5)
 - 5 (6)
 - Extremely negative6 (7)
-

CBF3_COMFORT How comforting was the experience to you on a scale from 0 (not at all comforting) to 6 (extremely comforting)?

- Not at all comforting0 (1)
 - 1 (2)
 - 2 (3)
 - 3 (4)
 - 4 (5)
 - 5 (6)
 - Extremely comforting6 (7)
-

CBF3_DISTRESS How distressing was the experience to you on a scale from 0 (not at all distressing) to 6 (extremely distressing)?

- Not at all distressing0 (1)
 - 1 (2)
 - 2 (3)
 - 3 (4)
 - 4 (5)
 - 5 (6)
 - Extremely distressing6 (7)
-

CBF3_MEANING How meaningful was the experience to you on a scale from 0 (not at all meaningful) to 6 (extremely meaningful)?

- Not at all meaningful0 (1)
 - 1 (2)
 - 2 (3)
 - 3 (4)
 - 4 (5)
 - 5 (6)
 - Extremely meaningful6 (7)
-

CBF3_FUNCTION What function(s) did this activity fulfil for you, or what meaning(s) did this have for you? Please tick all that apply:

- It helped me remember the deceased (1)
- It helped me connect with the deceased (2)
- It meant I could honour the deceased (3)
- It helped me cope better with my grief (4)
- It helped me with practical issues (5)
- It meant I could communicate with the deceased (6)
- It helped me feel physically close to the deceased (7)
- It meant the deceased was/is still around (8)
- I was able to finish something that was outstanding (9)
- It was for the benefit of the deceased (10)
- It was for my own benefit (11)
- It was for the benefit of others (12)
- It meant I could be guided by the deceased (13)
- It helped me not to feel the pain of the loss (14)
- It made me feel protected by the deceased (15)
- None of these (16)
- Other (17) _____

The two question below were asked if participants choose 15-18 (CB items) as most significant

CBF3_MESS Was there a message/communication for you?

Yes (1)

No (2)

CBF3_MESS_DESCRI Please describe the message(s)/communication you have received:

The questions below were asked people who reported SED (regardless of whether they had selected them as most significant)

Although you have not chosen this as one of your most significant activities/experiences, it is important to us and we would therefore ask you to answer a number of additional questions on this.

CBF3_DESCRI

Please describe your experience/what you have done specifically:

CBF3_SIGNIF How significant has this activity/experience been for you on a scale from 0 (not at all significant) to 6 (extremely significant)?

- Not at all significant0 (1)
 - 1 (2)
 - 2 (3)
 - 3 (4)
 - 4 (5)
 - 5 (6)
 - Extremely significant6 (7)
-

CBF3_SENSES How/in which of the senses did you experience the presence of the deceased?
(Tick all that apply)

- Seeing/visions (1)
 - Hearing sounds (2)
 - Voice of the deceased (3)
 - Touch (4)
 - Smell (5)
 - Taste (6)
 - Feeling of presence/nearness (7)
 - None of these/Other (8) _____
-

CBF3_SAMETIME Have you had experiences of the deceased in more than one sense at the same time (e.g. seeing and hearing the deceased)?

- Yes (1)
- No (2)

CBF3_SAMETIME_DESCR If yes, please describe

CBF3_VIVID How vivid was the experience on a scale from 0 (not at all vivid) to 6 (extremely vivid)?

- Not at all vivid0 (1)
 - 1 (2)
 - 2 (3)
 - 3 (4)
 - 4 (5)
 - 5 (6)
 - Extremely vivid6 (7)
-

CBF3_REAL How real was the experience on a scale from 0 (not at all real) to 6 (extremely real)?

- Not at all real0 (1)
 - 1 (2)
 - 2 (3)
 - 3 (4)
 - 4 (5)
 - 5 (6)
 - Extremely real6 (7)
-

CBF3_MESS Was there a message/communication for you?

- Yes (1)
- No (2)

CBF3_MESS_DESCRI Please describe the message(s)/communication you have received:

CBF3_STILL Do you still sense the deceased or do you no longer have such an experience?

- I no longer have this experience 0 (1)
- I have this experience less than once a year 1 (2)
- I have this experience a few times a year at most 2 (3)
- I have this experience several times a year 3 (4)
- I have this experience monthly 4 (5)
- I have this experience weekly 5 (6)
- I have this experience daily 6 (7)

CBF3_CONTACT Below are listed 6 categories of social relationships you might have been in contact with since your loss. Please indicate in relation to each how you felt you were received when you told someone from this category about your sensory experiences of your loved one.

	Positive (1)	Both positive and negative (2)	Negative (3)	I have not shared my experiences (4)	I have not had contact with anyone from this group (5)
Close family (e.g. children, parents or siblings). (CBF3_CONTACT_1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Extended family (CBF3_CONTACT_2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Close friends (CBF3_CONTACT_3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Acquaintances (CBF3_CONTACT_4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other bereaved people (e.g. grief support group members) (CBF3_CONTACT_5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Professionals (e.g. priest, doctor or psychologist). (CBF3_CONTACT_6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

CBF3_MAKESENSE Have you at any time since your first sensory experience of your deceased loved one attempted to make sense of your experience(s)?

- Never (1)
 - Little (2)
 - Somewhat (3)
 - Much (4)
 - A great deal (5)
-

CBF3_UNDERSTAND Have you gained some kind of understanding of your experience(s)?

- Never (1)
 - Little (2)
 - Somewhat (3)
 - Much (4)
 - A great deal (5)
-

CBF3_EASE How easy or difficult was it for you to make sense of your experience(s)?

- Very easy (1)
 - Easy (2)
 - Neither easy nor difficult (3)
 - Difficult (4)
 - Very difficult (5)
-

CBF3_COMPATIBLE To what extent are your sensory experience(s) compatible or incompatible with your general view of life and understanding of the world?

- Highly compatible (1)
 - Compatible (2)
 - Neither compatible nor incompatible (3)
 - Incompatible (4)
 - Highly incompatible (5)
-

CBF3_POSSIBLE Below are listed some possible ways of making sense of sensory experiences of the deceased. Please indicate in relation to each way of making sense to what extent you share this understanding in your own view of your sensory experience(s).

	Not at all (1)	Low extent (2)	Moderate extent (3)	High extent (4)	Completely (5)
1. My sensory experience(s) is/are a kind of spiritual experience (CBF3_POSSIBLE_1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. My sensory experience(s) is/are my loved one attempting to contact me (CBF3_POSSIBLE_2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. My sensory experience(s) is/are my senses or brain playing tricks on me. (CBF3_POSSIBLE_3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. My sensory experience(s) is/are just there. I have not made sense of it/them. (CBF3_POSSIBLE_4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

CBF3_POSSIBLE_DESCR If you make sense of these experiences in other ways than the ones described above, then please describe this here

CBF3_AFTERLIFE Have your beliefs about life after death changed as a result of sensing your deceased loved one?

- Much increased (1)
 - Increased (2)
 - Neither increased nor reduced (3)
 - Reduced (4)
 - Much reduced (5)
-

CBF3_RELIGIOUS Has/Have your sensory experience(s) affected how religious you are?

- Much increased (1)
 - Increased (2)
 - Neither increased nor reduced (3)
 - Reduced (4)
 - Much reduced (5)
-

CBF3_SPIRITUAL Has/Have your sensory experience(s) affected how spiritual you are?

- Much increased (1)
- Increased (2)
- Neither increased nor reduced (3)
- Reduced (4)
- Much reduced (5)

CBF3_POSITIVE How positive was this activity/experience to you on a scale from 0 (not at all positive) to 6 (extremely positive)?

- Not at all positive0 (1)
 - 1 (2)
 - 2 (3)
 - 3 (4)
 - 4 (5)
 - 5 (6)
 - Extremely positive6 (7)
-

CBF3_NEGATIVE How negative was this activity/experience to you on a scale from 0 (not at all negative) to 6 (extremely negative)?

- Not at all negative0 (1)
 - 1 (2)
 - 2 (3)
 - 3 (4)
 - 4 (5)
 - 5 (6)
 - Extremely negative6 (7)
-

CBF3_COMFORT How comforting was the experience to you on a scale from 0 (not at all comforting) to 6 (extremely comforting)?

- Not at all comforting0 (1)
 - 1 (2)
 - 2 (3)
 - 3 (4)
 - 4 (5)
 - 5 (6)
 - Extremely comforting6 (7)
-

CBF3_DISTRESS How distressing was the experience to you on a scale from 0 (not at all distressing) to 6 (extremely distressing)?

- Not at all distressing0 (1)
 - 1 (2)
 - 2 (3)
 - 3 (4)
 - 4 (5)
 - 5 (6)
 - Extremely distressing6 (7)
-

CBF3_MEANING How meaningful was the experience to you on a scale from 0 (not at all meaningful) to 6 (extremely meaningful)?

- Not at all meaningful0 (1)
 - 1 (2)
 - 2 (3)
 - 3 (4)
 - 4 (5)
 - 5 (6)
 - Extremely meaningful6 (7)
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CBF3_FUNCTION What function(s) did this activity fulfil for you, or what meaning(s) did this have for you? Please tick all that apply:

- It helped me remember the deceased (1)
- It helped me connect with the deceased (2)
- It meant I could honour the deceased (3)
- It helped me cope better with my grief (4)
- It helped me with practical issues (5)
- It meant I could communicate with the deceased (6)
- It helped me feel physically close to the deceased (7)
- It meant the deceased was/is still around (8)
- I was able to finish something that was outstanding (9)
- It was for the benefit of the deceased (10)
- It was for my own benefit (11)
- It was for the benefit of others (12)
- It meant I could be guided by the deceased (13)
- It helped me not to feel the pain of the loss (14)
- It made me feel protected by the deceased (15)
- None of these (16)
- Other (17) _____

Background questions - demographic

GENDER What is your gender?

- Woman (1)
 - Man (2)
 - Other (3)
 - Prefer not to say (4)
-

AGE What is your age?

- 18-25 (1)
 - 26-35 (2)
 - 36-45 (3)
 - 46-55 (4)
 - 56-65 (5)
 - 66-75 (6)
 - 76-85 (7)
 - 86 and above (8)
 - Prefer not to say (9)
-

LIVING Where do you currently live?

▼ Afghanistan (1) ... Zimbabwe (1357)

TIMELIVING How long have you lived in your current country of residence?



CHILDHOOD In which country did you spend the majority of your childhood?

▼ Afghanistan (1) ... Zimbabwe (1357)

ETHNIC What is your ethnicity?

- White/Caucasian (1)
- Asian (2)
- Black/African (3)
- Black/Carribbean (4)
- Hispanic/Latino (5)
- Arab (6)
- Pacific Islander (7)
- Native American (8)
- Mixed (9)
- Other (10) _____
- Prefer not to say (11)

FAITH What is your religious affiliation?

- Christian Protestant (1)
 - Christian Catholic (2)
 - Christian Orthodox (3)
 - Other Christian (4)
 - Jewish (5)
 - Muslim (6)
 - Hindu (7)
 - Buddhist (8)
 - Any other religion (9)
 - Spiritual but not religious (10)
 - Religious but not spiritual (11)
 - Agnostic (12)
 - Atheist (13)
 - None (14)
 - Other (15) _____
 - Prefer not to say (16)
-

RELIGIOUS Please indicate how religious you would say you are on a scale of 0 to 6

- Not at all religious 0 (0)
 - 1 (1)
 - 2 (2)
 - 3 (3)
 - 4 (4)
 - 5 (5)
 - Very religious 6 (6)
-

SPIRITUAL Please indicate how spiritual you would say you are on a scale of 0 to 6

- Not at all spiritual 0 (0)
 - 1 (1)
 - 2 (2)
 - 3 (3)
 - 4 (4)
 - 5 (5)
 - Very spiritual 6 (6)
-

LIFEAFTERDEATH Do you believe in some kind of life after death?

- Not at all 0 (0)
 - 1 (1)
 - 2 (2)
 - 3 (3)
 - 4 (4)
 - 5 (5)
 - Completely6 (6)
-

EDU What is the highest degree/level of education you have?

- Less than high school or equivalent (1)
 - High school degree or vocational diploma (2)
 - Bachelor's Degree (BA, BSc) (3)
 - Postgraduate diploma or degree (PG Dip) (4)
 - Master's Degree (MA, MSc, MEd) (5)
 - Doctorate (PhD, EdD, PsyD) (6)
 - Other (7) _____
 - Prefer not to say (8)
-

MARITAL What is your marital status?

- Single (1)
 - Married (2)
 - In domestic partnership (3)
 - Divorced (4)
 - Widowed (5)
 - Other (6) _____
 - Prefer not to say (7)
-

INCOME What is your annual household income?

- Below 10,000 USD (i.e. 8,000 GBP / 9,000 Euro) (1)
 - Between 10,000 and 50,000 USD (i.e. 8,000-40,000 GBP / 9,000-45,000 Euro) (2)
 - Between 50,000 and 100,000 USD (i.e. 40,000-80,000 GBP / 45,000-90,000 Euro) (3)
 - Between 100,000 and 150,000 USD (i.e. 80,000-120,000 GBP / 90,000-135,000 Euro) (4)
 - Over 150,000 USD (i.e. 120,000 GBP / 135,000 Euro) (5)
 - Prefer not to say (6)
-