

Data Collection Worksheet

Please Note: The Data Collection Worksheet (DCW) is a tool to aid integration of a PhenX protocol into a study. The PhenX DCW is not designed to be a data collection instrument. Investigators will need to decide the best way to collect data for the PhenX protocol in their study. Variables captured in the DCW, along with variable names and unique PhenX variable identifiers, are included in the PhenX Data Dictionary (DD) files.

Reactions to Loss Scale

Following this most significant event or loss, I reacted in the following ways:

	Never 1	Rarely 2	Some- times 3	Often 4	Very Often 5	Always 6
1. Cried about the loss	1	2	3	4	5	6
2. Listened to music to cope with the loss	1	2	3	4	5	6
3. I felt my emotions were out of control after the loss	1	2	3	4	5	6
4. Kept thoughts and feelings about the loss to myself	1	2	3	4	5	6
5. I found myself feeling positive about my life before the loss.	1	2	3	4	5	6
6. I tried to forget the whole thing	1	2	3	4	5	6
7. Overate because of the loss	1	2	3	4	5	6

8. I became a more tolerant person following the loss	1	2	3	4	5	6
9. Had trouble eating because of the loss	1	2	3	4	5	6
10. Took prescription medication because of the loss	1	2	3	4	5	6
11. Engaged in increased physical activity after the loss	1	2	3	4	5	6
12. Talked to a counselor about the loss	1	2	3	4	5	6
13. I worried more about ordinary things	1	2	3	4	5	6
14. Thought about suicide because of the loss	1	2	3	4	5	6
15. Wrote in a journal about the loss	1	2	3	4	5	6
16. Engaged in religious, spiritual, or personally meaningful activities to make sense of the loss	1	2	3	4	5	6
17. Used alcohol or drugs to cope with the loss	1	2	3	4	5	6
18. I tried hard not to think about the loss	1	2	3	4	5	6
19. I am better able to empathize with others after the loss	1	2	3	4	5	6
20. Missed classes because of the loss	1	2	3	4	5	6
21. Engaged in more distracting activities such as watching T.V. because of the loss	1	2	3	4	5	6

22. Change in amount of sexual activity following the loss	1	2	3	4	5	6
23. I found myself feeling more self-confident	1	2	3	4	5	6
24. I made a promise to myself that things would be different next time	1	2	3	4	5	6
25. Withdrew from friends and family because of the loss	1	2	3	4	5	6
26. Slept more or less because of the loss	1	2	3	4	5	6
27. Engaged in decreased physical activity after the loss	1	2	3	4	5	6
28. I was able to control my feelings about the loss so that they did not interfere with my life	1	2	3	4	5	6
29. I started to see some positives in my life after the loss	1	2	3	4	5	6
30. I had a hard time trusting others after this loss	1	2	3	4	5	6
31. I felt hopeless about anything improving in my life	1	2	3	4	5	6
32. I began to feel stronger because of dealing with the loss	1	2	3	4	5	6
33. I rediscovered what is important in life	1	2	3	4	5	6
34. I had a very difficult time overcoming my	1	2	3	4	5	6

feelings of guilt about the loss						
35. I felt a lot of anger and resentment after the loss	1	2	3	4	5	6
36. I continued to be optimistic about my future even after the loss	1	2	3	4	5	6
37. This loss has made me question my future; it looks bleak	1	2	3	4	5	6
38. I refused to believe this had happened	1	2	3	4	5	6
39. This loss has caused me to question my beliefs	1	2	3	4	5	6
40. My relationships with others have been strengthened through dealing with this loss	1	2	3	4	5	6
41. Blamed self for the loss	1	2	3	4	5	6
42. Talking about the loss only made me feel worse about it	1	2	3	4	5	6
43. Talking about the loss helped me feel better	1	2	3	4	5	6
44. Had trouble concentrating on my studies because of the loss	1	2	3	4	5	6
45. Blamed others for the loss	1	2	3	4	5	6
46. Felt lack of control because of the loss	1	2	3	4	5	6
47. I experienced deeper love for some people in my life	1	2	3	4	5	6

48. I could not stop thinking about the loss	1	2	3	4	5	6
49. Felt this loss would have a big effect on my future	1	2	3	4	5	6
50. I tried to understand my reaction to this loss	1	2	3	4	5	6
51. I thought about how things would be if this had not happened	1	2	3	4	5	6
52. I wished this was all over and behind me	1	2	3	4	5	6
53. I found my life to be even more interesting following the loss	1	2	3	4	5	6
54. I tried to go on as if nothing had happened	1	2	3	4	5	6
55. Accept the loss since nothing can be done	1	2	3	4	5	6
56. Changed or grew as a person in a good way	1	2	3	4	5	6
57. Found new faith	1	2	3	4	5	6
58. Criticized or lectured myself	1	2	3	4	5	6
59. I found myself meeting the challenges created by the loss	1	2	3	4	5	6
60. I hoped for a miracle	1	2	3	4	5	6
61. I wished I could change how I was feeling	1	2	3	4	5	6

62. Felt guilt about the loss	1	2	3	4	5	6
63. The loss caused me to think about other losses in my life	1	2	3	4	5	6
64. I tried to keep my feelings from interfering too much with what I had to do	1	2	3	4	5	6
65. I found I could still laugh even after the loss	1	2	3	4	5	6
66. I wished that this had never happened	1	2	3	4	5	6
67. Re-lived the loss	1	2	3	4	5	6
68. Engaged in more care-taking behaviors of others after the loss	1	2	3	4	5	6
69. I felt more inadequate than ever after the loss	1	2	3	4	5	6
70. I was inspired to do something creative	1	2	3	4	5	6
71. Increased desire to help others in need after the loss	1	2	3	4	5	6
72. Engaged in behaviors to "make-up" for my role in the loss	1	2	3	4	5	6

Scoring:

A score for each subscale can be computed as either a total score or an average for the individual items. Higher scores indicate greater reactions for each subscale.

Positive Reappraisal: items 2, 5, 8, 11, 16, 19, 23, 29, 32, 33, 36, 40, 43, 47, 53, 56, 57, 59, 68, 70, 71

Avoidance: items 4, 6, 13, 18, 24, 30, 35, 38, 41, 42, 45, 51, 52, 54, 58, 61, 62, 64, 66, 72

Loss of Control: items 1, 3, 7, 9, 12, 14, 15, 17, 20, 21, 22, 25, 26, 27, 31, 34, 37, 39, 44, 46, 48, 49, 50, 60, 63, 67, 69, 28, 65

Protocol source: <https://www.phenxtoolkit.org/protocols/view/870501>