

OUARC

The University of Oklahoma Applied Research Center

The Tristesse Center

Perceptions and Attitudes Among Youth and Parents During Bereavement

Prepared by:

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Technical Report No: ARC-024



Purpose of Study

The Tristesse Center provides individual counseling and facilitates group services to individual who are grieving the loss of loved ones. They are a nonprofit agency in Tulsa, Oklahoma and provides a range of services.

The purpose of this report is to provide The Tristesse Center and its stakeholders with the results of a questionnaire designed to assess the bereavement's perceptions of the usefulness of focus groups. Bereavement is defined as the loss of a loved one by death. In addition, a copy of the questionnaire and its results are provided in the appendices.

Study Methodology

Application to the University of Oklahoma (OU) Health Science Center (HSC) Institutional Review Board (IRB) was made and included a letter from the executive director at The Tristesse Center giving support for the research study. In addition, the anonymous/confidential consent letter and pretest and post test questionnaires were included. The IRB approved the research study. A copy of the letter is in Appendix A.

The youth's parents signed an informed consent, the youth responded to the anonymous questionnaire, and a representative from OU-HSC collected the surveys. The consent letter invited the volunteers to participate in the study, informed them of the purpose of the study, and conveyed that their participation was voluntary. A copy of the consent letter is in Appendix B.

Of the 6 youth, 100% completed and returned the pretest questionnaire and 5 youth, 100% completed the post test questionnaire. A copy of the questionnaire is in Appendix B.

Of the 10 parents, 100% completed and returned the pretest questionnaire and 5 parents, 100% completed the post test questionnaire.

Measures

The pretest and post test questionnaires were anonymous pencil-and-paper type surveys. It comprised questions regarding demographic information, quality of life issues, and stress associated with bereavement. The surveys were designed for this study. A copy of the SPSS analysis output is in Appendix C.

Youth Respondent Demographic Characteristics:

Selected demographic characteristics provided by the 6 youth pretest respondents indicate that most were female 88.3%. Additionally, the youngest respondent was 12 years and the oldest was 17 years with a mean of 15.5. With regards to race/ethnicity, 83.3% white, and 16.7% American Indian. When responding to a loved one's death with regards to length and expectedness, 66.7% unexpected and sudden, 16.7% unexpected, and 16.7%

expected and slow. Respondents indicate on average they have been going to The Tristesse Center for 3.16 months

Selected demographic characteristics provided by the 5 youth post test respondents indicate that most were female 80%. Additionally, the youngest respondent was 12 years and the oldest was 17 years with a mean of 15.6. With regards to race/ethnicity, 100% were white. When responding to a loved one's death with regards to length and expectedness, 60% unexpected and sudden, 20% unexpected, and 20% were expected, slow, and sudden. Respondents indicate on average they have been going to The Tristesse Center for 3.6 months. .

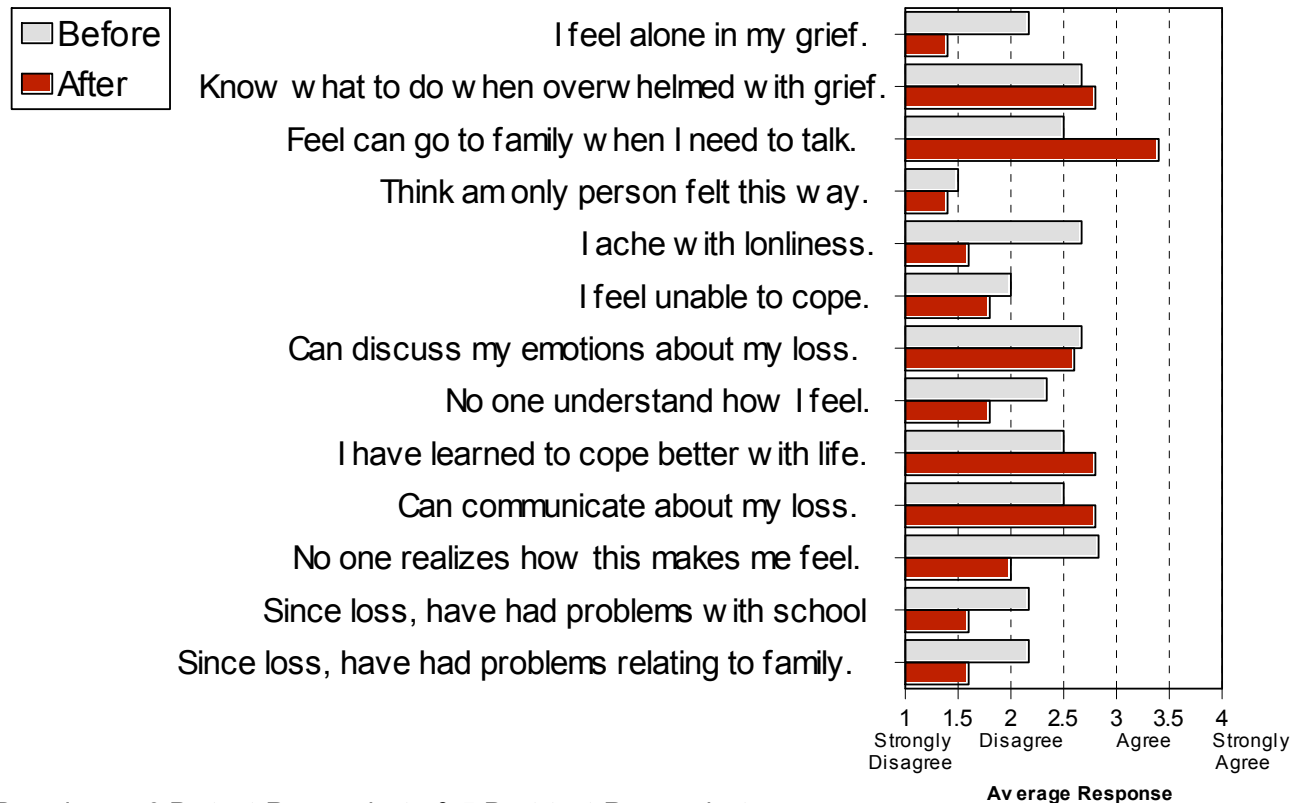
Parent Respondent Demographic Characteristics:

Selected demographic characteristics provided by the 10 parent respondents indicate that most were female 80%. Additionally, the youngest respondent was 17 years and the oldest was 58 years with a mean of 35.1. With regards to race/ethnicity, 70% white, 20% black, and 10% American Indian. When responding to a loved one's death with regards to length and expectedness, 50% unexpected, 30% expected and slow, 10% unexpected and sudden, and 10% sudden. Respondents indicate on average they have been going to The Tristesse Center for 3.90 months

Selected demographic characteristics provided by the 5 parent post test respondents indicate that most were female 80%. Additionally, the youngest respondent was 24 years and the oldest was 46 years with a mean of 33.4. They have been going to The Tristesse Center for 5.6 months. .

The following pages contain a graphical representation of individual's responses to the questionnaire.

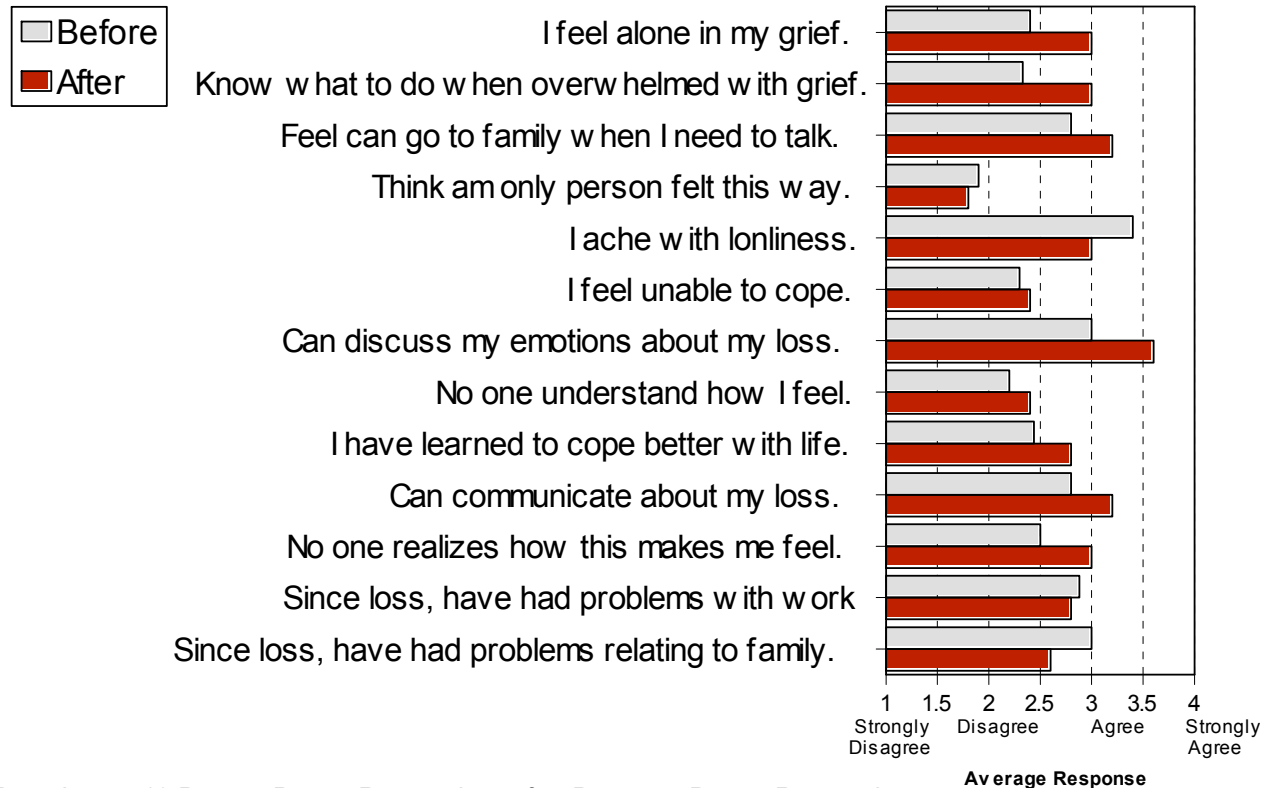
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Applied Research Center**



Based upon 6 Pretest Respondents & 5 Post-test Respondents

The graph above illustrates how youth, grieving the loss of a parent, felt before and after they began going to The Tristesse Center. The scores indicate the responding youth have increased their communication about their loss, and feel less alone and less overwhelmed with their grief. This may suggest that the responding youth feel The Tristesse Center has been beneficial.

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Based upon 10 Pretest Parent Respondents & 5 Post-test Parent Respondents

The graph is similar to the previous graph. It illustrates how parents grieving the loss of a child, felt before and after they began going to The Tristesse Center. The scores indicate the responding grieving parents have increased their understanding in how to cope and communicate with their loss. This may suggest that the responding parents feel The Tristesse Center has been beneficial to them.

Appendix A
Tristesse Executive Director
Letter of Support
And
Institutional Review Board
Letter of Approval

District Director

Date: **EO 8 & 1004**

Employer Identification Number:
73-0962870
Accounting Period Ending:

Form 990 Required: Yes No

Carnett Church of Christ Inc.
11000 E. 31st
Tulsa, OK 74146

Person to Contact:
ED TECHNICAL ASSISTANT
Contact Telephone Number:
(214) 767-3526
EO: 7213:309:8Z

Dear Applicant:

Based on information supplied, and assuming your operations will be as stated in your application for recognition of exemption, we have determined you are exempt from Federal income tax under section 501(c)(3) of the Internal Revenue Code.

We have further determined that you are not a private foundation within the meaning of section 509(a) of the Code, because you are an organization described in section 170(b)(1)(A)(i) & 509(a)(1).

If your sources of support, or your purposes, character, or method of operation change, please let us know so we can consider the effect of the change on your exempt status and foundation status. Also, you should inform us of all changes in your name or address.

As of January 1, 1984, you are liable for taxes under the Federal Insurance Contributions Act (social security taxes) on remuneration of \$100 or more you pay to each of your employees during a calendar year. You are not liable for the tax imposed under the Federal Unemployment Tax Act (FUTA).

Since you are not a private foundation, you are not subject to the excise taxes under Chapter 42 of the Code. However, you are not automatically exempt from other Federal excise taxes. If you have any questions about excise, employment, or other Federal taxes, please let us know.

Donors may deduct contributions to you as provided in section 170 of the Code. Bequests, legacies, devises, transfers, or gifts to you or for your use are deductible for Federal estate and gift tax purposes if they meet the applicable provisions of sections 2055, 2106, and 2522 of the Code.

The box checked in the heading of this letter shows whether you must file Form 990, Return of Organization Exempt from Income Tax. If Yes is checked, you are required to file Form 990 only if your gross receipts each year are normally more than \$25,000. If a return is required, it must be filed by the 15th day of the fifth month after the end of your annual accounting period. The law imposes a penalty of \$10 a day, up to a maximum of \$5,000, when a return is filed late, unless there is reasonable cause for the delay.

(over)

1100 Commerce St., Dallas, Texas 75242

Letter 947(DO) (Rev. 10-8)

Appendix B
Youth Bereavement Questionnaire
Parent Bereavement Questionnaire

BEREAVEMENT SURVEY FOR YOUTH THE TRISTESSE CENTER

The Tristesse Center is a safe place for people who are grieving the loss of loved ones. This survey will help us evaluate what we offer and help us create more effective opportunities that will better allow people to cope with grief. Please do not put your name on this form. All responses will remain anonymous. You are not obligated to participate in this survey.

1. What is your gender? Male Female
2. What is your age? _____
3. How long have you been coming to The Tristesse Center? _____
4. What is your race/ethnic background?
 White Black American Indian Hispanic Asian Other
5. My family member's death was (check all that apply):
 Expected Unexpected Slow Sudden

Please indicate the extent you agree or disagree with the following statements.

	Strongly Agree	Agree	Disagree	Strongly Disagree
6. I feel alone in my grief.....	①	②	③	④
7. When I feel overwhelmed with feelings of grief I know what I can do to feel better.....	①	②	③	④
8. I feel I can go to family members when I need to talk about my loss.....	①	②	③	④
9. I think I am the only person who has ever felt this way after losing a loved one.....	①	②	③	④
10. I ache with loneliness.....	①	②	③	④
11. I feel unable to cope.....	①	②	③	④
12. I can discuss my emotions about my loss.....	①	②	③	④
13. No one understands how I feel.....	①	②	③	④
14. I have learned to cope better with life.....	①	②	③	④
15. I can communicate my thoughts about my loss.....	①	②	③	④
16. No one truly realizes how this loss makes me feel.....	①	②	③	④
17. Since my loss, I have had problems with school	①	②	③	④
18. Since my loss, I have had problems relating to other family members.....	①	②	③	④

THANK YOU FOR COMPLETING THIS SURVEY.

BEREAVEMENT SURVEY FOR PARENTS THE TRISTESSE CENTER

The Tristesse Center is a safe place for people who are grieving the loss of loved ones. This survey will help us evaluate what we offer and help us create more effective opportunities that will better allow people to cope with grief. Please do not put your name on this form. All responses will remain anonymous. You are not obligated to participate in this survey.

1. What is your gender? Male Female
2. What is your age? _____
3. How long have you been coming to The Tristesse Center? _____
4. What is your race/ethnic background?
 White Black American Indian Hispanic Asian Other
5. My child's death was (check all that apply):
 Expected Unexpected Slow Sudden

Please indicate the extent you agree or disagree with the following statements.

	Strongly Agree	Agree	Disagree	Strongly Disagree
6. I feel alone in my grief.....	①	②	③	④
7. When I feel overwhelmed with feelings of grief I know what I can do to feel better.....	①	②	③	④
8. I feel I can go to family members when I need to talk about my loss.....	①	②	③	④
9. I think I am the only person who has ever felt this way after losing a loved one.....	①	②	③	④
10. I ache with loneliness.....	①	②	③	④
11. I feel unable to cope.....	①	②	③	④
12. I can discuss my emotions about my loss.....	①	②	③	④
13. No one understands how I feel.....	①	②	③	④
14. I have learned to cope better with life.....	①	②	③	④
15. I can communicate my thoughts about my loss.....	①	②	③	④
16. No one truly realizes how this loss makes me feel.....	①	②	③	④
17. Since my loss, I have had problems with work.....	①	②	③	④
18. Since my loss, I have had problems relating to other family members.....	①	②	③	④

THANK YOU FOR COMPLETING THIS SURVEY.

Appendix C
SPSS Analysis Output

Teen Pretest SPSS:

Descriptives

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
I feel alone in my grief.	6	1.00	3.00	2.1667	.75277
I know what I can do to feel better when I feel overwhelmed with grief.	6	2.00	4.00	2.6667	.81650
I feel I can talk to family members when I need to talk about my loss.	6	1.00	4.00	2.5000	1.22474
I think I am the only person who has felt this way after losing a family member.	6	1.00	2.00	1.5000	.54772
I ache with loneliness.	6	1.00	4.00	2.6667	1.21106
I feel unable to cope.	6	1.00	3.00	2.0000	.89443
I can discuss my emotions about my loss.	6	1.00	4.00	2.6667	1.03280
No one understands how I feel.	6	1.00	4.00	2.3333	1.36626
I have learned to cope better with life.	6	2.00	3.00	2.5000	.54772
I can communicate my thoughts about my loss.	6	1.00	3.00	2.5000	.83666
No one truly realizes how this loss makes me feel.	6	1.00	4.00	2.8333	1.16905
Since my loss, I have had problems with school.	6	1.00	4.00	2.1667	1.16905
Since my loss, I have had problems relating to other family members.	6	1.00	4.00	2.1667	1.16905
Valid N (listwise)	6				

Frequencies

		Gender	Age	How many months coming to Tristesse?	Race/Ethnic	Family Member's Death	I feel alone in my grief.	I know what I can do to feel better when I feel overwhelmed with grief.	I feel I can talk to family members when I need to talk about my loss.
N	Valid	6	6	6	6	6	6	6	6
	Missing	0	0	0	0	0	0	0	0

Frequency Table

Gender

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid male	1	16.7	16.7	16.7
female	5	83.3	83.3	100.0
Total	6	100.0	100.0	

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Age	6	12.00	17.00	15.5000	1.87083
How many months coming to Tristesse?	6	1.00	10.00	3.1667	3.48807
Valid N (listwise)	6				

Age

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 12.00	1	16.7	16.7	16.7
15.00	1	16.7	16.7	33.3
16.00	2	33.3	33.3	66.7
17.00	2	33.3	33.3	100.0
Total	6	100.0	100.0	

How many months coming to Tristesse?

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 1.00	3	50.0	50.0	50.0
3.00	2	33.3	33.3	83.3
10.00	1	16.7	16.7	100.0
Total	6	100.0	100.0	

Race/Ethnic

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid White	5	83.3	83.3	83.3
American Indian	1	16.7	16.7	100.0
Total	6	100.0	100.0	

Family Member's Death

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Unexpected	1	16.7	16.7	16.7
Unexpected & Sudden	4	66.7	66.7	83.3
Expected & Slow	1	16.7	16.7	100.0
Total	6	100.0	100.0	

I feel alone in my grief.

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Strongly Disagree	1	16.7	16.7	16.7
Disagree	3	50.0	50.0	66.7
Agree	2	33.3	33.3	100.0
Total	6	100.0	100.0	

I know what I can do to feel better when I feel overwhelmed with grief.

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Disagree	3	50.0	50.0	50.0
Agree	2	33.3	33.3	83.3
Strongly Agree	1	16.7	16.7	100.0
Total	6	100.0	100.0	

I feel I can talk to family members when I need to talk about my loss.

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Strongly Disagree	2	33.3	33.3	33.3
Agree	3	50.0	50.0	83.3
Strongly Agree	1	16.7	16.7	100.0
Total	6	100.0	100.0	

I think I am the only person who has felt this way after losing a family member.

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Strongly Disagree	3	50.0	50.0	50.0
Disagree	3	50.0	50.0	100.0
Total	6	100.0	100.0	

I ache with loneliness.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Disagree	1	16.7	16.7	16.7
	Disagree	2	33.3	33.3	50.0
	Agree	1	16.7	16.7	66.7
	Strongly Agree	2	33.3	33.3	100.0
	Total	6	100.0	100.0	

I feel unable to cope.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Disagree	2	33.3	33.3	33.3
	Disagree	2	33.3	33.3	66.7
	Agree	2	33.3	33.3	100.0
	Total	6	100.0	100.0	

I can discuss my emotions about my loss.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Disagree	1	16.7	16.7	16.7
	Disagree	1	16.7	16.7	33.3
	Agree	3	50.0	50.0	83.3
	Strongly Agree	1	16.7	16.7	100.0
	Total	6	100.0	100.0	

No one understands how I feel.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Disagree	2	33.3	33.3	33.3
	Disagree	2	33.3	33.3	66.7
	Strongly Agree	2	33.3	33.3	100.0
	Total	6	100.0	100.0	

I have learned to cope better with life.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Disagree	3	50.0	50.0	50.0
	Agree	3	50.0	50.0	100.0
	Total	6	100.0	100.0	

I can communicate my thoughts about my loss.

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Strongly Disagree	1	16.7	16.7	16.7
Disagree	1	16.7	16.7	33.3
Agree	4	66.7	66.7	100.0
Total	6	100.0	100.0	

No one truly realizes how this loss makes me feel.

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Strongly Disagree	1	16.7	16.7	16.7
Disagree	1	16.7	16.7	33.3
Agree	2	33.3	33.3	66.7
Strongly Agree	2	33.3	33.3	100.0
Total	6	100.0	100.0	

Since my loss, I have had problems with school.

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Strongly Disagree	2	33.3	33.3	33.3
Disagree	2	33.3	33.3	66.7
Agree	1	16.7	16.7	83.3
Strongly Agree	1	16.7	16.7	100.0
Total	6	100.0	100.0	

Since my loss, I have had problems relating to other family members.

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Strongly Disagree	2	33.3	33.3	33.3
Disagree	2	33.3	33.3	66.7
Agree	1	16.7	16.7	83.3
Strongly Agree	1	16.7	16.7	100.0
Total	6	100.0	100.0	

Teen Post Test SPSS:

Descriptives

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
I feel alone in my grief.	5	1.00	2.00	1.4000	.54772
I know what I can do to feel better when I feel overwhelmed with grief.	5	2.00	3.00	2.8000	.44721
I feel I can talk to family members when I need to talk about my loss.	5	3.00	4.00	3.4000	.54772
I think I am the only person who has felt this way after losing a family member.	5	1.00	2.00	1.4000	.54772
I ache with loneliness.	5	1.00	2.00	1.6000	.54772
I feel unable to cope.	5	1.00	3.00	1.8000	.83666
I can discuss my emotions about my loss.	5	1.00	3.00	2.6000	.89443
No one understands how I feel.	5	1.00	3.00	1.8000	.83666
I have learned to cope better with life.	5	2.00	3.00	2.8000	.44721
I can communicate my thoughts about my loss.	5	2.00	3.00	2.8000	.44721
No one truly realizes how this loss makes me feel.	5	1.00	3.00	2.0000	1.00000
Since my loss, I have had problems with school.	5	1.00	2.00	1.6000	.54772
Since my loss, I have had problems relating to other family members.	5	1.00	3.00	1.6000	.89443
Valid N (listwise)	5				

Frequencies

Statistics

		Gender	Age	How many months coming to Tristesse?	Race/Ethnic	Family Member's Death
N	Valid	5	5	5	5	5
	Missing	0	0	0	0	0

Frequency Table

Gender

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	male	1	20.0	20.0	20.0
	female	4	80.0	80.0	100.0
	Total	5	100.0	100.0	

Age

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	12.00	1	20.0	20.0	20.0
	15.00	1	20.0	20.0	40.0
	17.00	3	60.0	60.0	100.0
	Total	5	100.0	100.0	

How many months coming to Tristesse?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	2.00	4	80.0	80.0	80.0
	10.00	1	20.0	20.0	100.0
	Total	5	100.0	100.0	

Race/Ethnic

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	White	5	100.0	100.0	100.0

Family Member's Death

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Unexpected	1	20.0	20.0	20.0
	Unexpected & Sudden	3	60.0	60.0	80.0
	Expected, Slow & Sudden	1	20.0	20.0	100.0
	Total	5	100.0	100.0	

Frequencies

Descriptives

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Age	5	12.00	17.00	15.6000	2.19089
How many months coming to Tristesse?	5	2.00	10.00	3.6000	3.57771
Valid N (listwise)	5				

Parent Pre-Test SPSS:

Frequencies

		Gender	Age	How many months coming to Tristesse?	Race/Ethnic	Child's Death	I feel alone in my grief.	I know what I can do to feel better when I feel overwhelmed with grief.	I ta w to
N	Valid	10	10	10	10	10	10	9	
	Missing	0	0	0	0	0	0	1	

Frequency Table

Gender

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	male	2	20.0	20.0	20.0
	female	8	80.0	80.0	100.0
	Total	10	100.0	100.0	

Age

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 17.00	1	10.0	10.0	10.0
23.00	1	10.0	10.0	20.0
27.00	1	10.0	10.0	30.0
28.00	2	20.0	20.0	50.0
34.00	1	10.0	10.0	60.0
42.00	2	20.0	20.0	80.0
52.00	1	10.0	10.0	90.0
58.00	1	10.0	10.0	100.0
Total	10	100.0	100.0	

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Age	10	17.00	58.00	35.1000	13.11022
Valid N (listwise)	10				

How many months coming to Tristesse?

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 1.00	3	30.0	30.0	30.0
2.00	2	20.0	20.0	50.0
3.00	1	10.0	10.0	60.0
5.00	1	10.0	10.0	70.0
7.00	1	10.0	10.0	80.0
8.00	1	10.0	10.0	90.0
9.00	1	10.0	10.0	100.0
Total	10	100.0	100.0	

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
How many months coming to Tristesse?	10	1.00	9.00	3.9000	3.10734
Valid N (listwise)	10				

Race/Ethnic

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid White	7	70.0	70.0	70.0
Black	2	20.0	20.0	90.0
American Indian	1	10.0	10.0	100.0
Total	10	100.0	100.0	

Child's Death

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Unexpected	5	50.0	50.0	50.0
	Sudden	1	10.0	10.0	60.0
	Unexpected & Sudden	1	10.0	10.0	70.0
	Unexpected & Slow	3	30.0	30.0	100.0
	Total	10	100.0	100.0	

I feel alone in my grief.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Disagree	6	60.0	60.0	60.0
	Agree	4	40.0	40.0	100.0
	Total	10	100.0	100.0	

I know what I can do to feel better when I feel overwhelmed with grief.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Disagree	1	10.0	11.1	11.1
	Disagree	4	40.0	44.4	55.6
	Agree	4	40.0	44.4	100.0
	Total	9	90.0	100.0	
Missing	System	1	10.0		
	Total	10	100.0		

I feel I can talk to family members when I need to talk about my loss.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Disagree	1	10.0	10.0	10.0
	Disagree	3	30.0	30.0	40.0
	Agree	3	30.0	30.0	70.0
	Strongly Agree	3	30.0	30.0	100.0
	Total	10	100.0	100.0	

I think I am the only person who has felt this way after losing a family member.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Disagree	3	30.0	30.0	30.0
	Disagree	6	60.0	60.0	90.0
	Strongly Agree	1	10.0	10.0	100.0
	Total	10	100.0	100.0	

I ache with loneliness.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Disagree	1	10.0	10.0	10.0
	Agree	4	40.0	40.0	50.0
	Strongly Agree	5	50.0	50.0	100.0
	Total	10	100.0	100.0	

I feel unable to cope.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Disagree	2	20.0	20.0	20.0
	Disagree	4	40.0	40.0	60.0
	Agree	3	30.0	30.0	90.0
	Strongly Agree	1	10.0	10.0	100.0
	Total	10	100.0	100.0	

I can discuss my emotions about my loss.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Disagree	3	30.0	30.0	30.0
	Agree	4	40.0	40.0	70.0
	Strongly Agree	3	30.0	30.0	100.0
	Total	10	100.0	100.0	

No one understands how I feel.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Disagree	3	30.0	30.0	30.0
	Disagree	3	30.0	30.0	60.0
	Agree	3	30.0	30.0	90.0
	Strongly Agree	1	10.0	10.0	100.0
	Total	10	100.0	100.0	

I have learned to cope better with life.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Disagree	1	10.0	11.1	11.1
	Disagree	3	30.0	33.3	44.4
	Agree	5	50.0	55.6	100.0
	Total	9	90.0	100.0	
Missing	System	1	10.0		
Total		10	100.0		

I can communicate my thoughts about my loss.

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Strongly Disagree	1	10.0	10.0	10.0
Disagree	1	10.0	10.0	20.0
Agree	7	70.0	70.0	90.0
Strongly Agree	1	10.0	10.0	100.0
Total	10	100.0	100.0	

No one truly realizes how this loss makes me feel.

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Strongly Disagree	1	10.0	10.0	10.0
Disagree	5	50.0	50.0	60.0
Agree	2	20.0	20.0	80.0
Strongly Agree	2	20.0	20.0	100.0
Total	10	100.0	100.0	

Since my loss, I have had problems with work.

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Disagree	3	30.0	37.5	37.5
Agree	3	30.0	37.5	75.0
Strongly Agree	2	20.0	25.0	100.0
Total	8	80.0	100.0	
Missing System	2	20.0		
Total	10	100.0		

Since my loss, I have had problems relating to other family members.

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Disagree	3	30.0	33.3	33.3
Agree	3	30.0	33.3	66.7
Strongly Agree	3	30.0	33.3	100.0
Total	9	90.0	100.0	
Missing System	1	10.0		
Total	10	100.0		

Descriptives

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Gender	10	1.00	2.00	1.8000	.42164
Age	10	17.00	58.00	35.1000	13.11022
How many months coming to Tristesse?	10	1.00	9.00	3.9000	3.10734
Race/Ethnic	10	1.00	3.00	1.4000	.69921
Child's Death	10	2.00	6.00	3.7000	1.88856
I feel alone in my grief.	10	2.00	3.00	2.4000	.51640
I know what I can do to feel better when I feel overwhelmed with grief.	9	1.00	3.00	2.3333	.70711
I feel I can talk to family members when I need to talk about my loss.	10	1.00	4.00	2.8000	1.03280
I think I am the only person who has felt this way after losing a family member.	10	1.00	4.00	1.9000	.87560
I ache with loneliness.	10	2.00	4.00	3.4000	.69921
I feel unable to cope.	10	1.00	4.00	2.3000	.94868
I can discuss my emotions about my loss.	10	2.00	4.00	3.0000	.81650
No one understands how I feel.	10	1.00	4.00	2.2000	1.03280
I have learned to cope better with life.	9	1.00	3.00	2.4444	.72648
I can communicate my thoughts about my loss.	10	1.00	4.00	2.8000	.78881
No one truly realizes how this loss makes me feel.	10	1.00	4.00	2.5000	.97183
Since my loss, I have had problems with work.	8	2.00	4.00	2.8750	.83452
Since my loss, I have had problems relating to other family members.	9	2.00	4.00	3.0000	.86603
Valid N (listwise)	6				

Parent Post-Test SPSS: Frequencies

		Gender	Age	How many months coming to Tristesse?	Race/Ethnic	Child's Death	I feel alone in my grief.	I know what I can do to feel better when I feel overwhelmed with grief.	I ta w to
N	Valid	5	5	5	0	0	5	5	
	Missing	5	5	5	10	10	5	5	

Frequency Table

Gender

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	male	1	10.0	20.0	20.0
	female	4	40.0	80.0	100.0
	Total	5	50.0	100.0	
Missing	System	5	50.0		
Total		10	100.0		

Age

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	24.00	1	10.0	20.0	20.0
	27.00	1	10.0	20.0	40.0
	28.00	1	10.0	20.0	60.0
	42.00	1	10.0	20.0	80.0
	46.00	1	10.0	20.0	100.0
	Total	5	50.0	100.0	
Missing	System	5	50.0		
Total		10	100.0		

How many months coming to Tristesse?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	2.00	1	10.0	20.0	20.0
	3.00	1	10.0	20.0	40.0
	5.00	1	10.0	20.0	60.0
	7.00	1	10.0	20.0	80.0
	11.00	1	10.0	20.0	100.0
	Total	5	50.0	100.0	
Missing	System	5	50.0		
Total		10	100.0		

Race/Ethnic

	Frequency	Percent
Missing System	10	100.0

Child's Death

	Frequency	Percent
Missing System	10	100.0

I feel alone in my grief.

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Strongly Disagree	1	10.0	20.0	20.0
Disagree	1	10.0	20.0	40.0
Strongly Agree	3	30.0	60.0	100.0
Total	5	50.0	100.0	
Missing System	5	50.0		
Total	10	100.0		

I know what I can do to feel better when I feel overwhelmed with grief.

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Disagree	1	10.0	20.0	20.0
Agree	3	30.0	60.0	80.0
Strongly Agree	1	10.0	20.0	100.0
Total	5	50.0	100.0	
Missing System	5	50.0		
Total	10	100.0		

I feel I can talk to family members when I need to talk about my loss.

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Agree	4	40.0	80.0	80.0
Strongly Agree	1	10.0	20.0	100.0
Total	5	50.0	100.0	
Missing System	5	50.0		
Total	10	100.0		

I think I am the only person who has felt this way after losing a family member.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Disagree	1	10.0	20.0	20.0
	Disagree	4	40.0	80.0	100.0
	Total	5	50.0	100.0	
Missing	System	5	50.0		
Total		10	100.0		

I ache with loneliness.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Disagree	2	20.0	40.0	40.0
	Agree	1	10.0	20.0	60.0
	Strongly Agree	2	20.0	40.0	100.0
	Total	5	50.0	100.0	
Missing	System	5	50.0		
Total		10	100.0		

I feel unable to cope.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Disagree	4	40.0	80.0	80.0
	Strongly Agree	1	10.0	20.0	100.0
	Total	5	50.0	100.0	
Missing	System	5	50.0		
Total		10	100.0		

I can discuss my emotions about my loss.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Agree	2	20.0	40.0	40.0
	Strongly Agree	3	30.0	60.0	100.0
	Total	5	50.0	100.0	
Missing	System	5	50.0		
Total		10	100.0		

No one understands how I feel.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Disagree	1	10.0	20.0	20.0
	Disagree	2	20.0	40.0	60.0
	Agree	1	10.0	20.0	80.0
	Strongly Agree	1	10.0	20.0	100.0
	Total	5	50.0	100.0	
Missing	System	5	50.0		
Total		10	100.0		

I have learned to cope better with life.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Disagree	1	10.0	20.0	20.0
	Agree	4	40.0	80.0	100.0
	Total	5	50.0	100.0	
Missing	System	5	50.0		
Total		10	100.0		

I can communicate my thoughts about my loss.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Agree	4	40.0	80.0	80.0
	Strongly Agree	1	10.0	20.0	100.0
	Total	5	50.0	100.0	
Missing	System	5	50.0		
Total		10	100.0		

No one truly realizes how this loss makes me feel.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Disagree	1	10.0	25.0	25.0
	Agree	2	20.0	50.0	75.0
	Strongly Agree	1	10.0	25.0	100.0
	Total	4	40.0	100.0	
Missing	System	6	60.0		
Total		10	100.0		

Since my loss, I have had problems with work.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Disagree	2	20.0	40.0	40.0
	Agree	2	20.0	40.0	80.0
	Strongly Agree	1	10.0	20.0	100.0
	Total	5	50.0	100.0	
Missing	System	5	50.0		
Total		10	100.0		

Since my loss, I have had problems relating to other family members.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Disagree	1	10.0	20.0	20.0
	Disagree	1	10.0	20.0	40.0
	Agree	2	20.0	40.0	80.0
	Strongly Agree	1	10.0	20.0	100.0
	Total	5	50.0	100.0	
Missing	System	5	50.0		
Total		10	100.0		

Descriptives

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Gender	5	1.00	2.00	1.8000	.44721
Age	5	24.00	46.00	33.4000	9.88939
How many months coming to Tristesse?	5	2.00	11.00	5.6000	3.57771
Race/Ethnic	0				
Child's Death	0				
I feel alone in my grief.	5	1.00	4.00	3.0000	1.41421
I know what I can do to feel better when I feel overwhelmed with grief.	5	2.00	4.00	3.0000	.70711
I feel I can talk to family members when I need to talk about my loss.	5	3.00	4.00	3.2000	.44721
I think I am the only person who has felt this way after losing a family member.	5	1.00	2.00	1.8000	.44721
I ache with loneliness.	5	2.00	4.00	3.0000	1.00000
I feel unable to cope.	5	2.00	4.00	2.4000	.89443
I can discuss my emotions about my loss.	5	3.00	4.00	3.6000	.54772
No one understands how I feel.	5	1.00	4.00	2.4000	1.14018
I have learned to cope better with life.	5	2.00	3.00	2.8000	.44721
I can communicate my thoughts about my loss.	5	3.00	4.00	3.2000	.44721
No one truly realizes how this loss makes me feel.	4	2.00	4.00	3.0000	.81650
Since my loss, I have had problems with work.	5	2.00	4.00	2.8000	.83666
Since my loss, I have had problems relating to other family members.	5	1.00	4.00	2.6000	1.14018
Valid N (listwise)	0				