

## Ambiguous Loss Inventory Plus (ALI+)

<b>Name:</b>	
<b>Date:</b>	
<b>Gender:</b>	
<b>Date of birth:</b>	
<b>Country of birth:</b>	
<b>Years of education:</b>	

**Instruction:**  
 This questionnaire contains three parts.  
 In **Part 1**, asks you about the loss of loved ones due to death or disappearance  
**Part 2** asks you about separation distress reactions you may experience due to the **most** distressing **disappearance of a loved one**.  
 In **Part 3**, asks you about general psychological reactions you may experience due to the **most** distressing **disappearance of a loved one**.

### Part 1: Losses

In this part you are asked to:

- 1) Indicate whether or not you have experienced the death or disappearance of the person mentioned.
- 2) Write down the date that each person died or disappeared.
- 3) If the person died, please indicate if the person died due to violent causes (by which we mean death due to homicide, suicide, or some forcible cause).

	(1) I have been confronted with the death or disappearance of:		(2) Date of death or disappearance:	(3) Death was due to violent causes:
	Deceased	Disappeared		
Partner 1	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
Partner 2	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
Child 1	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
Child 2	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
Child 3	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
Father	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
Mother	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
Brother 1	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
Brother 2	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>

Brother 3	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
Sister 1	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
Sister 2	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
Sister 3	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
Friend/ acquaintance 1, namely...	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
Friend/ acquaintance 2, namely...	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
Friend/ acquaintance 3, namely...	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
Other relative 1, namely ...	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
Other relative 1, namely ...	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
Other relative 1, namely ...	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>

From all the persons who disappeared, as listed in Part 1, please select one person whose disappearance is currently most often on your mind or causing you the most distress. Write down the name of this person below and answer the following questions.

*The missing person that is currently most often on my mind is:*

\_\_\_\_\_

- What gender is the person?  
 female  male  other

- How old was the person when he/she disappeared?  
\_\_\_\_\_ years old

- What were the circumstances of the person's disappearance ?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- When did the person disappear?  
 less than 6 months ago  6 to 12 months ago  1 to 5 years ago  
 5 to 10 years ago  10 to 20 years ago  more than 20 years ago

## Part 2: Separation distress related to the disappearance

Below, several separation distress reactions are listed. Please indicate how often you have experienced each of these reactions due to the disappearance of the person named above **in the past month**.

	In the past month, how often have you experienced ...	Not at all (1)	Rarely (2)	Sometimes (3)	Often (4)	Always (5)
1	intrusive thoughts or images related to the person who disappeared	1	2	3	4	5
2	intense emotional pain and sorrow	1	2	3	4	5
3	longing or yearning for the person who disappeared	1	2	3	4	5
4	avoidance of places, objects, or thoughts that reminded you that the person disappeared	1	2	3	4	5
5	bitterness or anger related to his/her disappearance	1	2	3	4	5
6	difficulty reengaging with everyday life activities (e.g., making new friends, pursuing new interests)	1	2	3	4	5
7	feeling emotionally numb	1	2	3	4	5
8	life is unfulfilling or meaningless without him/her	1	2	3	4	5
9	impairment in social, work, or domestic functioning because of his/her disappearance	1	2	3	4	5
10	negative thoughts about yourself in relation to the disappearance (e.g., thoughts about self-blame)	1	2	3	4	5
11	feeling alone or detached from other individuals	1	2	3	4	5
12	feeling it is unreal that he/she disappeared	1	2	3	4	5
13	blaming others because of his/her disappearance	1	2	3	4	5
14	a part of you is gone along with the person who disappeared	1	2	3	4	5
15	difficulties experiencing positive feelings	1	2	3	4	5
16	your reaction to the disappearance is worse (e.g., more intense, severe and/or of longer duration) than for others in a similar situation from your community or culture	1	2	3	4	5
17	preoccupation with thoughts or images related to the person or disappearance?	1	2	3	4	5

### Part 3: General psychological reactions to the disappearance

Please indicate how often **in the past month** you have experienced the reactions listed below due to the disappearance of the person.

	In the past month, how often have you experienced ...	Not at all (1)	Rarely (2)	Sometimes (3)	Often (4)	Always (5)
1	preoccupation with the circumstances under which he/she disappeared	1	2	3	4	5
2	the urge to search for him/her	1	2	3	4	5
3	worry about where he/she currently might be	1	2	3	4	5
4	hope that he/she is still alive	1	2	3	4	5
5	feeling that you can only move on with your life if you know what happened to him/her	1	2	3	4	5
6	disagreements with others on how to deal with his/her disappearance	1	2	3	4	5
7	distress because you cannot do more for him/her	1	2	3	4	5
8	distress because of the absence of proper ceremonies or rituals (e.g., funeral)	1	2	3	4	5
9	feeling no longer able to bear the uncertainty of what happened to him/her	1	2	3	4	5
10	avoiding talking about his/her disappearance because it upsets you too much	1	2	3	4	5
11	feeling like betraying him/her when you move on with your life	1	2	3	4	5
12	difficulty accepting that you might never know what happened to him/her	1	2	3	4	5
13	lack of emotional and/or practical support in dealing with his/her disappearance	1	2	3	4	5
14	confusion about your current role in life because of his/her disappearance	1	2	3	4	5
15	negative attitudes from other people because of his/her disappearance	1	2	3	4	5