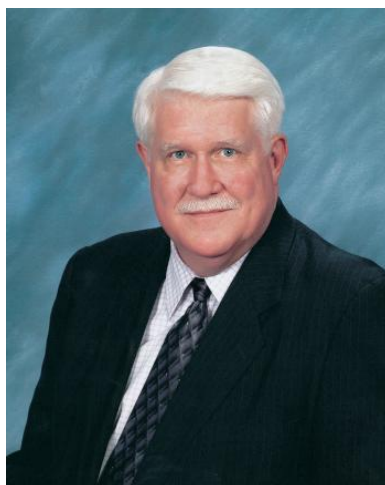


# DEATH, GRIEF ATTITUDES AND OPINIONS SURVEY



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## Death, Grief, Attitudes and Opinions Survey

Please answer the follow items. Keep in mind there are no correct or incorrect responses. The sole purpose of the items is to allow you to share and explore opinions, beliefs, and attitudes related to your private thoughts about death and loss. Check any and all that apply, and use additional paper.

1. Which of the following most closely relates to your personal concept of the meaning of death?
  - a. The beginning of a spiritual afterlife.
  - b. The beginning of nothing.
  - c. The termination of all life processes.
  - d. The end of existence as I know it, but the survival of the spirit.
  - e. I have not a clue.
  - f. Other (specify)
  
2. How frequently do you think about your own death?
  - a. Often (once a day)
  - b. Frequently
  - c. Occasionally
  - d. Rarely
  - e. Never
  
3. How frequently do you think about the death of a close friend or relative or a patient?
  - a. Often (once a day)
  - b. Frequently
  - c. Occasionally
  - d. Rarely
  - e. Never
  
4. A variety of factors influence personal attitudes about death. Of the following which most influenced your present attitude about death?
  - a. Personal experience
  - b. Mourning rituals, for example wakes, funerals, graveside services, cremation.
  - c. Religious beliefs
  - d. Readings on death, dying, mourning, bereavement, grief.
  - e. Death-related presentations
  - f. My work.

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5. Which of the following aspects of death do you find most distasteful?
  - a. Total loss of control of my life
  - b. I could no longer perform family roles.
  - c. I could no longer perform social roles.
  - d. I could no longer have any experiences.
  - e. The grief I will cause for my relatives and friends.
  - f. The uncertainty of what will happen to me.
  - g. The pain sometimes associated with dying.
  - h. Other (please specify)
  
6. When you think about your own death or are confronted by situations that require you to assess your own mortality, how do you feel?
  - a. Anxious
  - b. Fearful
  - c. Angry
  - d. Without purpose
  - e. Sad
  - f. Depressed
  - g. Damned happy to be alive – no matter what happens
  - h. Other (specify)
  
7. If you were diagnosed as having a terminal illness, how would you want this information processed?
  - a. I would want the physician to inform me so I could tell my family.
  - b. I would want the physician to explain the terminal prognosis to me and my family separately.
  - c. I would not want to know that I had a terminal illness.
  - d. I would not want my family to know that I had a terminal illness.
  
8. If a person is seriously ill, what efforts should be taken to keep the person alive?
  - a. The amount of effort given should be appropriate for the person's age.
  - b. Every effort should be made to keep the person alive regardless of the situation.
  - c. The person should be allowed to die a natural death after reasonable care is given.
  - d. Pull the plug
  - e. Other?
  
9. How important do you believe that a funeral service is?
  - a. Very important, has therapeutic value for the community
  - b. Only has significance for close family member
  - c. Undecided
  - d. Has little importance
  - e. Has no importance

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10. How do you want your remains disposed of when you die?
  - a. Burial
  - b. Cremation
  - c. Donate to science
  - d. I would let my survivors decide
  - e. Shot into orbit
  - f. Green burial
  - g. Ashes scattered
  - h. Ashes kept
  - i. Ashes buried
  - j. Other?
  
11. How much money would you spend on your own funeral or body disposal?
  - a. Less than \$500.00
  - b. Between \$500.00 and \$1000.00
  - c. More than \$4,000.00
  - d. More than \$10,000.00
  - e. The cheapest way possible
  - f. The most expensive way possible.
  
12. Who died in your first personal involvement with death?
  - a. Grandparent
  - b. Parent
  - c. Brother or sister
  - d. Other family member
  - e. Friend or acquaintance
  - f. Stranger
  - g. Public Figure
  - h. Pet
  
13. To the best of your memory at what age were you first aware of death?
  - a. Under three
  - b. Three to five
  - c. Five to ten
  - d. Ten or older
  
14. What age were you when you saw your first corpse?
  - A. Under three
  - B. Three to five
  - C. Five to ten
  - D. Ten or older
  - E. I have never seen a corpse

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15. What age were you when you went to your first funeral?
- A. Under three
  - B. Three to five
  - C. Five to ten
  - D. Ten or older
  - E. I have never gone to a funeral
16. What age were you when you saw your first eye witness experience of someone dying?
- A. Under three
  - B. Three to five
  - C. Five to ten
  - D. Ten or older
  - E. What age?
  - F. I have never witnessed a human being dying.
17. When you were a child how was death talked about in your family?
- a. Openly
  - b. With some sense of discomfort
  - c. Only when necessary and then with an attempt to exclude the children
  - d. As though it were a taboo subject
  - e. Never recall any discussion
  - f. We were told things which the adults did not believe themselves
18. Which of the following best describes your childhood conception of death?
- a. Heaven and hell concept
  - b. After life
  - c. Death as sleep
  - d. Cessation of all physical and mental activity
  - e. Mysterious and unknowable
  - f. Something other than the above
  - g. No conception
  - h. Can't remember
  - i. Do not want to remember
19. Which of the following most influenced your present attitudes towards death?
- a. Death of someone close
  - b. Specific readings on death
  - c. Religious upbringing
  - d. Introspection and meditation
  - e. Funeral attendance
  - f. TV, radio or motion pictures
  - g. Longevity of my family
  - h. My health or physical condition
  - i. Other

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20. How much of a role has religion played in the development of your attitudes towards death?
- Very significant role
  - Rather significant role
  - Somewhat influential, but not major
  - Relatively minor role
  - No role at all
21. To what extent do you believe in a life after death?
- Strongly believe it
  - Tend to believe it
  - Uncertain
  - Tend to have my doubts
  - Sheer mystical gimmickry – convinced it does not exist
22. Regardless of your belief about life after death what is your hope and wish about it?
- I strongly wish there was a life after death – gives me hope – makes me feel good.
  - I am indifferent as to whether there is a life after death
  - I definitely prefer that there not be a life after death – this one was hard enough.
  - Other
23. If you could choose when would you die?
- In youth
  - In the prime of life
  - Just after the prime of life
  - In old age
  - Other
24. When do you believe that, in fact, you will die?
- In youth
  - In the prime of life
  - Just after the prime of life
  - In old age
  - Other
25. Has there ever been a time in your life when you wanted to die?
- Yes because of physical pain
  - Yes because of emotional upset
  - Yes to escape an intolerable social or interpersonal situation
  - Yes because of great embarrassment
  - Yes because of great failure
  - No.

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26. What does death mean to you?
- The end – final process of life
  - The beginning of a life after death – not terminal, but transitional, a new beginning.
  - A joining of the spirit with a universal cosmic consciousness.
  - A kind of endless sleep; rest and peace
  - Termination of this life but with survival of the spirit
  - I don't know
  - No one knows and hence it makes absolutely no difference
  - Other
27. To what extent do you believe that psychological factors can influence death?
- I firmly believe they can
  - I tend to believe that they can
  - I am undecided or don't know
  - I doubt they can
  - Other
28. When you think of your own death how you do feel?
- Fearful
  - Discouraged
  - Depressed
  - Purposeless
  - Resolved in relation to life
  - Urgency to live life to the fullest
  - Other
29. To what extent are you interested in having your image survive after your own death in the form of books, good works, your children, your profession, etc?
- Very interested
  - Somewhat interested
  - Not very interested
  - Totally disinterested
  - Other
30. For whom or what might you be willing to sacrifice your life?
- For a loved one
  - For an ideal, moral or religious principle
  - In combat or grave emergency where a life could be saved
  - Not for any reason under any circumstances
  - Other

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31. If you have a choice what kind of death would you prefer?
- Tragic violent death
  - Sudden but not violent
  - Quiet, dignified death
  - Death in the line of duty
  - Death after a great achievement
  - Suicide
  - Homicide victim
  - There is no appropriate kind of death
  - Other
32. If possible would you want to know the exact date on which you are going to die?
- Yes
  - No
33. Here is another terminal illness question. If you were told you had a terminal disease and a limited time to live, how would you spend your time until you died?
- I would make a marked change in my life style – indulge hedonistic needs.
  - I would become more withdrawn, reading, contemplating and praying.
  - I would shift from my own needs to a concern for others (family etc.)
  - I would find love in my life quickly.
  - I would attempt to complete projects, tie up loose ends.
  - I would make little or not change in my life style
  - I would try to do one very important thing
  - I might consider suicide
  - I would do not of these
  - Other
34. How do you feel about having a post mortem (autopsy) performed on your dead body?
- Approve
  - Don't care one way or the other
  - Disapprove
  - Strongly disapprove (Why?)
35. If or when you are married would you prefer to outlive your spouse?
- Yes, I would prefer to die second and outlive my spouse.
  - No, I would rather die first and have my spouse outlive me.
  - Undecided or don't know or care.
  - Other



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36. What is your primary reason for the answer you gave to question 35?
- a. To spare my spouse loneliness
  - b. To avoid loneliness for myself
  - c. To spare my spouse grief
  - d. To avoid grief for myself
  - e. To allow me time to find another relationship, and a better one.
  - f. The surviving spouse could better cope with grief or loneliness than me.
  - g. My strong desire to live as long as possible.
37. Would you be willing to donate your heart or other organs for transplantation after death?
- a. Yes, to anyone
  - b. Yes, but only to a relative or friend
  - c. I have a strong feeling against it
  - d. No
  - e. Other

Please respond to the following questions according to the criteria outlined below:

**SA** = strongly agree

**A** = Agree

**U** = Undecided

**D** = Disagree

**SD** = strongly disagree

38. If you had a terminal illness, I would want to be informed \_\_\_\_\_
39. It is important for the family members to be informed of a terminal prognosis \_\_\_\_\_
40. The physician is the best person to inform a patient of a terminal illness \_\_\_\_\_
41. If patents are informed of a terminal prognosis too soon they will lose the will to live \_\_\_\_\_
42. I would feel uncomfortable informing a family member that he or she had a terminal illness \_\_\_\_\_
43. Telling family members about a terminal prognosis of another relative would be a personally difficult responsibility \_\_\_\_\_

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44. I would prefer to die suddenly \_\_\_\_\_
45. Patients who are informed of a terminal prognosis are better able to prepare for their own deaths \_\_\_\_\_
46. Know that their illness is terminal can improve communications between patients and their families \_\_\_\_\_
47. The decision to inform the patient of a terminal illness should be made on a case-by-case basis \_\_\_\_\_
48. If I needed help in facing death the person I would trust most would be my
- a. Husband or wife
  - b. Parents
  - c. Siblings
  - d. Other relative
  - e. Friend
  - f. Professional (religious)
  - g. Professional (other)
  - h. Other
49. Professional immortality is for me?
- a. Important
  - b. Unimportant
  - c. Other
50. What effect has this survey had on you?
- a. Made me anxious or upset
  - b. Made me think of my own death
  - c. Made me want to express my love and affection to other NOW
  - d. No effect at all
  - e. Other