

Testing the Effectiveness of a Computer-Based Treatment for Bereavement as Measured by scores of Prolonged Grief, Anxiety, Depression, and Cognitive Distortions

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INTRODUCTION

Following the death of a loved one, many people suffer from bereavement complications that can lead to functional impairment, negatively impacting relationships, work, and health.

METHOD

Participants: adults (18-65) self-reporting bereavement

Recruitment: via social media, email, and snowball

Measures: Prolonged Grief Scale (PG-13), Patient Health Questionnaire (PHQ-9), General Anxiety Disorder Scale (GAD-7), Inventory of Cognitive Distortions (ICD)

HYPOTHESES & ANALYSES

-After intervention, individuals will experience a significant decrease in distress surrounding their loss compared to their pre-intervention scores

-positive outcome will remain for three months

-Multivariate analysis of variance (MANOVA) will check for significance in score differences pre- and post-intervention

IMPLICATIONS

It is hoped this study will provide empirical support for a bereavement treatment that could overcome barriers related to cost and accessibility

REFERENCES

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