



Research Article Review

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| Date of Review: | 02/22/19 |
| Title/Topic: | Construct Validity of the Theory of Grief Recovery (TOGR): A new paradigm towards our understanding of grief and loss |
| Article Source: | American Journal of Health Education |
| Article Link: (if applicable) | https://doi.org/10.1080/19325037.2019.1571964 |
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| Citation: (if applicable) | Nolan R, Hallam JS. Construct Validation of the Theory of Grief Recovery (TOGR): A new paradigm towards our understanding of grief and loss. <i>Am J Health Educ.</i> 2019; In-press. doi: 10.1080/19325037.2019.1571964 |

Summary of Research Article

This study describes use of The Grief Recovery Method® Instrument (GRM-I) to assess the impact that exposure to the program had on the program variables of knowledge, attitudes, beliefs, and behaviors of grief recovery as (KABB). This study also evaluates the theoretic effectiveness of the Theory of Grief Recovery to discern whether the program theory held. To conduct the study, a non-randomized controlled repeated measures design was used to compare scores on program variables at three different time periods, 1-2 weeks before (observation1), at the start of (observation2), and after completion of the grief recovery program (observation3). The results of this study showed that the grief recovery program effectively influenced program variables (KABB) and that the program theory held, establishing the John James and Russell Friedman Theory of Grief Recovery as valid. The estimated effect size that exposure to the program had on variables of grief and grief recovery (KABB) was between 0.53 and 0.91, indicating that participation in the program is effective at influencing variables of grief and grief recovery. Therefore, this study established empirical evidence that the program had the intended effect on griever's knowledge, attitudes, beliefs, and behaviors of grief recovery, and is an effective tool to promote grief recovery; thereby potentially reducing the burden of grief.

Relevance to The Grief Recovery Method® or Related Products

Prior to this research, The Grief Recovery Method® had no established empirical evidence suggestive of its effectiveness. This is the first study of its kind to show that the program theory of grief recovery held and had the intended influence on griever's knowledge, attitudes, beliefs, and behaviors of grief recovery (KABB). Although this study does establish the theoretic effectiveness of the program to influence variables of grief and grief recovery (KABB), a large-scale program evaluation longitudinal study is still required to assess whether the program reduces the burden of grief overtime. We hope that with future funding opportunities, we will be able to complete this study by spring of next year.

Basic Talking Points of the Article

- This study establishes the theoretic effectiveness of the theory of grief recovery
- This study is the FIRST to show that the program theory of grief recovery held and had the intended influence on grievers' knowledge, attitudes, beliefs, and behaviors of grief recovery (KABB).
- Program effect sizes are between 0.0-1.0, with those closer to 1.0 being highly effective
- The effect size that the GRM program had on variables of grief and grief recovery (KABB) was between 0.53 and 0.91, which agrees with most reviews on the demonstrated effectiveness for programs of this kind (i.e. GREAT NEWS)
- Respondents scored high regarding the maximum possible scores on KABB on observation3, which shows that participation in the grief recovery program is an effective tool to influence variables of grief and grief recovery, thereby potentially reducing grief.
- A large-scale program evaluation longitudinal study is still required to assess whether the program reduces the burden of grief overtime.
- Future FUNDING is needed for a large-scale program evaluation longitudinal study on the GRM program

The major take-a-way from this published article in a reputable peer-reviewed journal is that the study results establish evidence that the theory of grief recovery is effective at influencing grievers' knowledge, attitudes, beliefs, and behaviors of grief recovery (KABB)

AND....

The GRM program is the FIRST of its kind to not only be based on evidence, theoretically grounded in evidence, but also (NOW) EVIDENCE-BASED

Many other programs like Grief Share, Resolve Through Sharing etc. are like the GRM in that they are based on evidence and are theoretically grounded in evidence, but they have not been evaluated (YET) for their effectiveness, which means they are not (YET) evidence-based

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