



The Grief Recovery Method®

by The Grief Recovery Institute®

Research Article/Scientific Study Review

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Topic/Title:	Measurement Development and Validation for Construct Validity of the Treatment: The Grief Recovery Method® Instrument (GRM-I)
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Citation:	Nolan R, Hallam JS. Measurement Development and Validation for Construct Validity of the Treatment: The Grief Recovery Method® Instrument (GRM-I). <i>Am J Health Educ.</i> 2019; In-press. doi: 10.1080/19325037.2019.1571962

Summary of Research Article/Scientific Study

This study presents the approach taken to develop and test an empirical instrument to measure GRM program variables identified as a griever's knowledge, attitudes, beliefs, behavior of grief [i.e. STERBs] and behaviors of grief recovery as an outcome [i.e. loss history graph, relationship graph, P.S.]. The acronym used to refer to this program variables is KABB. The study also discusses key findings from the research project as well as the significance of the research within the field of public health. On average, respondent's mood prior to completing the instrument was mildly energetic, awake, content, and calm. Respondents also reported that on average they felt well and mildly relaxed. No significant association was found between items of mood and total grief recovery. After completion of the program, the most frequently reported coping behaviors that respondents were *less* likely to engage in were nicotine use, smoking, misuse of prescriptions drugs, illicit drug use, overeating, alcohol abuse, and gambling. After completion of the program, the most frequently reported coping behaviors that respondents were *more* likely to engage were exercise, sleeping, shopping, meditation, and prayer. The open response form, which was solely used to identify additional coping behaviors not previously identified, showed that grievers also participated at AA meetings, spent time with family and friends, read books, watched TV, had sex, used social media, attended grief support groups, cleaned, worked excessively, cried, cooked, daydreamed, gardened, hiked, kept busy, online dated, played games, and self-isolated. These additional coping behaviors were not quantified as to whether or not grievers were more or less likely to engage in them after completion of the program.

Relevance to The Grief Recovery Method® or Related Products

The United States 2017 death toll was almost 3 million. For each one of these deaths, approximately 4-5 grievers (National Institutes of Health, 2016) were left to cope with and mourn the loss. Annually, this estimate amounts to more than 12 million grievers nationwide. In recent reviews of the literature Jordan and Neimeyer (2003), along with Stroebe and colleagues (2003) have recognized that grief-related programs (i.e. the GRM) have lacked valid and reliable instrumentation. Without valid instrumentation, effective program evaluation is not possible. Consequently, there is limited understanding on how the program influences grief and promotes grief recovery. Although the GRM is widely-used, practice-based, and evidence-informed, it has not yet been evaluated for its effectiveness. This study developed and validated an empirical instrument to use in future evaluation of the GRM program.

Basic Talking Points of the Research Article/Scientific Study:

- This study established empirically valid instrumentation to use in future evaluation on the effectiveness of the GRM program
- After completion of the program, the most frequently reported coping behaviors that respondents **were less likely** to engage in were nicotine use, smoking, misuse of prescriptions drugs, illicit drug use, overeating, alcohol abuse, and gambling.
- After completion of the program, the most frequently reported coping behaviors that respondents were **more likely** to engage were exercise, sleeping, shopping, meditation, and prayer.
- In this study, griever's attitudes accounted for most of the variance in the data, followed by knowledge, behaviors of grief recovery, and beliefs.
- This study's findings suggest that certified specialists might want to focus on griever's attitudes concerning grief to have the greatest impact on grief recovery.
- Out of all GRM program variables [KABB], a griever's beliefs were least likely to change as a result of receiving program.
- Study participants ($n=279$) scored high regarding the maximum possible scores for all program variables [KABB]
- The GRM functions as a primary, secondary and tertiary PREVENTION Public Health program
- Grief is a Public Health issue

The major take-a-way from this published article in a reputable peer-reviewed journal is that the study results establish evidence that participation in the GRM program may be an effective tool to promote grief recovery and reduce grief in people who complete the program.

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