

Evaluating a Bereavement Support Group Programme

Author: Siobhan McKibbin, Social Worker, Evora Hospice

Background

Bereavement support is a vital component of palliative care, yet evidence of efficacy is limited.

The study evaluated a 7-week bereavement group programme with 20 adults in two cohorts.

Aim

To assess changes in grief vulnerability, control, and resilience using the Adult Attitude Grief (AAG) scale.

Method

Participants

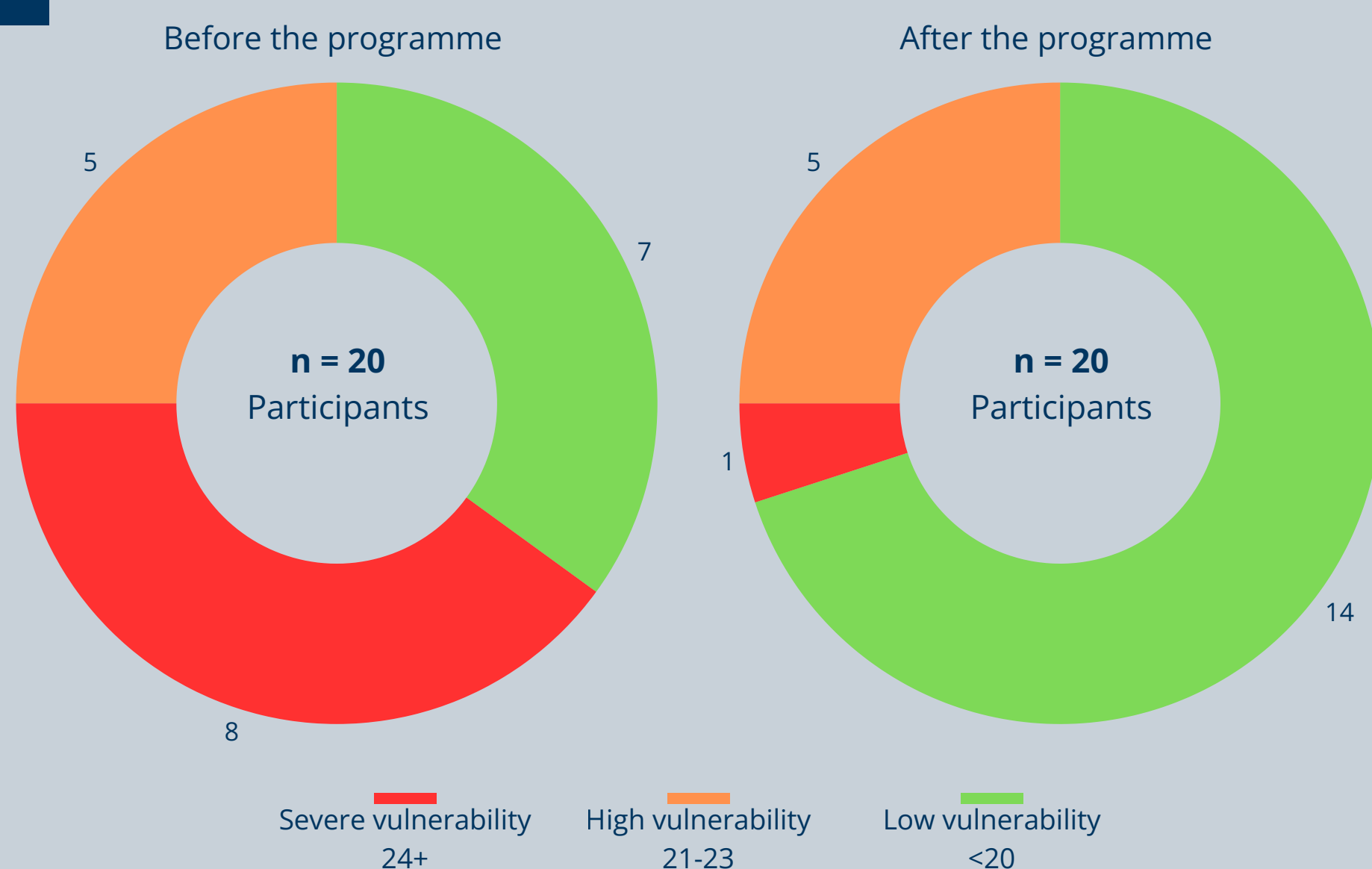
- 20 bereaved adults
- 65% Female, 35% Male
- Loss: Spouse, Parent, Sibling, Child

Mixed Methods

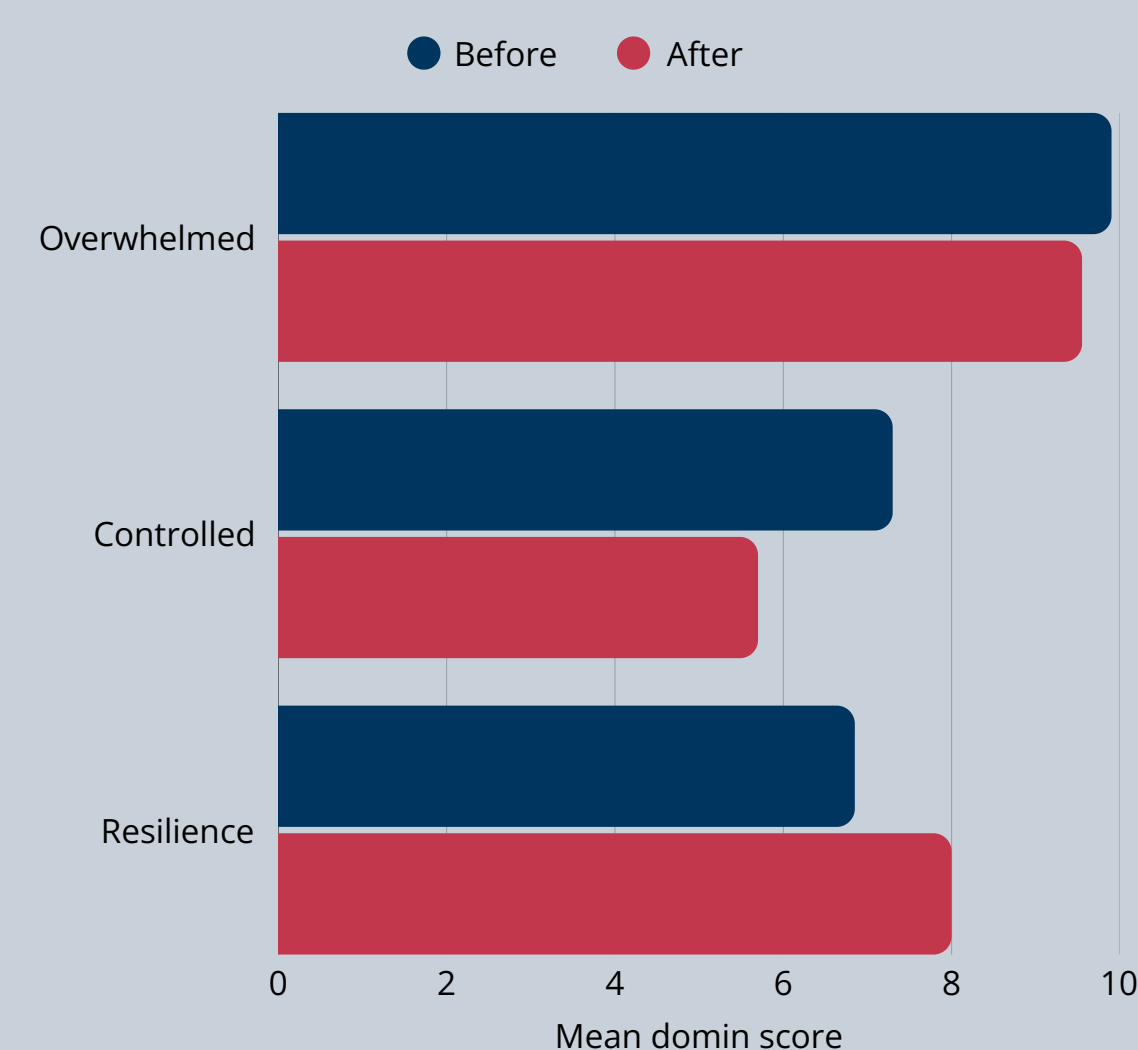
- AAG Scale Pre & Post
- Qualitative Interviews
- Follow-up Feedback

Results

Movement in Grief Vulnerability



Domain - Level Findings



70% were in the low vulnerability category after the programme

Participant Outcomes

↓ **14%**

Mean Grief Score

65%

Female

0-6

Months Since Loss

Participant Voices



Peer Connection

"It's the connection with others"



Shared Experience

"Everyone is in the same boat"



Courage to Attend

"Every week I dreaded it, but glad I came."



Skilled Facilitation

"People who delivered it made the difference"

The Message To Remember

The programme did not remove grief!

It was associated with:

- less reliance on control and avoidance
- stronger resilient responses
- substantial movement away from severe vulnerability