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AN EVALUATION OF FOUR SUPPORT GROUPS

FOR WIDOWS IN THE BOSTON AREA

———————

A Thesis

Presented to the

Faculty of

California State College,

San Bernardino

———————

In Partial Fulfillment

of the Requirements for the Degree

Master of Arts

in

Special Major - Gerontology

———————

by

Susan N. Scherr

August 1978

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Presented to the
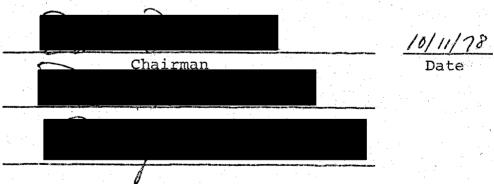
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by

Susan N. Scherr

August 1978

Approved by:

_____   _____
              Chairman   Date

10/11/78

ABSTRACT

Programs of preventive intervention for widows are examined.
An evaluative tool was designed and administered to leaders
of four recently ended support groups for widows, which
yielded demographic information, ranked needs present among
the group participants, identified goals addressed by the
leaders, and evaluated how well those goals were met. Of the
widows participating in the groups, 50 percent came during
Phase III of the bereavement process. Early needs of Phases
I and II were identified by the leaders as ongoing and more
urgent than those in Phase III. Forty-four percent of the
leaders' goals did not highly correspond with the needs they
identified among the widows. No similar goals were identi-
fied by the leaders. Two widowed needs, "help with loneliness"
and "expression of anger," were unanimously identified by the
group leaders as most pressing among the group members.
Widowed leaders tended to be more directive in group parti-
cipation than nonwidowed leaders. Group format was flexible
in all groups. Evaluation of support groups for widows using
the leaders' perception may not provide the most accurate
assessment. The small sample yielded no generalizable re-
sults. Further study of evaluation of intervention techniques
for widowed women is needed.

ACKNOWLEDGMENTS

TABLE OF CONTENTS

INTRODUCTION AND REVIEW OF THE LITERATURE

Mourning is a normal process which progresses through certain stages or phases (Averill, 1968; Bowlby, 1961, p. 331; Engel, 1964, pp. 95-96; Glick, Weiss, & Parkes, 1974, ch. 4; Gorer, 1965; Langer, 1957, pp. 14-25; Lindemann, 1944; Maddison, 1968; Parkes, 1973; Pincus, 1976; Rosberger, 1977; Schmale, 1972, p. 807). In addition to the bereavement process, multiple losses and role changes occur in widowhood (Berardo, 1967, p. 4, 1968, p. 192; Lopata, 1970, 1972, 1973a, 1973b). The widow's responses and adaptation to widowhood are influenced by age, education, personal characteristics, religion, place of residence (urban or rural), and socio-economic status (Berardo, 1967; Lopata, 1970, 1973b; Silverman, 1967, pp. 41-42). Silverman (1967) discusses the widowed mourning process as: (1) impact, (2) recoil, and (3) recovery. Impact involves a feeling of numbness, of disbelief, and of being suspended from life. The recoil phase occurs when one begins to feel again. Anger, fear, and loneliness are acute. Recovery occurs as the individual lets go of her past and moves toward building a future

1

(Silverman, 1967, pp. 38-41). Each phase is seen as dynamic, requiring different demands and tasks of the widow at different times. Progression through the phases is not time-bound; usually, adjustment is made between three months to two years (Silverman, 1967, p. 41). Silverman's model of the stages of widowed bereavement is accepted by this researcher.

The lack of ritual, social expectations, reduced support of the extended family, and stigma attached to those associated with death, make the widow's adaptation to her new role difficult (Caine, 1974; Gorer, 1965; Lopata, 1970, 1973b; Morris, 1972). The absence of these supports suggests the need of special interventions, specifically designed to help meet the needs of widows (Abrahams, 1972; Barrett, 1974, pp. 69-70; Glick, Weiss, & Parkes, 1974, pp. 289-291; Langer, 1957; Lewis & Berns, 1975, pp. 155-163; Lopata, 1973b, pp. 270-277; Mathison, 1970, p. 217; Miles & Hays, 1975, p. 280; Silverman, 1967, p. 44).

In addition to traditional client-doctor therapy, interventions specifically designed to meet the needs of widows have included widowed "hot lines" (Abrahams, 1972; McCourt, Barnett, Brennen, & Becker, 1976), resource centers (Hiltz, 1975), one-to-one peer counseling (McCourt, Barnett, Brennen, & Becker, 1976; Silverman, 1969, 1974), special

interview techniques to facilitate grief work (Flesch, 1975),

and short term support groups (Barrett, 1974; Golan, 1975;

Kavanaugh, 1972; Miles & Hays, 1975). All intervention pro-

grams encourage sharing experiences, helping the widow see

that her experiences and feelings are not abnormal or unique

(Caine, 1974; Morris, 1972; Start, 1968). Also, Silverman

(1967) stresses that introductions should be flexible to

meet the changing needs of widows, and should use the re-

sources of the participants to help one another.

The purpose of this study is to examine one method

of intervention: the support group. This exploratory study

will examine the needs present among a group of participants,

will examine the leadership's goals for the group, and will

note the correlation between the needs and the goals. A

profile of the group format, participants, and group leader-

ship, plus the results of the need/goal correspondence, may

provide implications for the future formation of group in-

terventions for the widowed.

METHOD

Subjects

A list of 25 resources and services for the widowed

in the Boston area was compiled. (See Appendix A for re-

sources)   Seven leaders of time-limited support groups were

identified.   Three group leaders whose groups had ended

within the last two years were used to pilot the tool.   The

other four leaders whose groups had ended within the previous

nine weeks were chosen for study:

Leader 1, a twice-widowed female (last widowed six

months prior to participating in the study), had other

leadership experiences but not with other widowed groups.

Her own experiences constituted her preparation for the group.

Her involvement with the group was as a directive model for

group activity.

Leader 2, a widowed female, had group leading ex-

periences, but not with other widowed groups.   Interest and

preparation was motivated by personal experiences.   Parti-

cipation was on a fairly directive level as a model for

group activity, facilitator of interaction, and provider of

information.

Leader 3, a nonwidowed female, had extensive group leadership experiences with other widowed and nonwidowed groups. Her leadership role was defined as "professional group worker." Activity within the group was fairly non-directive.

Leader 4, a nonwidowed male, had led various widowed and nonwidowed groups. His leadership role was that of facilitator. He saw himself as a nondirective participant.

Of the four leaders examined, leadership status (two widowed and two nonwidowed), other group experiences, participation in the group, and motivating interest for group involvement were typical when compared with support-group leaders discussed in the literature. Membership re-flected the average American widow: predominantly female, average age of 50-60, widowed an average of two years, and living alone.

The closed, time-limited nature of the four support-groups under study was atypical when considering all active groups in the Boston area. Formats of the four groups, con-sisting of shared feelings, directed discussion, and helpful information, were typical in their attempts to help members adjust to widowhood.

<u>Apparatus</u>

Employing Silverman's three phases of the grieving process, this researcher examined the literature to provide a comprehensive list of the most universal needs widows experience at each phase of mourning. These needs, and their sources from the literature, follow. (See Appendix B to note needs present in data collection tool)

<u>Phase I</u>:

<u>grief work</u>: Averill, 1968, p. 744; Caine, 1974, p. 91; Lindemann, 1944, p. 143; Lopata, 1973b, p. 271; Peterson, 1977, p. 3.

<u>be able to cry</u>: Clayton, 1971, p. 603; Kavanaugh, 1972, p. 110; Lopata, 1973b, p. 271; Miles & Hays, 1975, p. 280; Peterson, 1977, p. 3; Silverman, 1969, p. 335.

<u>financial information</u>: Berardo, 1967, pp. 12-13; Caine, 1974, p. 157; Gunther, 1975, p. 182; Mathison, 1970, p. 213; Silverman, 1969, p. 335.

<u>permissive listening</u>: Abrahams, 1972, pp. 57-58; Kavanaugh, 1972, p. 110; Scheibe, 1976, p. 6; Silverman, 1969, p. 335.

<u>going over the events of the death</u>: Clayton, 1971, p. 603; Glick, 1974, p. 126; Love, 1974, p. 74; Silverman, 1969, p. 335; Start, 1968, p. 42.

<u>emotional security</u>: Glick, 1974, p. 31; Parkes, 1973, p. 10.

<u>share feelings</u>: Barrett, 1974, pp. 69-70; Caine, 1974, p. 31; Lopata, 1969, p. 252; Scheibe, 1976, pp. 1, 6; Silverman, 1969, p. 335; 1974, p. 46.

<u>talk about grief</u>: Abrahams, 1972, p. 56; Caine, 1974, p. 136, Glick, 1974, p. 302; Gorer, 1965, p. 11;

Hecht, 1971, p. 362; Kavanaugh, 1972, p. 115; Lopata, 1973b, p. 271; Parkes, 1973, p. 164; Silverman, 1969, p. 335; Start, 1968, pp. 41-42.

encouragement to care for self: American Association of Retired Persons, 1974, pp. 37-38; Lopata, 1973b, p. 76; Scheibe, 1976, p. 6.

find positive role models: Caine, 1974, p. 56; Glick et al., 1974, ch. 5; McCourt et al., 1976, p. 98; Silverman, 1969, p. 335; 1974, p. 117.

Phase II:

help with loneliness: Abrahams, 1972, p. 56; Barrett, 1974, p. 70; Berardo, 1968, p. 196; Gunther, 1975, p. 184; Lopata, 1969, pp. 248-260; 1973b, p. 67; Parkes, 1973, p. 10; Peterson, 1977, p. 2.

deal with other losses: Kutscher, 1974, pp. 42-49; Lopata, 1969, p. 250; Parkes, 1973, p. 7.

expression of anger: American Association of Retired Persons, 1974, p. 5; Barrett, 1974, p. 146; Caine, 1974, p. 131; Glick, 1974, pp. 57, 302; Gorer, 1965, p. 115; Langer, 1957, p. 18; Maddison & Walker, 1967, p. 1062; Parkes, 1973, pp. 79-83.

feedback on concrete problems: Abrahams, 1972, p. 56; Barrett, 1974, pp. 69-70; Clayton, 1971, p. 603; Lopata, 1973b, p. 271; Maddison & Walker, 1967, p. 1062; Silverman, 1969, p. 335; 1974, p. 20.

be realistic about how long it will take to get over the loss: Engel, 1964, p. 94; Scheibe, 1976, p. 6.

insights into feelings: Silverman, 1967, p. 41.

creative solutions to daily tasks and routine: Lopata, 1969, pp. 248, 253; Parkes, 1973, p. 9.

assurance would "weather the storm": Parkes, 1973, p. 164; Silverman, 1974, p. 46.

let go of past lifestyle: Abrahams, 1972, p. 56; American

Association of Retired Persons, 1974, p. 23; Lopata, 1969, pp. 248, 253; Scheibe, 1976, p. 6; Silverman, 1967, p. 41; 1974, p. 116.

<u>let go of identity associated with spouse</u>: Averill, 1968, p. 729; Brewster, 1950, p. 19; Lopata, 1973, p. 17; Maddison, 1968, p. 223; Parker, 1973, p. 93; Peterson, 1977, p. 6.

<u>Phase III</u>:

<u>expression of sexual needs</u>: Caine, 1974, p. 185; Harvey, 1974, p. 98; McCourt, 1976, p. 99; Miles & Hays, 1975, p. 282; Parkes, 1973, p. 10.

<u>belonging</u>: Kreis, 1975, p. 5; Weiss, 1969, p. 37.

<u>give and receive care and affection</u>: Kavanaugh, 1972, pp. 90-91; Lopata, 1969, p. 248; Weiss, 1969, p. 37.

<u>self-esteem</u>: Berardo, 1967, p. 14; 1968, pp. 196-197; Lewis & Berns, 1975, p. 153; Lopata, 1973b, p. 132.

<u>new friends and relationships</u>: Abrahams, 1972, p. 56; Averill, 1968, p. 728; Barrett, 1974, p. 70; Glick, 1974, p. 200; Krupp, 1972, p. 332; Langer, 1957, p. 105; Lewis & Berns, 1975, p. 81; Lopata, 1969, p. 257; 1971, p. 76; 1973b, p. 407; McCourt et al., 1976, p. 99; Maddison, 1968, p. 223; Silverman, 1969, p. 336.

<u>feel useful and of value to others</u>: Berardo, 1967, pp. 12-13; Glick, 1974, p. 217; Kreis, 1975, p. 18; Silverman, 1974, p. 204; Weiss, 1969, p. 37.

<u>feel individual is desirable person</u>: Berardo, 1967, p. 14; Lopata, 1971, p. 76.

<u>set new goals</u>: Bowlby, 1961, p. 335; Caine, 1974, p. 151; Miles & Hays, 1975, p. 280; Start, 1968, p. 115; Weiss, 1969, p. 37.

<u>new social identity</u>: American Association of Retired Persons, 1974, p. 15; Averill, 1968, p. 723; Hiltz, 1975, p. 332; Langer, 1957, pp. 95-105; Lopata,

1969, p. 257; Maddison, 1968, p. 223; Peterson, 1977, p. 6; Silverman, 1967, p. 41.

self-awareness: Langer, 1957, p. 25; Lopata, 1973b, p. 271.

These particular needs were used by this researcher as the basis of a questionnaire. The list was employed: (1) to gather information about the presence and rank-order of the pressing needs among the group members; (2) to identify and give a priority ranking of the leaders' goals for the group; and (3) to give some indication as to how well those goals were met (using a Likert-type scale) by the leaders. In addition, demographic information on the leader, members, group structure and format was gathered. (See Appendix B)

Procedure

The list of 30 needs was shown to the respondents. Each need was read aloud and defined by the researcher. (See Appendix C for definitions)   The leaders were asked to identify and rank the most pressing needs found among their members. (It was made clear to the respondents that they were to identify what was present in their own group.) Numerical assignments were made. The number 1 was assigned to the five most pressing needs present, 2 to the next five most pressing needs, and so on, until the numbers 1 through

5 had been assigned. The number 6 was assigned by the researcher to the nonassigned needs, to make tabulation possible. The leader was then asked to consider the same list of needs, and indicate which needs s/he tried to meet as a goal. Assignment of numbers 1 through 10 indicated the most important goals of the group. The leader was asked to consider each of the goal choices, and indicate on a Likert-type scale how well they thought the goals were met by the group. (See Appendix D for need, goal, evaluation results) Demographic data were obtained by using a general information form. (See Appendix E for results)

Three weeks after the interview experience, the leaders were contacted by telephone. Open-ended questions were employed to receive feedback on the data collection tool. (See Appendix F for questions and sample responses.)

RESULTS AND DISCUSSION

Results

It is notable that the leaders' goals often do not correspond with the more pressing needs of the participants present in the groups. A mismatch occurred in two cases: (1) when a leader identified a highly pressing need, but did not recognize this need as a goal for the group; and (2) when a need was identified as a high priority goal by the leader, but was not a pressing need among the group participants. Mismatches occurred in 44 percent of the need/goal identifications: 22 out of a possible 50 responses. (See Appendix G for the need/goal mismatches) The mismatches were equally distributed among the four leaders.

The early needs of Phase I and Phase II are ongoing needs, more likely to be present than those associated with the third stage of grieving. Leaders' forced responses, open-ended statements, and assignment ranking of participants' needs determined which stage of grieving the participants were in. (See Appendix I for correlations)

11

Half of the widows under study were widowed two or more years
(5% or 1 in Group I, 60% or 5 in Group II, 60% or 5 in Group
III, 66% or 4 in Group IV). "Widow age" of two or more
years implies that the participants exhibited Phase III
needs; however, the leaders' responses indicate that Phase
I and Phase II needs were dominant: 33 of a possible 40
"most pressing" needs identified occurred within the Phase
I and Phase II need responses (see Appendix D). Forced re-
sponses from leaders indicated 56 percent of the total par-
ticipants were involved with Phase I and Phase II needs.

Leaders' Percentage Assignment of Members in Each Phase

	Group I	Group II	Group III	Group IV
Phase I	80% (16)	30% (3)	12% (1)	0
Phase II	15% (3)	35% (3)	24% (2)	33% (2)
Phase III	5% (1)	35% (3)	64% (5)	67% (4)

Goals of the leaders tend to stress the lower level
needs (a leader's rank of 1-4), but they address needs in
all phases of grieving.

Discussion

The four leaders questioned had varied agendas for
their support groups. No single need was addressed as a high
priority goal by all four leaders, while two of the 30 needs

were identified as goals by three of the four leaders.

No striking differences or similarities occurred when comparing the results from the widowed versus the nonwidowed leaders, nor when examining the male versus the female leaders.

Observations made while administering the tool, and the results obtained make this researcher feel that Leader 1's answers reflected her own needs rather than those expressed by her group. Her assessment differed from the other three in that she found her group members coming in the early phases of mourning, and their most pressing needs were predominantly in the first phase of mourning.

All four leaders identified "loneliness" and "expression of anger" as pressing needs among their members. Barrett (1974) found Consciousness-raising groups aided widows by legitimizing the presence of anger and resentment, while the formation of Confidant groups resulted in increased interaction outside the group experience. Barrett (1974) suggests this as a way of easing the loneliness of widowhood. This researcher feels that future group leaders might deal with the problems of loneliness by encouraging confidant relationships and establishing a telephone network, with participants calling co-members at designated times, when

loneliness is most likely (evenings, weekends, holidays, anniversaries, etc.).

Highly disparate results of need identification within Phase I occurred. The leaders may have assumed that these needs are universal among the widowed, or this may be an indication that their perception of their participants' needs were highly personal, not representing any generalizable trends.

More extensive use of open-ended questions might have verified, as well as added, further information about the leaders' goal priorities. In a follow-up telephone interview, leaders 2 and 3 found the task of limiting their answers to the form difficult and frustrating. Leader 2 felt that in an interview-type format she would have been able to represent her experience more freely, while leader 3 found the rank ordering task difficult, and not entirely an accurate representation of her group experience. (See Appendix F for leaders' responses to follow-up)

The ranked response used to note how the leaders' goals were identified and met may not have resulted in a reliable index--the results obtained may be suspect. Forced response should have been required for leaders' goals and goal evaluation. Exploration of the manner in which the

group leader met the stated goals should have been included in the instrument as a cross-check of the results obtained.

The small sample makes the findings from this study nongeneralizable to other widowed groups. The instrument was not adequately piloted before final acceptance, although leaders 1, 2 and 4 felt that the tool adequately covered their group experiences. The data collection tool should be re-designed so that it yields data that will lend itself to statistical treatment. Employing the leaders' perception to gather information about participants may not be the best way to assess participants' needs.

Further research on the evaluation of support groups for widows might yield more generalizable results if they employed the use of pre/post tests to note changes in projected goals of the leader, and if they addressed affected change of the group participants.

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APPENDICES

APPENDIX A

Resources and Services for the Widowed

in the Boston Area

Resources and Services for the Widowed
in the Boston Area

Group	Remarks
1. WE HELP EACH OTHER Boston State Hospital 591 Morton St., Dorchester Ruth Barnett 436-5961	Offers: (1) individual therapy; (2) community seminars; (3) socials. Program tries to build incentives and confidence.
2. WIDOWED TO WIDOWED Widowed Resources Center Mass. Psychological Center, Inc. 25 Huntington Ave., Boston 261-8585	For service and information, referred to Betty Wilson 323-2528. She will help start a group, and lectures to existing groups. Center sponsors Bi-yearly conferences on widowhood.
3. WIDOW TO WIDOW WIDOWED LIFE LINE PROGRAM Children's Aid and Family Service of Haverhill 69 Summer St., Haverhill Alice Davis 372-8516	Based on Silverman's model: Outreach program, transitional meetings, monthly "life line" meetings.
4. North Shore Jewish Community Center/Jewish Family Service Louise Radack 631-8330 David Colton 745-9760 Jonathan Burke 631-8330	1971 had program based on Silverman's model: outreach, social program, discussion groups. Currently trying to establish program again.
5. WIDOWED TO WIDOWED Department of Human Services Newton City Hall Louise Gitlin 484-0590	Monthly support group.
6. WIDOWED TO WIDOWED Needham Community Council Anita Bretschneider 444-2415 Beverly Eastman 444-2402	Uses Silverman's model: outreach program, monthly social program, discussion groups. Referral to resource people.

Group	Remarks
7. WIDOW TO WIDOWER South Middlesex Co. Holliston Shirley McGolgan 429-2793	Monthly meeting. Primarily social.
8. LIVING SINGLE Melrose Sharon Harrington 665-9579	Widow of three years, plans to start group in June 1978.
9. SETON CLUB Beverly Gertrude O'Connell 233-9352	Monthly meeting, social group.
10. LIFE EDUCATION Groups for widows 60 and older. Family Service Assn. of Greater Boston Marjorie Glassman 523-6400	10-week education group. Goal: for women to share, and find that they are not alone in their grief and symptoms.
11. JEWISH WIDOW TO WIDOWER CLUB Belmont Temple Belmont Eleanor Lubin 235-4930	Monthly meetings with topic and/or speaker. Self-help. No longer functioning.
12. PARENTS WITHOUT·PARTNERS 23 Harvard Ave., Brookline 734-5400	No specialized services; specifically for the widowed. Help for single parents.
13. FACING WIDOWHOOD Framingham Jewish Com- munity Center Edith Winick 872-8337	Based on Silverman's theory of widowed mourning. Educational and sharing. No longer functioning.
14. Brookline Library, Pleasant St. Branch Janet Ralph (Brookline Mental Health) 277-8107	10-week support group for el-derly widows. Based on Marjorie Glassman's format (#10), 3 groups. No longer functioning.

Group	Remarks
15. ESCHATON CLUB St. Anthony's Shrine 100 Arch St., Boston 524-6440	Primarily social. Program stopped in 1975 when leader died.
16. WIDOWED AND SEPARATION GROUPS Jewish Family Service Brookline Judy Strow 227-6641	Combines widowed and divorced. Deals with single parenting and being alone.
17. WIDOWED SUPPORT GROUP Leonard Morse Hospital 67 Union St., Natick Susan Kaplan 653-3400	Time-limited support group. Group ended 1977.
Father Dick Fleck 653-3400	Time-limited support group. Group ended 12/77
18. Elderly Commission Boston City Hall Boston Alice Clarie 725-4000, ext. 3037	Information and referral system. More extensive before September 1977.
19. Ester Osborn Herman 11 Radcliff Rd., Newton 527-4728 or 332-1137	Widow, now remarried. Worked with Levine Chapel, Brookline. Conducted numerous groups and programs for the widowed. No current program.
20. MEDFIELD WIDOWS GROUP Doris Collins 17 South St., Medfield	Support and social group.
21. Concord Mental Health Concord Ruth Rosenfeld 369-7715	Outreach program, servicing 20 towns. Small, time-limited support groups. Formed March 1978.
22. WIDOWED LIFE LINE PROGRAM Leslie B. Cutler Clinic Ellen Friedlander 762-6592	Based on Silverman's model: outreach program, social/ educational meetings, support groups. Formed March 1978.

Group	Remarks

23. Sharon Memorial Park
    Canton
    Mr. Morgan   828-7216

    Past services to the widowed offered by widowed woman. Currently forming program to offer services.

24. WIDOW TO WIDOW
    Arlington
    Mrs. Beatrice Rapport
    648-0133

25. SUPPORT GROUP FOR WIDOWS
    Roudenbush Community
        Center
    Westford
    Jane O'Terry   692-3311

    Locating widows in the area. Trying to formulate support group.

APPENDIX B

Information Gathering Tool

Widowed Group Information Sheet

Susan N. Scherr
California State College San Bernardino
653-8254

Group:_____

Leaders name:_____

  co-leader:_____

Address:_____

Phone number:_____

28

Needs presented by the members	Numerical assignment
grief work	_____
help with loneliness	_____
self-esteem	_____
deal with other losses	_____
emotional security	_____
set new goals	_____
insights into feelings	_____
positive role models	_____
expression of anger	_____
self awareness	_____
share feelings	_____
be realistic about how long it will take to get over the loss	_____
be able to cry	_____
new friends and relationships	_____
let go of identity associated with spouse	_____
belonging	_____
new social identity	_____
let go of past lifestyle	_____
go over events of the death	_____
give and receive care and affection	_____
permissive listening	_____
financial information	_____
encouragement to care for self	_____
talk about grief	_____
creative solutions to daily tasks and routine	_____
feel that individual is a desirable person	_____
assurance individual would "weather the storm"	_____
expression of sexual needs	_____
feel useful and of value to others	_____
feedback on concrete problems	_____

Needs	Rank	Circle One
grief work	_____	(not met) 1 2 3 4 5 (met well)
help with loneliness	_____	1 2 3 4 5
self-esteem	_____	1 2 3 4 5
deal with other losses	_____	1 2 3 4 5
emotional security	_____	1 2 3 4 5
set new goals	_____	1 2 3 4 5
insights into feelings	_____	1 2 3 4 5
positive role models	_____	1 2 3 4 5
expression of anger	_____	1 2 3 4 5
self awareness	_____	1 2 3 4 5
share feelings	_____	1 2 3 4 5
be realistic about how long it will take to get over the loss	_____	1 2 3 4 5
be able to cry	_____	1 2 3 4 5
new friends and relationships	_____	1 2 3 4 5
let go of identity associated with spouse	_____	1 2 3 4 5
belonging	_____	1 2 3 4 5
new social identity	_____	1 2 3 4 5
let go of past lifestyle	_____	1 2 3 4 5
go over events of the death	_____	1 2 3 4 5
give and receive care and affection	_____	1 2 3 4 5
permissive listening	_____	1 2 3 4 5
financial information	_____	1 2 3 4 5
encouragement to care for self	_____	1 2 3 4 5
talk about grief	_____	1 2 3 4 5
creative solutions to daily tasks and routine	_____	1 2 3 4 5
feel that individual is a desirable person	_____	1 2 3 4 5
assurance individual would "weather the storm"	_____	1 2 3 4 5
expression of sexual needs	_____	1 2 3 4 5
feel useful and of value to others	_____	1 2 3 4 5
feedback on concrete problems	_____	1 2 3 4 5

Keeping your goals for the group in mind, would you rate the
group as: a. successful ☐   b. unsuccessful ☐

<u>Leader</u>

Marital status:
    a. widowed ☐
    b. divorced ☐
    c. other ☐

Motivational interest in area of widowhood:
    a. widowed relative ☐
    b. personal experience ☐
    c. other_____

Preparation for work with widowed group:
    a. personal experience ☐
    b. reading/interest in widowhood/grieving ☐
    c. prior interaction with widowed ☐
    d. training in group work ☐
    e. other group experience ☐

Have you led other widowed groups? yes ☐   no ☐
List:_____
_____

Have you led other types of groups? yes ☐   no ☐
List:_____
_____

How do you see your role as leader?
    a. model for group activity ☐
    b. facilitator ☐
    c. professional therapist ☐
    d. desseminator of information ☐
    e. other_____

Your participation in the group:
    (directive) 1 2 3 4 5 (nondirective)

<u>Group membership</u>

Group size: _____

Sex: female only ☐   mixed male and female ☐

Status: widowed only ☐   widowed and divorced ☐

Age: range _____ to _____ yrs.
   average age of majority of members_____yrs.

Time since death of spouse: range _____ to _____yrs.
   Estimate number of men widowed: Estimate number of women widowed:
    1 yr. or less_____   1 yr. or less _____
    2-3 yrs. _____   2-3 yrs. _____
    4 or more yrs. _____   4 or more yrs. _____

Living situation: a. living alone _____%
                 b. living with other _____%
                 c. living with child at home _____%

Employment: working _____%   nonworking _____%

Income: adequate ☐   inadequate ☐

Generally, in what stage of grieving were the participants?
_____

Percentage of members in each stage of bereavement:
    a. dealing with the shock of the death _____%
    b. trying to cope with feelings, and let go _____%
    c. trying to remake life, and set new goals _____%

Group Experience and Structure

Knowledge of the group:
    a. media ☐
    b. outreach ☐
    c. word of mouth ☐
    d. other_____

Meetings:

    a. time limited ☐   on-going ☐
    b. total number of meetings _____
    c. hours per meeting _____
    d. when did the group end? _____
    e. primary activity of the meetings:
        1. sharing ideas, thoughts, and experiences _____
        2. information dissemination from leader/other _____
        3. directed discussion on a given topic _____
            a. topic generated by leader ☐
            b. topic generated by group member ☐

Were the participants encouraged to see each other and socialize
  outside of the group meetings? yes ☐   no ☐

What did the group try to do?

APPENDIX C

Widow's Needs: Researcher's Definitions

Widow's Needs: Researcher's Definitions

• grief work: The individual's own rhythm of working out her
     emotions, and of gradually redefining life; moving
     from shock to acceptance.

help with loneliness: presenting solutions that others have
     found useful, e.g. what to do on weekends, holidays, at
     meal times . . .

self esteem: respect that one has for him/herself; that one
     is capable and has self confidence.

deal with other losses: possibly loss of health, reduced
     income, confidant, and other losses related to the death
     of the husband.

emotional security: a place or space for the individual to
     feel safe and able to deal with those emotions in a non-
     threatening way.

set new goals: new personal goals for the individual; purpose
     in life.

insights into feelings: knowledge of the grieving process,
     and awareness that the individual is not alone or unique
     in what they have experienced in grieving.

positive role models: seeing others who have experienced
     bereavement and who are coping and developing new lives
     as widows.

expression of anger: voicing anger at being left alone or
     abandoned. It may be directed toward the husband,
     hospital, society, friends, self.

self awareness: to be able to look at yourself, and be
     aware of feelings and emotions; knowing yourself.

share feelings: sharing those feelings associated with
     widowhood, such as guilt, anger, helplessness, fear, etc.

be realistic about how long it will take to get over the loss:
     not to be discouraged at how long it is taking to "feel
     like yourself" again.

be able to cry: to express crying openly and in front of others.

new friends and relationships: awareness that the individual has different needs than when she was married, and that she needs new friends and relationships that she relates to differently than when she was married.

let go of identity associated with the spouse: realize that she is no longer a wife, but a widow, without a partner. Her status derived from her husband is no longer available to her.

belonging: being loved, and loving another.

new social identity: realizing that she is a widow: developing new ties with others; socializing and developing a new social life.

let go of past lifestyle: that which is associated with the spouse, and as a couple.

go over the events of the death: talking of the events of the death; trying to make the events real.

give and receive care and affection: it may be emotional or physical, but is dependent on others.

permissive listening: having another listen. Being open without feeling that the other is judgmental or critical.

financial information: concrete facts about money matters.

encouragement to care for self: supportive caring by others; the individual should take physical and emotional care of herself.

talk about grief: being able to talk of the experiences and feelings related to the death of the spouse.

creative solutions to daily tasks and routine: finding ways to deal with everyday problems and chores that may have been dependent on the now absent spouse.

feel that the individual is a desirable person: feeling that others would like to be with the person; that she is likable, and others around her desire her for social interaction.

<u>assurance individual would "weather the storm"</u>: that the
individual will make it through all of the upset, grief,
and change.

<u>expression of sexual needs</u>: awareness that the individual
still has sexual needs.

<u>feel useful and of value to others</u>: that the person can be
helpful to another, and that she is a productive indi-
vidual who is valued.

<u>feedback on concrete problems</u>: for example: problems with
housing, transportation, child rearing, or financial
matters.

APPENDIX D

Needs, Goals, Group Success: Leader's Identification

Needs, Goals, Group Success: Leader's Identification

Need	Ranked Need				Goal Identification				Success			
	Group				Group				Group			
	1	2	3	4	1	2	3	4	1	2	3	4
Phase I:												
grief work.............	1	2	2	6	1		1		5		5	
be able to cry........	1	2	6	2	4			2	5			4
financial information	6	5	6	2								
permissive listening	6	2	2	5		6				5		
going over events of the death..........	1	6	3	6	7				5			
emotional security..	5	5	2	5								
share feelings......	2	3	3	2			3	1			5	5
talk about grief....	1	6	1	2	9	3			5	5		
encouragement to care for self..........	2	6	6	6				6				5
find positive role models.............	6	1	2	6			6				4	
Phase II:												
help with loneliness.	2	1	1	1	2	8	2		5	3	4	
deal with other losses	5	4	1	5		9	9			3		
expression of anger..	1	3	2	1			5	3			5	3
feedback on concrete problems..........	5	4	4	5								
be realistic about how long it will take to get over the loss..	2	3	5	3		4				5		
insights into feelings	5	6	1	2	3			4	5			3
creative solutions to daily tasks and routine.............	2	5	4	1			10				4	
assurance would "weather the storm"	6	1	5	3		7				5		
let go of past life-style...............	3	4	5	3	8				4			
let go of identity associated with spouse.............	3	4	4	1				10				2

(continued)

Needs, Goals, etc. (continued)

Need	Ranked Need				Goal Identification				Success			
	Group				Group				Group			
	1	2	3	4	1	2	3	4	1	2	3	4
Phase III:												
expression of sexual needs..............	4	6	6	6	10				4			
belonging.............	6	1	6	4	6	1			5	5		
give and receive care and affection........	4	2	5	4				5				5
self esteem..........	3	5	1	4			4	8			3	3
new friends and relationships...........	4	1	3	3	5	2	7		5	5	2	
feel useful and of value to others......	5	3	5	4				9				4
feel individual is a desirable person.....	4	5	4	4				7				4
set new goals........	3	2	3	3		10	8			4	4	
new social identity..	4	4	3	1		5						
self awareness.......	3	3	4	5								

APPENDIX E

Demographic Data on Four Groups: Summary

Demographic Data on Four Groups: Summary

Item	Group 1	Group 2	Group 3	Group 4
Leader:				
group success rate	successful	successful	successful	successful
leaders' status, sex	widowed female	widowed female	nonwidowed female	nonwidowed male
motivating interest	saw need, personal experience	personal experience	saw need, other work with widowed	identified need
preparation for group	personal experience	personal experience	reading, other group work	reading, interest, other group work
led other widowed groups	no	no	yes	yes
led other kinds of groups	yes	yes	yes	yes
role as leader	model for activity	model, facilitator, information	professional group worker	facilitator
participation in group	directive	moderately directive	mildly directive	mildly directive
Group:				
size	2-24	6-8	8	6

Demographic Data (continued)

Item	Group 1	Group 2	Group 3	Group 4
Group (cont'd):				
composition	female	female	female	female/male
age	21-82	50-60 average 60	40-80 average 50	21-80 average 55-60
time since bereavement	3 days - 4 years	3 months - 11 years average 2-3 years	2 months - 11 years average 2-3 years	6 months - 2 years average 2 years
living situation	100% alone	80% alone 20% with other	100% alone	33% alone 67% child at home
employment	50% working 50% nonworking	15% working 85% nonworking	100% working	67% working 33% nonworking
income	25% adequate 75% inadequate	100% adequate	100% adequate	100% adequate
open-ended statement what stage of grief	beginning	early	anger/ depression	adjustment
forced response to stage of grief	80% Phase I 15 % Phase II 5% Phase III	30% Phase I 35% Phase II 35% Phase III	12% Phase I 24% Phase II 64% Phase III	0% Phase I 33% Phase II 67% Phase III

(continued)

Item	Group 1	Group 2	Group 3	Group 4
Group Structure:				
knowledge of group	media, outreach, word of mouth	media, word of mouth	media, word of mouth	media, outreach, word of mouth
meetings	ongoing	ongoing	time-limited	time-limited
number of meetings	24	8-10	10	10
hours per meeting	3-5	2-1/2	1-1/2	1-1/2
primary activity	sharing, information from leader	sharing feelings, ideas	sharing, directed discussion	sharing, directed discussion, information
encouragement of meeting outside group	yes	no	yes	yes

What did the group try to do?

Leader 1:   "Educate person to new widowed role, rehabilitate so that they may come back into society as a contributing citizen."

Leader 2:   "Help one another with current problems, and deal occasionally with feelings."

Leader 3:   "Provide the members with social skills to cope with the situational crisis associated with the death of their spouse and other losses."

Leader 4:   "Provide an environment where people feel and are free to disclose and experience acceptance and companionship (compassion)."

APPENDIX F

Open-ended (telephone) Follow-up Questions

and Some Responses

Open-ended (telephone) Follow-up Questions
and Some Responses

1. Were the directions clear and easy to follow?

   Leader 1: "Yes, I thought so."

   Leader 4: "Yes."

2. What were the good things about the form?

   Leader 1: "I think that it covered everything."

3. How would you criticize the form?

   Leader 2: "I feel that more things should have been

   covered in an interview-type format . . .

   I would have liked to express myself more

   freely."

   Leader 3: "It was very difficult to rank order one's

   goals, for some had equal value, and there

   was no way to indicate that."

   Leader 4: "I felt that there might have been a place that

   would give an overview of what the expectations

   of the individuals in the group had . . . for

   example" What do you expect the group to be

   like? What personally do you want to get out

   of the group? What are your expectations of

   the so-called 'professionals' in the group?"

4. Do you think that the form reflected what you experienced

in your group? Did it accurately cover your group ex-

perience?

Leader 2: "Yes, I was able to bring out the important

things."

Leader 3: "Not entirely, because my group was tremend-

ously different than the other kinds of

groups."

Leader 4: "Yes, it was good."

5. What questions might have been asked that weren't?

Leader 1: "Was the death expected or unexpected? Were

they [the widows] there at the time of the

death? Were they [the widows] able 'to say

goodbye'?"

Leader 4: "There should have been a querying about what

support people they [the participants] have

in their lives; siblings, children, parents,

friends, colleagues and employers, and how

did they [the support people] influence the

support of the person?"

6. Is there anything further that you might want to add

about your experience in filling-out the form describing

your group?

Leader 1: "I didn't understand why you wanted the infor-

mation in the way that you did, but I'm sure

that you have your reasons."

Leader 4: "I didn't find the experience threatening to

the point of immobilization, but I did have

a certain amount of anxiety . . . because as

I initiated my response to your confrontation

. . . I felt that I was being confronted as

the founder and co-facilitator . . . That's

the way it had to be, if you were to get the

results that would have been of value, and

not wishy-washy."

APPENDIX G

Needs and Goals: Mismatches

Needs and Goals: Mismatches

Need	Ranked Assignment Group				Leader's Goal Group			
	1	2	3	4	1	2	3	4
Need identified as pressing, but not addressed as leader's goal:								
grief work..............		2				−		
be able to cry..........		2				−		
financial information....				2				−
permissive listening.....			2				−	
emotional security.......			2				−	
share feelings...........	2				−			
talk about grief.........			1	2			−	−
encouragement to care for self....................	2				−			
find positive role models		1				−		
help with loneliness.....				1				−
expression of anger......	1				−			
be realistic about how long it will take to get over loss..........	2				−			
insights into feelings...			1				−	
creative solutions to daily tasks and routine	2			1	−			−
give and receive care and affection..............		2				−		
new social identity......				1				−
Need identified as not pressing, but addressed as leader's goal:								
talk about grief.........		6				3		
encouragement to care for self....................				6				6
insights into feelings...	5				3			
belonging................	6				6			

APPENDIX H

Membership's Phase of Grieving: Correlation

Between Leaders' Forced Responses

and Open-ended Responses

Membership's Phase of Grieving: Correlation
Between Leaders' Forced Responses
and Open-ended Responses

	Group 1	Group 2	Group 3	Group 4
needs checked	Predominantly Phase I	Phases I & II	Phases I & II	Phases I & II
forced response phase assignment	80% group- Phase I	65% group- Phases I & II	36% group- Phases I & II	33% group- Phases I & II
open-ended statement	Beginning	Early	Anger, Depression	Adjustment
correlation	High	High	Not significant	Low

APPENDIX I

Need Assignment: Ordered Averages

Need Assignment: Ordered Averages

Need	Average	Phase
help with loneliness.............	1.25	II
expression of anger..............	1.75	II
share feelings...................	2.5	I
talk about grief.................	2.5	I
new friends and relationships....	2.75	III
set new goals....................	2.75	III
grief work.......................	2.75	I
be able to cry...................	2.75	I
creative solutions to daily tasks and routines....................	3.0	II
let go of identity associated with spouse.....................	3.0	II
new social identity..............	3.0	III
be realistic about how long it will take to get over the loss	3.25	II
self esteem......................	3.25	III
insights into feelings...........	3.5	II
permissive listening.............	3.75	I
find positive role models........	3.75	I
deal with other losses...........	3.75	II
assurance would "weather the storm"...........................	3.75	II
let go of past lifestyle.........	3.75	II
give and receive care and affection.........................	3.75	III
self awareness...................	3.75	III
going over events of the death...	4.0	I
emotional security...............	4.25	I
belonging........................	4.25	III
feel useful and of value to others	4.25	III
feel individual is desirable person...........................	4.25	III
feedback on concrete problems....	4.5	II
financial information............	4.75	I
encouragement to care for self...	5.0	I
expression of sexual needs.......	5.5	III

APPENDIX J

Selected Bibliographies

1. Mourning/Grieving
2. Personal Accounts and Self-help
   for Widows
3. Sociological Implications and
   Demographic Information on Widows
4. Widowhood Group Interventions and
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