

## Supplementary Tables and Figures

**S1: Frequency table for items in the AAG questionnaire (n = 711)**

AAG item (and score)		4 = Strongly agree n (%)	3 = Agree n (%)	2= Neither agree or disagree n (%)	1= Disagree n (%)	0 = Strongly disagree n (%)	Missing n (%)	Mean (95% CI)	Median
Overwhelmed items	2. For me, it is difficult to switch off thoughts about the person I have lost.	309 (43.5)	217 (30.5)	95 (13.4)	58 (8.2)	27 (3.8)	5 (0.7)	3.02 (2.93 to 3.1)	3
	5. I feel that I will always carry the pain of grief with me.	330 (46.4)	230 (32.3)	79 (11.1)	47 (6.6)	18 (2.5)	7 (1)	3.15 (3.07 to 3.23)	3
	7. Life has less meaning for me after this loss.	174 (24.5)	172 (24.2)	157 (22.1)	129 (18.1)	69 (9.7)	10 (1.4)	2.36 (2.26 to 2.45)	2
Controlled items	4. I believe that I must be brave in the face of loss.	102 (14.3)	266 (37.4)	151 (21.2)	126 (17.7)	57 (8)	9 (1.3)	2.33 (2.24 to 2.42)	3
	6. For me, it is important to keep my grief under control.	93 (13.1)	284 (39.9)	164 (23.1)	107 (15)	52 (7.3)	11 (1.5)	2.37 (2.28 to 2.45)	3
	8. I think it's best just to get on with life in spite of this loss.	44 (6.2)	200 (28.1)	203 (28.6)	153 (21.5)	97 (13.6)	14 (2)	1.92 (1.82 to 1.99)	2
AAG item (and score)		0 = Strongly agree n (%)	1 = Agree n (%)	2 = Neither agree or disagree n (%)	3 = Disagree n (%)	4 Strongly disagree n (%)	Missing n (%)	Mean (95% CI)	Median
Reversed Resilience Items	1. I feel able to face the pain which comes with loss.	55 (7.7)	228 (32.1)	126 (17.7)	173 (24.3)	116 (16.3)	13 (1.8)	2.1 (2.00 to 2.19)	2
	3. I feel very aware of my inner strength when faced with grief.	88 (12.4)	225 (31.6)	202 (28.4)	141 (19.8)	45 (6.3)	10 (1.4)	1.76 (1.67 to 1.84)	2
	9. It may not always feel like it but I do believe that I will come through this experience of grief.	111 (15.6)	333 (46.8)	145 (20.4)	73 (10.3)	39 (5.5)	10 (1.4)	1.42 (1.35 to 1.51)	1

**Table S2: Descriptive statistics for the AAG questionnaire**

Subscales/ Total score	<i>n</i>	% Missing	Mean (95% CI) [Median]	SD
Overwhelmed	705	0.8%	8.53 (8.31 to 8.72) [9.00]	2.79
Controlled	700	1.5%	6.61 (6.41 to 6.82) [7.00]	2.71
Reversed Resilience	701	1.4%	5.28 (5.07 to 5.49) [5.00]	2.82
IOV	698	1.8%	20.41 (20.06 to 20.77) [21.00]	4.77
IOV Categories	<i>n (%)</i>			
Low (IOV = 0-20)	338 (48.4)			
High (IOV = 21-23)	163 (23.4)			
Severe (IOV = 24-36)	197 (28.2)			

**Table S3: Support needs ranked by mean level of need**

	High or fairly high level of support needed	Moderate level of support needed	Little or no support needed	Mean (95% CI)	Median
Dealing with my feelings about the way my loved one died	59.8%	21.5%	18.7%	3.71 (3.62 to 3.80)	4
Dealing with my feelings about being without my loved one	49.9%	29.3%	20.8%	3.48 (3.39 to 3.57)	3
Expressing my feelings and feeling understood by others	53%	23.9%	23%	3.48 (3.38 to 3.57)	4
Feeling comforted and reassured	51.8%	26.7%	21.6%	3.46 (3.37 to 3.55)	4
Feelings of anxiety and depression	52.8%	21.1%	26.1%	3.45 (3.35 to 3.55)	4
Loneliness and social isolation	52.0%	19.1%	29%	3.36 (3.26 to 3.46)	4
Finding balance between grieving and other areas of life	45.0%	27.9%	27%	3.29 (3.20 to 3.39)	3
Regaining sense of purpose and meaning in life	46.7%	21.6%	31.7%	3.26 (3.15 to 3.36)	3
Managing and maintaining my relationships with friends and family	36.2%	26.4%	37.4%	2.98 (2.88 to 3.08)	3
Participating in work, leisure or other regular activities (e.g. shopping, housework)	33.8%	23.9%	42.1%	2.87 (2.76 to 2.97)	3
Getting relevant information and advice e.g. legal, financial, available support	24.3%	22.3%	53.3%	2.51 (2.41 to 2.61)	2
Practical tasks e.g. managing the funeral, registering the death, other paperwork etc.	23.5%	21.7%	54.7%	2.48 (2.38 to 2.58)	2
Looking after myself/family e.g. getting food, medication, childcare	15.2%	22.8%	62%	2.25 (2.16 to 2.34)	2

Note to interpret means and medians: no support = 1; little support = 2; moderate support = 3; fairly high support = 4; and high support = 5

**Table S4: Results for the three IOV groups (i.e., low, high, & extreme) by relationship of bereaved person to the deceased. (Overall association between IOV and relationship: Chi-squared test:  $P < 0.001$ ; “row” percentages shown are shown below, i.e., with respect to  $n$  quoted in each row for each type of relationship to the deceased.)**

	$n$	Low	High	Severe
Partners	148	34.5%	28.4%	37.2%
Parents	390	50.3%	21.0%	28.7%
Grandparents	54	57.4%	27.8%	14.8%
Sibling	22	36.4%	40.9%	22.7%
Child	15	20.0%	40.0%	40.0%
Other family member	45	68.9%	15.6%	15.6%
Colleague or friend	24	75.0%	8.3%	16.7%

**Table S5: Results for subscales and overall scale scores for the AAG questionnaire and support needed as a function of “Did you feel well supported by the healthcare professionals immediately after the death of your loved one?”**

		AAG				Support Needed		
		Overwhelmed	Controlled	Reversed Resilience	IOV	Practical	Emotional	Overall
Very well supported	<i>n</i>	95	95	95	95	93	93	93
	Mean	8.21	6.06	4.42	18.69	2.40	3.06	2.90
	SD	2.58	2.74	2.66	4.50	1.00	1.04	0.96
	Median	8	6	4	20	2.33	3.1	2.92
Fairly well supported	<i>N</i>	105	103	103	103	105	104	104
	Mean	8.72	6.93	5.14	20.73	2.43	3.31	3.10
	SD	2.88	2.72	2.56	4.78	1.06	1.05	0.96
	Median	9	7	5	21	2.33	3.35	3.08
A little bit supported	<i>n</i>	138	137	139	137	136	136	136
	Mean	8.77	6.63	5.1	20.46	2.54	3.39	3.20
	SD	2.60	2.54	2.71	4.55	1.07	1.02	0.94
	Median	9	7	5	21	2.5	3.55	3.23
Not at all supported	<i>n</i>	250	248	247	246	251	249	249
	Mean	9.11	6.41	5.93	21.46	2.61	3.59	3.36
	SD	2.71	2.77	2.95	4.62	1.12	1.05	0.96
	Median	10	7	6	22	2.33	3.7	3.38
Maximum Cohen’s $ d $		0.33	0.32	0.56	0.60	0.20	0.50	0.47
One-way ANOVA: $P =$		0.05	0.13	<0.001	<0.001	0.28	<0.001	0.001

**Table S6: Results for subscales and scale scores for the AAG questionnaire and support needed as a function of place of death**

		AAG				Support Needed		
		Overwhelmed	Controlled	Reversed Resilience	IOV	Practical	Emotional	Overall
In hospital	<i>n</i>	406	404	406	403	395	400	400
	Mean	8.84	6.45	5.52	20.79	2.51	3.44	3.23
	SD	2.76	2.76	2.92	4.64	1.14	1.05	0.97
	Median	9	7	5	21	2.33	3.55	3.23
In their home	<i>N</i>	157	156	156	156	152	154	154
	Mean	8.31	7.01	5.04	20.34	2.40	3.24	3.05
	SD	2.74	2.50	2.81	4.85	1.10	1.15	1.06
	Median	9	7	5	21	2.33	3.2	3
In a hospice	<i>n</i>	37	35	35	35	37	37	37
	Mean	8.86	6.94	5.20	20.83	2.24	3.36	3.10
	SD	2.69	2.86	2.56	5.46	0.95	0.89	0.81
	Median	8	8	5	21	2	3.3	3
In a care home	<i>n</i>	90	90	89	89	91	90	90
	Mean	7.34	6.68	4.65	18.70	2.08	2.96	2.75
	SD	2.85	2.67	2.35	4.78	0.88	1.06	0.96
	Median	7.5	7	4	19	2	3	2.77
Other / Do not Know	<i>n</i>	13	13	13	13	13	13	13
	Mean	9.08	5.31	5.08	19.46	2.51	3.57	3.32
	SD	2.47	3.04	2.75	3.80	1.16	1.37	1.22
	Median	9	6	5	19	2.33	4	3.62
Cohen's <i>d</i>		0.64	0.61	0.32	0.45	0.41	0.55	0.57
Maximum Cohen's $ d $		<0.001	0.10	0.05	0.01	0.01	0.01	0.003
One-way ANOVA: <i>P</i> =		<0.001	0.158	0.11	0.002	0.036	0.002	0.001

**Table S7: Results for subscales and scale scores for the AAG questionnaire and support needed as a function of highest qualification.**

		AAG				Support Needed		
		Overwhelmed	Controlled	Reversed Resilience	IOV	Practical	Emotional	Overall
None / GCSEs	<i>n</i>	103	101	102	100	104	104	104
	Mean	9.48	5.94	6.42	21.77	2.63	3.52	3.32
	SD	3.00	2.83	2.94	4.1	1.19	1.07	1.02
	Median	10	6	6.5	22	2.67	3.68	3.40
A-level/ apprenticeship / ONC	<i>n</i>	132	132	131	131	127	129	129
	Mean	9.29	6.61	5.55	21.48	2.53	3.57	3.33
	SD	2.56	2.67	2.84	4.52	1.08	1.06	0.98
	Median	10	7	6	22	2.33	3.8	3.38
HND / University Degree / Postgraduate (etc)	<i>n</i>	467	464	465	464	456	460	460
	Mean	8.11	6.76	4.94	19.8	2.32	3.22	3.02
	SD	2.71	2.68	2.70	4.86	1.06	1.07	0.98
	Median	8	7	5	20	2	3.25	3
Maximum Cohen's $ d $		0.50	0.30	0.52	0.44	0.28	0.33	0.32
One-way ANOVA: $P =$		<0.001	0.03	<0.001	<0.001	0.02	0.001	0.001

**Table S8: Percentages for the 3 groups with respect to IOV (low, high, severe) for pandemic-related problems.**

		<i>n</i> =	IOV Group			Cohen's <i>h</i>	<i>P</i> =
			Low	High	Severe		
Unable to visit them prior to their death	No	320	49.7%	24.4%	25.9%	0.088	0.459
	Yes	378	47.4%	22.5%	30.2%		
Limited contact with them in last days of their life	No	293	47.1%	25.3%	27.6%	0.068	0.596
	Yes	405	49.4%	22.0%	28.6%		
Unable to say goodbye as I would have liked	No	253	49.8%	23.3%	26.9%	0.050	0.811
	Yes	445	47.6%	23.4%	29.0%		
Restricted funeral arrangements <sup>†</sup>	No	45	66.7%	8.9%	24.4%	0.477	0.018
	Yes	653	47.2%	24.3%	28.5%		
Social isolation and loneliness	No	229	61.6%	19.7%	18.8%	0.460	<0.001
	Yes	469	42.0%	25.2%	32.8%		
Limited contact with other close relatives or friends	No	131	48.9%	23.7%	27.5%	0.019	0.994
	Yes	567	48.3%	23.3%	28.4%		

Note: The same sizes for the responses “no” and “yes” are shown for each question. Results for Cohen's *h* measure of effect size between two proportions indicates zero to small effect sizes only. *P*-values are from chi-squared analysis. “Row” percentages shown are shown below, i.e., with respect to *n* quoted in each row for yes / no answers for each type of pandemic related problem.

<sup>†</sup>Sample sizes are a little low here for some groups (low, high, severe) for “no” to “restricted funeral arrangements”, which is possibly why *P* = 0.018 (rather than, say, *P* < 0.001 as for social isolation and loneliness).



**Table S9: Results for subscales and scale scores for the AAG questionnaire and support needed as a function of cause of death, i.e., COVID-19 (confirmed or suspected) or non-COVID-19**

		AAG				Support Needed		
		Overwhelmed	Controlled	Reversed Resilience	IOV	Practical	Emotional	Overall
COVID	<i>n</i>	306	305	305	303	302	304	304
	Mean	8.95	6.40	5.70	21.07	2.53	3.55	3.32
	SD	2.73	2.84	2.96	4.49	1.09	0.98	0.92
	<i>Q</i> <sub>1</sub>	7	4.5	3	18	1.67	3	2.79
	<i>Q</i> <sub>2</sub> (Median)	9	6	5	22	2.33	3.65	3.31
	<i>Q</i> <sub>3</sub>	11	8	8	24	3.33	4.3	4
Non-Covid	<i>n</i>	398	394	395	394	387	391	391
	Mean	8.21	6.78	4.97	19.91	2.32	3.17	2.97
	SD	2.81	2.6	2.66	4.93	1.09	1.13	1.03
	<i>Q</i> <sub>1</sub>	6	5	3	17	1.33	2.30	2.23
	<i>Q</i> <sub>2</sub> (Median)	8	7	5	20	2	3.2	3
	<i>Q</i> <sub>3</sub>	11	9	7	23	3	4	3.69
Cohen's <i> d </i>		0.27	0.14	0.26	0.25	0.19	0.36	0.35
<i>t</i> -test: <i>P</i> =		<0.001	0.068	0.001	0.001	0.012	<0.001	<0.001

**Table S10: Results for subscales and scale scores for the AAG questionnaire and support needed as a function of the question “Did you expect your loved one to die around this time? (e.g. if they had a terminal illness)”**

		AAG				Support Needed		
		Overwhelmed	Controlled	Reversed Resilience	IOV	Practical	Emotional	Overall
Yes	<i>n</i>	113	113	113	113	108	110	110
	Mean	7.56	6.91	4.35	18.81	2.15	2.98	2.787
	SD	2.75	2.31	2.58	4.83	1.01	1.03	0.96
	Median	8	7	4	19	2	3	2.82
No	<i>n</i>	547	543	543	541	538	541	541
	Mean	8.83	6.5	5.56	20.88	2.49	3.45	3.23
	SD	2.74	2.79	2.84	4.72	1.11	1.07	0.99
	Median	9	7	5	21	2.33	3.6	3.25
Cohen's $ d $		0.47	0.36	0.46	0.46	0.33	0.58	0.57
<i>P</i> =		<0.001	0.032	<0.001	<0.001	0.002	<0.001	<0.001

Figure S1: Scatter plots showing the IOV and overall support score as a function of the age of the bereaved person. Quadratic line fits with associated 95% confidence intervals of the estimate have been added to these figures also in order to show the general trend of a minimum in the outcomes at about an age of 50 years old more clearly.

