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| (236) 離婚適應量表：離異伴侶的哀傷 |

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|  | 離婚適應量表：離異伴侶的哀傷(Divorce Adjustment Scale: ex-spouse’s grief) |
|  | 請閱讀每條陳述，並選出它適用於你離異伴侶目前感受和態度的頻率 | 幾乎總是 | 通常 | 有時 | 很少 | 幾乎從不 |
| 1. | 佢從早到晚都身心疲累 | 1 | 2 | 3 | 4 | 5 |
| 2. | 佢傷心得想哭 | 1 | 2 | 3 | 4 | 5 |
| 3. | 佢覺得孤單 | 1 | 2 | 3 | 4 | 5 |
| 4. | 佢未能集中精神 | 1 | 2 | 3 | 4 | 5 |
| 5. | 佢難於入睡 | 1 | 2 | 3 | 4 | 5 |
| 6. | 佢沒有胃口進食或不斷地進食 | 1 | 2 | 3 | 4 | 5 |
| 7. | 情感上，佢感到軟弱及無助 | 1 | 2 | 3 | 4 | 5 |
| 8. | 佢想用自殺來結束生命 | 1 | 2 | 3 | 4 | 5 |