



## ESTSS2019 Rotterdam Symposium abstract book

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## ESTSS2019 Rotterdam Symposium abstract book

Friday 14 June 2019

Day #1

Parallel session #1

10:00–11:15

### S1.1

#### Bereavement Interventions and Care in Europe

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Track: Intervention Research & Clinical Studies

*In the 11th edition of the International Classification of Diseases (ICD-11) the diagnostic criteria of prolonged grief disorder (PGD) is included as a new mental disorder. Consequently, there is a growing need for high-quality mental health care for bereaved persons. This care encompasses different forms of help for different levels of grief and can be conceptualized from a stepped care perspective in which (1) low-threshold Internet-based interventions, which could be appropriate for high-risk groups with subsyndromal PGD, (2) psychotherapy for patients suffering already of PGD. This symposium will describe current bereavement interventions studies for bereaved children and bereaved siblings. Further, an overview will be given of the state of the field for European-based bereavement interventions. The network for Bereavement Research and Care in Europe (BRACE) will be introduced.*

#### Launch of the BRACE Network: A Network for Bereavement Research and Care in Europe and the Opportunity for PGD Research Collaboration

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*Background:* Prolonged grief disorder (PGD) is a new mental health disorder included in the International Classification of Diseases (ICD-11). This raises important ethical and clinical questions that must be explored within the European context. Europe is at the forefront of research on PGD, however,

research efforts are not well connected. *Objective:* The BRACE Network brings together European scientific researchers and health care providers to join forces in coordinating initiatives toward the improvement of bereavement-related research and care. The Network aims to establish a sustainable European network of researchers, care practitioners and other stakeholders to initiate, coordinate and integrate research activities, promote high-quality (stepped) care for grief, educate health professionals, and create opportunities for public awareness and dissemination of information. *Method:* An overview of the proposed aims and working groups of the BRACE network will be presented along with the current state of the field for European-based PGD interventions. A proposal for a multisite European research project assessing a new scale for prolonged grief disorder International Prolonged Grief Disorder Scale will be presented. *Results:* A series of qualitative interviews with health care workers and bereaved individuals in Switzerland and Germany were conducted to develop the structure and content of the scale. Preliminary validation of the scale is planned to take place in large sample bereaved populations in Switzerland, Germany, Greece, Portugal and Turkey. *Conclusion:* The BRACE network will offer the opportunity to develop pan-European studies efficiently and to assess the applicability and acceptability of PGD across different cultural contexts.

#### Cognitive-Behavioural Intervention for Bereaved Siblings: A Randomized Controlled Trial

Birgit Wagner, Nicole Rosenberg, and Ulrike Maaß

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*Background:* Siblings who have lost a brother or sister experience psychosocial distress after bereavement, but often receive less attention and social support after their loss. Additionally, the grieving sibling has not only experienced the loss of a brother or sister but has to adapt to a changed family system as a consequence of the loss. The