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**Project Title**

Exploring interpersonal loss, bereavement, and health impacts on older Canadians: insights from the Canadian Longitudinal Study on Aging

**Project Summary**

Interpersonal loss of a close relationship through the death of a loved one is a universal and highly stressful life experience. Post-loss bereavement, grief, and adaptation are uniquely individual processes impacted by the type of relationship lost (i.e., spouse, child, friend, care recipient) and death circumstances (i.e., sudden, expected, violent). Short-term adverse health impacts are relatively common in the bereaved, but for some, adverse impacts persist for months to years afterward, indelibly altering future wellness trajectories. About 7-20% of bereaved individuals suffer from complicated grief (CG) or prolonged grief disorder (PGD). This study explores outcomes of CLSA participants who experience interpersonal loss through death of a person close to them. Understanding risks and predictors for—and protective factors against—CG, PGD, and adverse health outcomes will inform interventions for mitigating additional post-loss suffering among bereaved Canadians.

**Keywords**

bereavement, complicated grief, prolonged grief disorder, care giving, psychobiological pathways