Dreams of the Deceased: Who Has Them and Why?

By

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Abstract

The limited research on dreams of the deceased is a cause for concern for those working with bereaved persons. This research addressed four questions: 1. Why do some bereaved individuals dream of the deceased while others do not? 2. Why are some dreams of the deceased a positive experience, while others are negative? 3. Are dreams of the deceased a form of continuing bond? 4. Are continuing bonds helpful for grief recovery? Four studies were conducted. In one, participants were 268 U.S. residents who had a romantic partner or spouse die in the prior 12 to 24 months. The second study had 199 U.S. residents whose dog or cat had died in the prior six months. The third study had 226 U.S. residents who experienced a stillbirth or miscarriage in the prior year. The fourth study had 218 participants, mostly U.S. residents, who had a romantic partner or spouse die in the prior 6 to 24 months. Participants completed all questionnaires online. Study 1 and 2 focused primarily on the issue of predicting the frequency of dreams of the deceased and found that frequency of general dream recall (all dreams, not just dreams of the deceased) was the primary predictor. In addition, grief intensity, openness to experience, and attachment security all showed indirect effects. All four studies, but especially studies 2 through 4, addressed the questions about the quality of dream experience, the relation of dreams of the deceased to continuing bonds, and the adaptiveness of continuing bonds. In general the findings from all four studies, but especially study 4, support the idea that there are multiple types of continuing bonds with differing impacts on grief recovery, and there are differing forms of dreams of the deceased, not all of which represent continuing bonds.

Key words: Grief, Dreams, Dream Recall, Attachment, Continuing Bonds
Dedication

I would like to dedicate this to my dad, Mark K. Black, who departed on January 12, 2008.
Acknowledgements

I would like to thank my faculty supervisor, Dr. Kathy Belicki, whose guidance and support allowed me to not only research this topic, but to pursue educating the public through writing my first children’s book on grief dreams (Dreaming of Owl), starting the Grief Dreams Podcast, developing [www.griefdreams.ca](http://www.griefdreams.ca), and doing interviews. Additionally, I would like to thank my committee members, Dr. Kimberly Cote and Dr. Michael Ashton for all your support and encouragement along the way. Lastly, I would like to thank all those I have met along this journey that have supported me (family, friends, and strangers). You know who you are, and I greatly appreciated all the love and support you offered me.
Organizational Note

The purpose of this dissertation was to investigate some common questions that bereaved persons have when it comes to the topic of dreams of the deceased. Due to the limited research on this topic, many bereaved persons do not understand these dream experiences and grief counsellors have difficulty providing answers. Two common questions that bereaved persons can have are, “Why have I not had dreams of the deceased?” and “Why am I having negative dreams of the deceased?”.

The introduction of this document provides an overview of grief, dreams, and continuing bonds. Within the context of continuing bonds, attachment and dreams of the deceased are discussed. Then an exploration of possible variables that may predict dreaming of the deceased is considered, which are dream recall, openness to experience, grief intensity, and attachment. Discussion of the possible functions of dreams of the deceased is then explored, which are attachment theory and dreams as a continuing bond, emotion regulation, and trauma dreams. Lastly, discussion follows on whether dreams of the deceased and continuing bonds may be adaptive in the recovery process.

Four studies were completed in this dissertation, with each study being reported in chronological order. Each study follows the same format: Hypotheses, Method (participants, measures, and procedure), Results (with figures and tables), and Discussion.

The general discussion follows next, which discusses the overall results from the four studies. There is an overview on predicting dreams of the deceased, dream content in dreams of the deceased, and continuing bonds. Limitations and future directions are reported within each of those sections, and additionally there is a section on further
limitations and future directions. Next, there is discussion on the applications and implications, with references and appendices that follow.

One manuscript has been submitted to the journal ‘Dreaming’ in 2017, and it is currently under review. This manuscript is titled “Who Dreams of the Deceased? The Roles of Dream Recall, Grief Intensity, Attachment, and Openness to Experience”. This manuscript explores what factors predict dreaming of the deceased from study 1 and 2 in this document.
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**Dreams of the Deceased: Who Has Them and Why?**

Previous research has found that dreams of the deceased are a common experience in bereavement (Packman, Field, Carmack, & Ronen, 2011; Silverman & Nickman, 1996; Wright et al., 2013), but very little is known about them and why they occur. One possibility is that these dreams of the deceased are an attempt at maintaining a bond with the deceased (Black, 2013; Conant, 1996; Field et al., 2013; Packman et al., 2011; Silverman & Nickman, 1996; Tyson-Rawson, 1996). This research consists of four studies that examine who among bereaved persons are dreaming of the deceased and why these dreams are occurring.

Research has found that it is common for bereaved persons to develop a continuing bond with the deceased (Root & Exline, 2014). A current controversy in the field of bereavement research is whether it is adaptive or maladaptive to maintain such bonds, as findings have been mixed concerning the relation between continuing bonds to well-being (Boelen et al., 2006; Field & Filanosky, 2010; Field, Nichols, Holen, & Horowitz, 1999; Ho et al., 2013). These mixed findings may reflect that continuing bonds are adaptive in some circumstances and not others.

To understand dreams of the deceased and continuing bonds, one must understand grief and its predictors. One consistent predictor of grief is attachment insecurity (especially attachment anxiety; Field, Orsini, Gavish, & Packman, 2009; Fraley & Bonanno, 2004; Gassin & Lengel, 2014; Ho, Chan, Ma, & Field, 2013; Prigerson & Jacobs, 2001). Examining attachment styles (avoidance and anxiety) may give greater understanding into who is having dreams of the deceased (and continuing bonds) and why. Increasing our understanding of dreams of the deceased may give a unique
perspective into understanding other continuing bond experiences. It may be that not all dreams are a continuing bond experience, but as of yet this has not been investigated.

In this introduction I will first review the literature on grief, dreams, and then discuss continuing bonds. Within the continuing bonds section I will discuss attachment and dreams of the deceased. Next I will investigate factors predicting dreaming of the deceased (general dream recall frequency, openness to experience, grief intensity, and attachment style) and explore different theories as to the function of dreams of the deceased (attachment theory, emotion regulation theory, and theory about recovery from trauma).

**The Characteristics of Grief**

Grief consists of the emotional, cognitive, and behavioral responses following a loss (Zisook & Shear, 2009). Grief is not the same for each bereaved individual, and it is quite common for bereaved persons to exhibit an array of feelings and behaviors (Worden, 2009; Zisook & Shear, 2009). For example, one person might feel anger following the loss and another might feel guilt. Likewise, one might continue to talk to the deceased following the loss and another might not. In the early stages of bereavement it is common for bereaved persons to experience many negative emotions (e.g., sadness, anger, and guilt), even though positive ones (e.g., emancipation and relief) can occur (Parkes, 2001; Tekavcic-Grad & Zavasnik, 1992; Worden, 2009). Unlike depression, negative emotions tend to vary in intensity so that the grieving person may still experience positive emotions in response to circumstances.

Grief is often divided into two types: uncomplicated and complicated. Uncomplicated grief (normal grief) involves feelings and behaviors that are common
after a loss, with the intensity and duration varying widely (Worden, 2009; Zisook & Shear, 2009). As the grieving process continues, the feelings and behaviors associated with the loss will not hinder the individual’s functioning. That said, it is common for periods of severe grief to arise during days that are specific reminders of the loss of the deceased (e.g., birthdays, anniversaries, etc.). Although intense grief re-emerges, the individual is soon able to resume their functioning and quality of life.

Complicated grief (unresolved grief) can be described as prolonged and intense grief that impedes functioning and quality of life (Lichtenthal, Cruess, & Prigerson, 2004; Worden, 2009; Zhang, El-Jawahri, & Prigerson, 2006; Zisook & Shear, 2009). The difference between complicated and uncomplicated is a matter of degree, and becomes more evident over time. Several authors have recommended that the diagnoses of complicated grief not be made until at least six months have passed since the loss (Prigerson et al., 2009; Prigerson & Maciejewski, 2005-2006; Shear et al., 2011). Prigerson and Jacobs (2001) further suggest that the classification of complicated grief should be based on the duration of symptoms, not just time after loss. They suggest that complicated grief should be diagnosed when symptoms last two months or longer.

When discussing grief it is important to understand what researchers mean by adaptive versus maladaptive in the recovery process. There is a tendency for researchers to assume that greater grief intensity is maladaptive (Boelen, Stroebe, Schut, & Zijerveld, 2006; Field & Filanosky, 2010; Field, Gal-Oz, & Bonanno, 2003; Ho et al., 2013). There are several reasons why this is problematic.

First, as discussed, it is common that bereaved persons may grieve differently after a loss. Some bereaved utilize an affective style of grieving, while others use a more
cognitive style (Doughty, 2009; Martin & Doka, 2000). This can complicate measurement because if, for example, a measure focuses on affective experiences then those with an affective style of grieving will have greater grief intensity scores than those who utilize a cognitive style of grieving. Second, grief intensity may be driven by the characteristics of the loss and may be normative given the situation. For example, bereaved parents have greater grief intensity on average than bereaved spouses (Middleton, Raphael, Burnett, & Martinek, 1998). Furthermore, deaths that are unexpected have greater impact on grief intensity than deaths that are not (Middleton et al., 1998). Due to the ambiguity associated with the term “maladaptive” and the risk of inappropriately implying “weakness” or that “something is wrong” with the bereaved person, I usually will not use the language of adaptive versus maladaptive even when describing the work of researchers who do. I will instead use the more neutral terms of “grief intensity” and complicated versus uncomplicated grief.

**Dreams**

Dreams are mental activity during sleep that are associated with images, emotions, and thoughts (Turnbull, 2010). Currently, the predominant theory for understanding dream content is the continuity hypothesis. The continuity hypothesis of dreaming states that dreams reflect the dreamer’s waking life (Hall, Domhoff, Blick, & Weesner, 1982; Hall & Nordby, 1972; Schredl, 2017). Dream content can relate to overt behavior (what one does in waking life) and covert behavior (what one thinks and feels in waking life) (Hall & Nordby, 1972). For example, a study by King and DeCicco (2007) found poorer emotional well-being was related to greater negative emotions (sadness and anger) and aggressive acts in their dream. Likewise, Peasant and Zadra (2006) found
lower levels of psychological well-being were related to greater aggression, negative emotions, and failures and misfortunes in their dream. In contrast, greater psychological well-being was related to having more positive emotions and friendly interactions in the dream.

It is important to note that dreams are difficult to measure and study. There is no direct access to them, and therefore dream reports can only be obtained through self-report. Moreover, dreams may be difficult to recall, and even if recalled may be difficult to describe. Further, the dreamer may choose to not report a dream. Given these problems, why should I study dreams instead of other, more easily measured, continuing bonds?

First, they are a common experience for bereaved persons, as previous research has found that around half of the bereaved population (children and adults) report having a dream of the deceased (Field et al., 2013; Packman et al., 2011; Silverman & Nickman, 1996; Wright et al., 2013). Second, although they are a common experience in bereavement, very little is known about them. The few studies that have been done have observed that dreaming of the deceased was related to greater grief intensity (Packman et al., 2011; Hardison, Neimeyer, & Lichstein, 2005; Hinton, Field, Nickerson, Bryant, & Simon, 2013) suggesting it is a relevant variable to consider in studying well-being in bereaved persons.

This gap in our knowledge about dreams of the deceased can make counseling bereaved persons challenging. Specifically, Moss (2002) states that leaders of bereavement groups may have to manage a situation in which the bereaved person who has not experienced a dream of the deceased may become envious of others who have.
Likewise, Wright et al. (2013) found that about half of bereaved persons that had never had a dream of the deceased stated they would like one. Consistent with these findings, bereavement counselors have said to me that the lack of understanding within this area has caused challenges for them when someone they are counseling seeks a dream and does not have one. These bereaved may worry about the “location” of the deceased’s soul (e.g., wonder if they are in hell or purgatory) or wonder if the deceased may be holding back from visiting them (e.g., the deceased is angry with them). In short, bereaved individuals may feel more peaceful if I can offer them a scientific explanation for the variability in dreaming about the deceased.

**Continuing Bonds**

When recovering from loss it is common for bereaved persons to maintain a bond (an interpersonal connection) with the deceased, which is termed “continuing bond” (Root & Exline, 2014). Continuing bonds refers to many different types of behaviors and experiences. A few examples are reminiscing or telling stories about the deceased, or holding onto possessions of the deceased (Asai et al., 2010; Field & Filanosky, 2010; Field et al., 2009; Marwit & Klass, 1996; Packman et al., 2011; Silverman & Nickman, 1996; Tyson-Rawson, 1996; Ustundag-Budak, Larkin, Harris, & Blissett, 2015), internalizing values and beliefs the deceased supported (Asai et al., 2010; Conant, 1996; Field & Filanosky, 2010; Klass, 1993), developing an interactive connection with the deceased (e.g., hallucinating the presence of the deceased, engaging or trying to engage in direct communication, etc.) (Asai et al., 2010; Field & Filanosky, 2010; Silverman & Nickman, 1996; Tyson-Rawson, 1996). Continuing bonds may occur after death in many different relationships, including a death of a pet or a pre-term baby (Field et al., 2009;
Packman et al., 2011; Ustundag-Budak et al., 2015). In addition, several researchers have suggested that having (night) dreams about the deceased may also be a continuing bond (Black, 2013; Conant, 1996; Field et al., 2013; Packman et al., 2011; Silverman & Nickman, 1996; Tyson-Rawson, 1996), a possibility that will be discussed in further detail below.

It is important to be aware that continuing bond experiences may not always be a positive experience for bereaved persons (Field et al., 2013; Packman et al., 2011; Root & Exline, 2014; Ustundag-Budak et al., 2015). For example, intrusive thoughts about the deceased may cause anxiety and guilt (Tyson-Rawson, 1996; Ustundag-Budak et al., 2015). As a further example, if dreams of the deceased are a continuing bond these dreams may be distressing, for example, when the bereaved person dreams that the deceased is dying again. Even continuing bond experiences that are positive in nature (for example, looking at photographs or having a dream where the deceased is comforting the bereaved person) can cause distress (Tyson-Rawson, 1996; Packman et al., 2011).

There is debate as to whether a continuing bond with the deceased assists in recovery or impedes it. Historically, grief theory suggested that continuing bonds impeded recovery because they were considered to be a grief-specific coping strategy that avoided facing the loss, and thus maintained grief (Rothaupt & Becker, 2007; Silverman & Klass, 1996; Stroebe, Gergen, Gergen, & Stroebe, 1992). This can still be seen in the cultural view that having an ongoing continuing bond is a sign that the bereaved person has unresolved grief or is “crazy” (Conant, 1996). Additionally, two measures of complicated grief (Inventory of Complicated Grief and Inventory of Traumatic Grief) include questions that are specifically about continuing bond experiences, suggesting that
the authors view such bonds as pathological (Prigerson et al., 1995; Prigerson & Jacobs, 2001).

These old assumptions have been recently challenged by a new bereavement theory that suggests such bonds assist in the recovery process (Klass, Silverman, & Nickman, 1996; Rothaupt & Becker, 2007; Stroebe et al., 1992; Worden, 2009; Zisook & Shear, 2009). This theory states that part of what is involved in resolving grief is developing or reworking one’s model of connection with the deceased (Rothaupt & Becker, 2007; Silverman & Klass, 1996; Stroebe et al., 1992; Worden, 2009). This connection may provide comfort for the bereaved person and, therefore, act as a grief-specific coping strategy that encourages healthy adjustment (Asai et al., 2010; Conant, 1996; Klass et al., 1996; Worden, 2009).

There are many different types of continuing bonds and the research findings are mixed with specific continuing bonds (e.g., comfort through memories) being sometimes associated with greater grief intensity and other times not (Boelen et al., 2006; Field & Filanosky, 2010; Field, Nichols, Holen, & Horowitz, 1999; Ho et al., 2013). It also has been found that certain continuing bonds (e.g., keeping possessions) are associated with greater grief intensity, whereas others (e.g., recurrent sense of the deceased’s presence) are not (Boelen et al., 2006; Field & Filanosky, 2010; Field et al., 1999; Ho et al., 2013).

Of course one complication in correlational data is that the direction of causality is unclear. Perhaps keeping the possessions of the deceased exacerbates grief, but it may be that when grief is more intense it is more difficult to part with such possessions. Findings with other continuing bonds (e.g., comfort through memories) have been mixed in relation to grief intensity. Field et al. (1999) found that comfort through memories was
not related to grief intensity, but Field et al. (2003) found that it was positively related to grief intensity. These inconsistencies may be due to the small sample size in the studies as Field et al. (1999) had 70 participants and Field et al. (2003) had 39 participants. It should be noted that Field et al. (2003) did not discuss these inconsistencies in their article.

Field and Filansky (2010) separated continuing bonds into two groups: internalized and externalized. Internalized continuing bonds refer to continuing bonds that are mostly imagined (e.g., internal thoughts about the positive influence the deceased had in one’s life, awareness about living a life that would please the deceased, etc.). They state that internalized continuing bonds refer to experiences that use the deceased as an “internalized secure base”. Externalized continuing bonds refer to continuing bonds that are experiences of the deceased as still present in the world (e.g., hearing or seeing the deceased, thoughts that the deceased may still be alive, etc.). They argued that the core of externalized experiences is the failure to acknowledge the finality of the death.

There is some evidence that the type of loss (e.g., parent, spouse, etc.) may encourage one type of continuing bond over another (Field & Filanosky, 2010). For example, they found greater use of internalized continuing bonds following the death of a partner than the death of a friend. This likely relates to differences in grief, as grief is related to continuing bonds in this sample. Field and Filanosky (2010) did not investigate these differences, but I would assume that bereaved persons who had a death of a partner had greater grief than those who had a friend die. Internalized and externalized continuing bonds both had a positive relation to greater grief intensity (Field & Filanosky, 2010; Gassin & Lengel, 2014; Ho et al., 2013). This may be due to the
moderate relation between them. Additionally, Field and Filanosky (2010) found that only internalized continuing bonds (not externalized) were related to posttraumatic growth, that is personal growth following a stressful event or trauma. This lead the authors to argue that internalized continuing bonds are more adaptive than externalized continuing bonds.

Research into continuing bonds is in its infancy. Future research in examining different types of continuing bonds (such as internalized and externalized) is a promising new direction. Another area of investigation that has not yet really been considered is the possibility of moderating variables that may aid in the understanding of the mixed findings between continuing bonds and grief intensity. One such promising variable is attachment security, as suggested by Currier, Irish, Neimeyer, and Foster (2015).

**Attachment and Continuing Bonds**

In current research and theory, attachment style in adults is viewed as having two major dimensions, avoidance and anxiety, that reflect the internal working models (i.e., mental expectations) for understanding self and others (Bartholomew, 1990; Mikulincer & Shaver, 2010). Individuals greater on avoidance believe that others cannot be trusted to support them in stressful circumstances. Therefore, they cope by avoiding intimacy and suppressing emotion (Mikulincer & Shaver, 2010). This can be effective at reducing distress (Spiegel & Etzel, 1990), but the distressing event may be too much for their repressive coping style to effectively handle (Meij et al., 2007; Mikulincer & Shaver, 2010). When this occurs, the grief intensity of avoidant attachment individuals will be similar to those with an anxious attachment style (Mikulincer & Shaver, 2010). Individuals greater on attachment anxiety have a fear of abandonment, which increases
the desire to be closer to others (Mikulincer & Shaver, 2010). Anxious attachment has a consistent positive relation to grief intensity (Field et al., 2009; Fraley & Bonanno, 2004; Gassin & Lengel, 2014; Ho et al., 2013; Prigerson & Jacobs, 2001).

Research has started to investigate attachment styles in relation to continuing bonds. One would expect from attachment theory that those with greater attachment avoidance would have less continuing bonds, and those with greater attachment anxiety would have greater continuing bonds. Consistent with theory, researchers have found that attachment avoidance has a negative relation with continuing bonds (Currier et al., 2015; Field et al., 1999; Glassin & Lengel, 2014). Glassin and Lengel (2014) separated general attachment from specific attachment (to the person who died). In a pilot study, they found a moderate negative correlation between specific avoidant attachment (specific to the deceased) and continuing bonds. Further, there was a negative trend (approaching significance) between general avoidant attachment and continuing bonds. In their full-scale study, Glassin and Lengel (2014) divided continuing bonds into internalized and externalized. They found attachment avoidance (specific to the deceased) had a moderate negative correlation with internalized continuing bonds, but no relation to externalized bonds.

In contrast to the findings with avoidant attachment and consistent with theory, researchers have found evidence that attachment anxiety has a positive relation with continuing bonds (Ho et al., 2013; Field et al., 1999; Glassin & Lengel, 2014). When continuing bonds are split into internalized and externalized continuing bonds, Ho et al. (2013) found differing relations with a small positive correlation of general attachment anxiety with externalized continuing bonds, but not with internalized. Likewise, in their
full-scale study Glassin and Lengel (2014) found a positive small trend (approaching significance) for attachment anxiety (specific) to be related to externalized continuing bonds, but not to internalized.

Currier et al. (2015) have suggested that attachment style may moderate the relation between continuing bonds and grief intensity. They suggest that continuing bond behavior may be maladaptive for those with an attachment style of low anxiety and high avoidance. The reason given is that seeking to maintain a bond with the deceased is out of synchrony for that type of attachment style. Consistent with their hypothesis they found the size of the relation between continuing bonds and grief intensity was strongest for individuals with less attachment anxiety compared to those with greater attachment anxiety, and for individuals with greater attachment avoidance compared to less attachment avoidance.

**Continuing Bonds and Dreams of the Deceased**

Some researchers state that dreams of the deceased can be a continuing bond (Field & Filanosky, 2010; Field et al., 2013; Packman et al., 2011; Ronen et al., 2009-2010; Silverman & Nickman, 1996; Tyson-Rawson, 1996), but other studies fail to have any questions about dreams in their measurement of continuing bonds (Field et al., 2003; Sochos & Bone, 2012). Moreover, are all dreams of the deceased a form of continuing bond? Or are only certain dreams a form of continuing bond?

To understand if dreams are a form of continuing bond I first must differentiate between the function(s) of the dream itself, and the subsequent function that the *remembered* dream has for the bereaved person. In terms of the former, there are many diverse theories about the formation and functions of dreams. For example, Hobson and
McCarley (1977) would suggest that dreams represent the synthesis of random brain activation during REM sleep. For Freud (1900/1953), dreams allow the unconscious expression of repressed wishes and conflicts. For Cartwright (1977), dreams assist in problem solving. There are other theories of dream function, but these three examples show the wide scope of theories. Dreams of the deceased have the potential to shed light on such questions of dream function; however, I will primarily focus on the subsequent function of the remembered dream for bereaved persons. The memory of the dream may serve a function for the person quite independent of the dream itself. For example, Belicki, Gulko, Ruzycki, and Aristotle (2003) in their analysis of the dream diary of a widower observed that some of the dreams appeared to be traumatic re-enactments of her illness and death (similar to a waking flashback) rather than an attempt during the dream to continue a bond. However, upon awakening the dreamer himself experienced these dreams as some form of interaction (continuing bond) between himself and his deceased wife (K. Belicki, personal communication, September 1, 2015).

Whatever the cause of dreams, we know dreams are consistent with waking life and personality (Schredl, 2007). Therefore, if dreams of the deceased are a form of continuing bond, I would expect correlations between dreams of the deceased and other continuing bond experiences and behaviors (particularly those that involve thoughts about the deceased). However, because dreams of the deceased are not volitional, they may only correlate with other non-volitional continuing bonds (e.g., hallucinations). Even if having such dreams correlates with other continuing bond experiences, it does not mean that bereaved persons view the dream as a continuing bond experience.

There are documented cases where the dreamer regards these types of dreams as a
continuing bond (e.g., Belicki et al., 2003; Black, 2013; Hollan, 1995) and, as noted below in more detail, grief counselors encounter that belief in bereaved persons. Black, DeCicco, Seeley, Murkar, Black, and Fox (2016) found around 70.9% of their sample of 76 bereaved individuals stated that dreams of the deceased helped them feel connected to the deceased. However, it is currently unclear how prevalent it is for bereaved persons to experience dreams of the deceased as a continuing bond. It is beyond the scope of this research to definitively establish the prevalence of dreams as a continuing bond experience; however, participants will be asked about this experience.

If dreams can function as a continuing bond, are they helpful or detrimental in the recovery process? There are some conceptual and methodological issues that need to be thought through in order to examine this question. First, the experience during the dream does not necessarily predict the subsequent experience of bereaved persons when awake. It can happen that a dreamer may have a positive emotional experience during the dream, but after awakening may view the dream of the deceased as intrusive and unwelcome (Black, 2013; Hinton et al., 2013; Silverman & Nickman, 1996; Tyson-Rawson, 1996; Wright et al., 2013). Dreams of the deceased may be unwelcome due to the actual content (e.g., seeing the deceased dying again), because of one’s spiritual beliefs (e.g., evidence the deceased is not reincarnated; Hinton et al., 2013), or because it is a reminder of the death and their loss (Black, 2013; Hinton et al., 2013; Hollan, 1995; Tyson-Rawson, 1996).

Black (2013) studied subjective reports and found that while some bereaved persons reported that dreams of the deceased assisted in recovery, others reported that it impeded recovery. Such variables as the theme of the dream or the characteristics of the
individual may affect whether a dream assists or not in recovery. For example, re-
enactment dreams of the death may impede recovery (although see next paragraph for a qualification of this), but dreams of a positive interaction, such as dreaming of the deceased giving comfort, may assist it.

Furthermore, we cannot assume that an unpleasant experience impedes recovery. For example, in the broader trauma literature, deliberate rumination (which is an unpleasant experience) has been associated with better outcomes, while chronic avoidance (which feels more pleasant than painful rumination) is associated with poorer outcomes (Cann et al., 2010; Hobfoll et al., 2007; Zoellner & Maercker, 2006). So even a dream that re-enacts the death of the deceased, although emotionally distressing in the short term, may facilitate positive outcomes in the longer term.

Finally, attachment security may be a relevant factor in at least two ways. It may correlate with the recall of dreams and also with bereaved persons viewing dreams as a continuing bond. For example, bereaved persons with greater attachment avoidance may be less likely to recall dreams, and when they do, less likely to regard them as a continuing bond, whereas bereaved persons with less attachment avoidance (secure and anxious) would be more likely to regard dreams as a continuing bond. Furthermore, those with less attachment anxiety may have more positive dreams, and those with greater attachment anxiety may have more negative dreams.

Factors Predicting Dreaming of the Deceased

As noted above, I will examine factors that may predict the frequency of dreams of the deceased. There are four variables that stand out as most promising: dream recall frequency, Openness to Experience, grief intensity, and attachment style. For this thesis
“dreams of the deceased” will be used as a shorthand phrase to refer to reported frequency of dreams of the deceased.

**Dream recall.** Individuals differ from each other in their dream recall frequency. For example, Belicki (1986) found university students reported an average of two to three dreams per week, with some reporting never remembering a dream, while others reporting one or more dreams every night. When discussing dream recall, it is important to separate dream production from dream recall. Many dreams are produced that are never recalled when awake. For example, dream recall is much greater in the sleep lab when people are awakened from REM sleep than it is when people waken from more natural conditions (Oudiette et al., 2012). Therefore, variability in dream recall is widely assumed to reflect differences in remembering dreams, not in *having* dreams, though the possibility always remains some people may actually have fewer dreams than others.

There are six main theories that have been proposed as explanations of the variability in dream recall: the repression hypothesis, life-style hypothesis, interference hypothesis, salience hypothesis, arousal-retrieval model, and functional state-shift model. It should be noted that not all of these are mutually exclusive. First, the *repression hypothesis* (Freud, 1900/1953) states that dreams could be repressed to avoid awareness of unconscious wishes. Second, the *life-style hypothesis* (Schonbar, 1965) states that people remember dreams because it is part of a lifestyle. People who are open to inner experiences (e.g., more field-dependent, introverted, and creative) recall their dreams better. Third, the *interference hypothesis* (Cohen & Wolfe, 1973) states that recall is hindered when interferences in waking life occur. The interferences could be external (e.g., noises) or internal distractions (e.g., thoughts about the day). Fourth, the *salience
hypothesis (Cohen & MacNeilage, 1974) states that the more salient a dream (e.g., vivid), the more likely it is that it will be recalled. Fifth, the arousal-retrieval model (Koulack & Goodenough, 1976) discusses recall as a two-step process. First the dream content must move from short-term memory into long-term memory, which means a brief arousal period is necessary. After it is in long-term memory it then must be retrieved. The interference and salience hypothesis may be the factors that best explain the retrieval of the dream (Schredl, 2007). Lastly, the functional state-shift model (Koukkou & Lehmann, 1983) states that recall is based on the degree of difference between the sleep state when the dream was stored and the waking state when trying to recall. The closer the states are in activation the more likely the dream will be recalled. When turning to studies of the predictors of dream recall frequency, partial support can be found for all theories, with the potential exception of Freud’s theory, which is difficult to test.

Factors that have been investigated in relation to dream recall frequency are the following: sociodemographic variables (e.g., gender, age, and socioeconomic status), genetic factors, personality factors, cognitive factors, attitude towards dreams, previous day experiences/mood/stressors, sleep duration/nocturnal awakenings, activation during sleep, interferences during awakening, mental disorders, drugs, and the occurrence of brain lesions (see Schredl, 2007 for review). Some of these factors showed a relation with dream recall frequency, whereas others did not. Those that would have a relation with other variables in this study will be discussed in the appropriate section below.

When considering differences in dreaming of the deceased, it simply could be that those who typically have greater dream recall frequency would report more dreams of the deceased. Therefore, the factors that predict dream recall may also predict dreams of the
deceased or at least be partially mediated by dream recall frequency. Dream recall has been found to be related to Openness to Experience (Aumann, Lahl, & Pietrowsky, 2012; Hill, Diemer, & Heaton, 1997; Schredl, Ciric, Gotz, & Wittmann, 2003; Schredl & Erlanger, 2007; Watson, 2003) and attachment styles (McNamara, Anderson, Clark, Zborowski, & Duffy, 2001). Additionally, it has been found that intensity of grief can have a negative impact on sleep with increased nocturnal awakenings during the night (Monk, Germain, & Buysse, 2009; Stahl & Schulz, 2014). Increased nocturnal awakenings have been shown to be associated with a greater probability of dream recall (Schredl, 1995). Therefore, grief should be related to dream recall through increased nocturnal awakenings. Further, as discussed below, it is hypothesized these variables will be related directly to dreaming of the deceased. However, given their relation to general dream recall, it is hypothesized that dream recall should at least partially mediate the relation between dreaming of the deceased and Openness to Experience, attachment anxiety, and grief intensity.

In addition, Belicki (1986) found that consistency of recall was a moderator between personality variables and dream recall. Specifically she observed that people varied in how consistently they recalled dreams. Some people remembered approximately the same number of dreams from week to week, whereas others reported considerable variability. She argued that dispositional variables should not correlate with dream recall in people whose recall varied over time. Her findings supported this hypothesis. Absorption (a personality variable similar to Openness to Experience) among other variables had a stronger association to dream recall frequency for those who had consistent dream recall. Therefore, consistency of recall should be a moderator between
dream recall frequency and Openness to Experience, and between dream recall frequency and attachment. However, it is unclear whether it will moderate the relation between dreaming of the deceased and grief intensity as the latter may be more variable over time.

**Openness to experience.** There are two routes by which Openness to Experience may be correlated with dreaming of the deceased. As noted above, the first route is through dream recall frequency. Openness to Experience has been shown to be related to dream recall frequency, although the size of the relation is small (correlations between .13 and .23) (Aumann et al., 2012; Hill et al., 1997; Schredl et al., 2003; Schredl & Erlancher, 2007; Watson, 2003). Nonetheless, it is possible that the small effect size may be due to the failure to take into consideration the moderating role of variability in dream recall.

The second route is that Openness to Experience may be independently related to dreaming of the deceased. Those with greater levels of this trait (as measured in the HEXACO Personality Inventory) have greater aesthetic appreciation, inquisitiveness, creativity, and unconventionality (Lee & Ashton, 2004). Based on the continuity hypothesis that states dreams reflect the dreamer’s waking life (Hall et al., 1982), it is expected that individuals greater on Openness to Experience to have more creative and unconventional dreams. In fact, there is evidence of a relation between Openness to Experience and self-reported creative/bizarre dream content. Schredl and Erlancher (2007) found a small positive relation between Openness to Experience and frequency of creative dreams ($r = .27$). Creative dreams were defined as dreams giving the participant creative ideas. Dreams that have the deceased present are by definition unusual because the person is dead in waking life. Furthermore, Aumann et al. (2012) found a small
positive relation between Openness to Experience and self reported bizarreness in dreams \((r = .13)\). Additionally, Cohen and MacNeilage’s (1974) early findings found that dreams that are more bizarre are more readily recalled. Therefore, individuals that are greater on Openness to Experience should be more likely to incorporate imagery of the deceased and recall them when awake. In summary, it is hypothesized that Openness to Experience will be related to dreams of the deceased and that the relation will be partially mediated by dream recall frequency (at least in those with consistent frequency of dream recall), but Openness to Experience will also predict dreaming of the deceased, independent of dream recall frequency.

**Grief intensity.** There are two routes by which grief intensity may be correlated with increased recall of dreams of the deceased. The first route is mediated by disrupted sleep. It has been found that intensity of grief can have a negative impact on sleep with increased nocturnal awakenings during the night (Monk et al., 2009; Stahl & Schulz, 2014). Increased nocturnal awakenings have been shown to be associated with a greater probability of dream recall (Schredl, 1995). Therefore, dream recall (since the death) should partially mediate the relation between grief intensity and dreaming of the deceased.

The second route is that grief intensity will independently predict dreaming of the deceased through continuity between waking and sleeping cognition. Based on the continuity hypothesis, grief intensity should be related to dreaming of the deceased. Research by Schredl (2006) found that events with greater emotional intensity were more likely to be incorporated into dreams. This together with the early finding that dreams that are more emotional are more likely to be recalled (Cohen & MacNeilage, 1974),
would suggest that grief intensity ought to independently contribute to recall of dreams of the deceased. Three studies have investigated grief intensity and frequency of dreaming of the deceased. Hardison et al. (2005) found when studying those who were bereaved in the prior two years that dreaming of the deceased was associated with greater grief intensity ($r = .50$). Likewise, Hinton et al. (2013) found that frequency of dreams of deceased in the prior year ($r = .62$) and prior month ($r = .59$) was related to greater grief intensity. In Hinton et al.’s study, many of the dreams incorporated individuals who had died 30 years prior to data collection in the Cambodian (Pol Pot) genocide. Additionally, Packman et al. (2011) found that frequency of dreams of the deceased in the last month was related to greater grief intensity ($r = .36$). While these three studies are encouraging, they did not consider the possibility that grief intensity was associated with a general increase in dream recall. In my study I will be controlling for this factor.

In contrast, a study by Field et al. (2013) found that those who experienced dreams of the deceased did not differ in grief intensity over those who did not report such dreams. However, a major limitation to this research was the small sample size of 28 (15 in the dreams of the deceased group). Therefore, while not definitive, there is reason and supporting data to argue for independent prediction of grief intensity. In summary, it is hypothesized that grief intensity will be related to dreams of the deceased; that the relation will be partially mediated by dream recall frequency, but grief will also predict dreaming of the deceased, independent of dream recall frequency.

**Attachment style.** Another factor that may be relevant is attachment style to significant others. As noted above, attachment style in adults has two major dimensions (avoidance and anxiety), which reflect the internal working models of self and others
(Bartholomew, 1990; Mikulincer & Shaver, 2010). Individuals greater on attachment avoidance avoid intimacy and suppress emotion (Mikulincer & Shaver, 2010). Therefore, based on the continuity hypothesis, it is expected that those greater on attachment avoidance to have fewer dreams of the deceased and be less motivated to recall any dreams that they have. It should be noted that avoidant attachment is generally unrelated to grief intensity (Fraley & Bonanno, 2004; Gassin & Lengel, 2014; Ho et al., 2013; Wayment & Vierthaler, 2002). Therefore, avoidance and grief intensity should be independent predictors.

Individuals greater on anxiety have a fear of abandonment, which increases the desire to be closer to others (Mikulincer & Shaver, 2010). There are three routes by which anxious attachment may be correlated with increased recall of dreams of the deceased. The first is that anxious attachment has been shown to be associated with increased dream recall frequency. Specifically, McNamara et al. (2001) measured attachment by assigning people to four groups: secure, preoccupied, avoidant, and dismissing. They found that dream recall was greatest for those individuals with a preoccupied attachment style (high anxiety and low avoidance) than those classified as dismissing (low anxiety and high avoidance), avoidant (high anxiety and high avoidance), or secure (low anxiety and low avoidance). Additionally, McNamara et al. (2001) found in a second study that when participants were asked to describe a dream, those who were high on anxious attachment and low on avoidant attachment were more likely to be able to do so compared to those with secure attachment. Since attachment to others generally is a trait (like Openness to Experience), for this study it is expected that larger relations will be obtained for attachment anxiety and dream recall frequency when
controlling for the moderating effects of dream consistency. Therefore, dream recall should partially mediate the relation between anxious attachment and dreaming of the deceased (at least in those with consistent frequency of dream recall).

Second, there is a positive moderate relation between anxious attachment and grief intensity (Gassin & Lengel, 2014; Ho et al., 2013; Field et al., 2009; Wayment & Vierthaler, 2002). Therefore, intensity of grief should partially mediate the relation between anxious attachment and dreaming of the deceased. Thirdly, based on the continuity hypothesis, those greater in attachment anxiety should dream more frequently of the deceased and be more motivated to recall any dreams they have. Therefore, anxious attachment should predict dreaming of the deceased independent of dream recall frequency and grief intensity. In summary, it is hypothesized that attachment avoidance will be negatively related to dreaming of the deceased. Additionally, it is hypothesized that attachment anxiety will be positively related to dreaming of the deceased; that the relation will be partially mediated by grief intensity and dream recall frequency; but attachment anxiety will also predict dreaming of the deceased, independent of grief intensity and dream recall frequency.

**Dream Function**

All four studies will address the issue of why bereaved persons have positive versus negative dreams. It is quite possible that there are multiple types of dreams of the deceased, and these may relate to whether or not dreams are positive or negative. Dreams may function as a continuing bond, as an attempt to regulate the emotions associated with grief, and as a traumatic reenactment associated with the death or circumstances preceding the death (e.g., the illness). It is possible that any one dream may serve
multiple functions. These types of dreams of the deceased will be discussed in more detail below.

In these preliminary stages of research there are ambiguities that complicate research. One is that negative content does not necessarily equate with dysfunction nor positive content with adaptive function(s). It is beyond the current research to sort this out, so it must be kept in mind when interpreting the data. Additionally, the waking reactions to the dream may be unrelated to the original dream function. For example, nightmare distress was found by Belicki (1992) to be related to psychopathology independent of the frequency and content of nightmares. Therefore, in this research (especially in study 4) I will attempt to separate the dream itself from the subsequent waking reaction to the dream.

**Attachment theory and dreams as a continuing bond.** Attachment theory was discussed above. In addition to the dream types shaping dreams content, based on the continuity hypothesis, it is reasonable to hypothesize that attachment style should have an influence on dream content. This can be seen in the research by Selterman and Drigotas (2009) who investigated dream content that incorporated a romantic partner (who was alive). They found that anxious attachment and avoidant attachment were associated with negative dream content. Furthermore, they found that insecure attachment in general predicted negative emotions and dream conflict (controlling for personal distress and relationship emotions). In my studies, avoidant attachment and anxious attachment should be positively related to negative content in dreams of the deceased, and negatively related to positive content. Additionally, it is important to explore if bereaved persons feel connected to the deceased because of the dream experience. Theory would suggest
that those with greater attachment avoidance would feel less connected to the deceased after a dream of the deceased.

Dreams of the deceased may function as a continuing bond and this would shape the content including whether it is positive or negative. As there are different forms of continuing bonds when awake, there may be different forms in dreams. For example, dreams of the deceased that are memory-based may be similar to looking at photographs/videos or recalling memories about the deceased when awake. Dreams of the deceased that involve having conversation with the deceased about the dreamer’s current circumstances (e.g., about the dreamer’s grief) may be similar to attempts or desires to communicate directly with the deceased when awake (e.g., attempting to contact the deceased though a spiritual medium or similar means). Dreams of the deceased that are about future plans never achieved (e.g., going to a specific destination) may be similar to one’s desire to or attempt to achieve those plans when awake (e.g., going to some destination in memory of the deceased).

**Emotion regulation.** Dreams (as well as other continuing bond experiences) may function to regulate emotions associated with grief (provide comfort and distress). Comfort from dreams may aid in changing one’s emotional state in order to provide relief from grief. Distress from dreams may aid in regulating negative emotions (such as sadness) if an individual is avoiding the reality of the death and suppressing the associated feelings of it. Dreams of the deceased can bring comfort and/or distress to bereaved persons (Barrett, 1991-1992; Black, 2013; Field et al., 2013; Packman et al., 2011; Ronen et al., 2009-2010; Tyson-Rawson, 1996). Study 4 will investigate what dream content is related to comforting and distressing thoughts after a dream of the
deceased.

**Trauma dreams.** As discussed above, the continuity hypothesis on dreams states that dreams reflect our waking life. Following trauma and other distressing events it is expected that dreams would contain greater negative imagery. This can be seen in research on post-trauma dreams as it has been found that people following a trauma tend to have even more negative imagery than general dream content from control groups (Hartmann, Zborowski, Rosen, & Grace, 2001; Najam, Mansoor, Kanwal, & Naz, 2006). Additionally, one common negative theme following trauma is replaying aspects of the traumatic event (Sierra & Berrios, 1999). Such trauma-related dreams arguably can be viewed as being similar to intrusive rumination about the trauma while awake. Intrusive rumination after trauma is related to greater PTSD severity (Chan, Ho, Tedeschi, & Leung, 2011; Chung, Werrett, Farmer, Easthope, & Chung, 2000; Ehlers, Mayou, & Bryant, 1998, Michael, Halligan, Clark, & Ehlers, 2007; Nightingale, Sher, & Hansen, 2010; Steil, & Ehlers, 2000; Zhou & Wu, 2016; Zhou, Wu, Fu, & An, 2015). Research has found that dreams of the deceased can have imagery of the re-enactment of the traumatic death or negative imagery of the deceased and dreamer (Belicki et al., 2003; Black, 2013; Hinton et al., 2013). Therefore, it is expected in study 2 and 3 that grief intensity will be positively associated with negative dream content, and negatively associated with positive dream content. Likewise, it is expected in study 4 that grief intensity as well as trauma symptomatology will be positively associated with negative dream content, and negatively associated with positive dream content. Additionally, in study 4 dreams that replay the traumatic event will be positively related to grief intensity and trauma symptomatology.
Are Dreams of the Deceased and Continuing Bonds Adaptive?

Understanding the function of dreams of the deceased and other continuing bond experiences will help us comprehend whether these experiences may be adaptive or not. As discussed above, understanding if an experience is adaptive or not goes beyond the present feelings of comfort or distress it causes. One way to examine if dreams of the deceased or other continuing bonds are adaptive is to study how they relate to posttraumatic growth, as was done by Field and Filanosky (2010).

Tedeschi and Calhoun (1996) describe posttraumatic growth as positive changes (such as gratitude and strength) that occur as a result of experiencing a traumatic event, and that exceed the growth that would occur from everyday experiences. Research by Tedeschi and Calhoun (1996) found that in general those who experienced a severe trauma reported greater growth compared to those who did not report a trauma. After a trauma, growth can occur in many different domains. Tedeschi and Calhoun (1996) state that there are five different domains of growth: Personal Strength, Relating to Others, Spiritual Change, Appreciation of Life, and New Possibilities. Research has confirmed that these different domains of growth can occur after trauma (Poulin, Silver, Gil-Rivas, Holman, & McIntosh, 2009; Tedeschi & Calhoun, 2004; Torabi & Seo, 2004; Widows, Jacobsen, Booth-Jones, & Fields, 2005).

Different types of growth are commonly reported following a death (Davis, Nolen-Hoeksema, & Larson, 1998; Lehman et al., 1993; Michael & Cooper, 2013; Polantinsky & Esprey, 2000; Taku, Calhoun, Cann, & Tedeschi, 2008; Tedeschi & Calhoun, 2004; Tolstikova, Fleming, & Chartier, 2005). Research by Tedeschi and Calhoun (2004) found that in a bereaved parental support group, bereaved persons
commonly reported increased bonds to those in the group (e.g., relating to others). Likewise, Davis and Larson (1998) interviewed bereaved persons and found some experienced growth in character, gaining a new perspective, and bringing their family together. Research by Lehman et al. (1993) on bereaved spouses and parents found positive changes occurred after loss (such as increased self-confidence, enjoying the present moment, appreciation of life, increased faith or religiosity, and increased concern for others). Additionally, Polantinsky and Esprey (2000) found that after the death of a child, there were no gender differences for bereaved parents in any of the five domains of posttraumatic growth or in total score.

It has been found that posttraumatic growth is related to deliberate rumination (Chan et al., 2011; Taku et al., 2008; Zhou & Wu, 2016; Zhou et al., 2015). While rumination is recognized as a posttraumatic symptom, not all rumination is maladaptive (Michael et al., 2007; Zhou & Wu, 2016; Zhou et al., 2015). Specifically, rumination can be separated into two types, intrusive and deliberate. Intrusive rumination is when the mind repeatedly focuses on the negative traumatic event or negative mood without conscious effort (Calhoun & Tedeschi, 2006). Deliberate rumination is when the individual intentionally focuses on the traumatic event to review and contemplate it (Calhoun & Tedeschi, 2006). Tedeschi and Calhoun’s (2004) model of posttraumatic growth shows intrusive rumination causes deliberate rumination in some people and that in turn can cause posttraumatic growth.

Calhoun and Tedeschi (2006) state that the reason for this is that intrusive rumination provides a catalyst for the mind to deliberately ruminate. This is supported by research of Zhou and Wu (2016) who investigated the roles intrusive and deliberate
rumination have on PTSD and posttraumatic growth over time after an earthquake over time. Consistent with their earlier work summarized above, they found that intrusive rumination at six months following the earthquake was positively related to intrusive and deliberate rumination at twelve months, and PTSD symptoms at 18 months. Intrusive rumination at twelve months was only associated with PTSD at 18 months and not posttraumatic growth. However, deliberate rumination at twelve months was associated with PTSD and posttraumatic growth at 18 months.

The differences in rumination in recovery can aid in understanding possible differences in continuing bonds. There are continuing bonds that are more deliberate (e.g., looking at photographs of the deceased) and others that are more intrusive (e.g., actually seeing the deceased in waking life). Internalized continuing bonds have more items that appear to be deliberate (e.g., I thought about the positive influence of the deceased on who I am today), compared to externalized continuing bonds which appear to have more items that are intrusive (e.g., I actually saw the deceased stand before me).

It should be understood that posttraumatic growth and grief intensity are not opposites on a spectrum, as both can occur at the same time following trauma (Tedeschi & Calhoun, 1996). Indeed, as noted above intrusive recall, which is highly distressing, promotes deliberate rumination, which in turn leads to growth. Tedeschi and Calhoun (2004) found that when people discuss the benefits from a traumatic event, they still acknowledged the difficulties. Additionally, it highlights that having growth does not necessarily decrease the distress of the event. Overall, posttraumatic growth is not a return to a time prior to the trauma in functioning; it is an actual growth from where the individual was prior to the trauma (Tedeschi & Calhoun, 2004). Given this, for some
people dreams of the deceased and experiencing continuing bonds may be adaptive even when distressing.

That said, a study by Packman et al. (2011) found that obtaining comfort from the continuing bond experience was related to posttraumatic growth, whereas distress was not. The continuing bond experiences investigated by Packman et al. (2011) were more of the “internalized” continuing bond experiences discussed above and not the “externalized” kind. Study 4 will investigate if obtaining comfort and/or distress from dreams of the deceased relate to posttraumatic growth. Additionally, study 4 will examine whether prior findings between continuing bonds (internalized and externalized) and posttraumatic growth can be replicated.

**The Present Research**

As noted above, four studies were conducted. Study 1 and 2 were specifically designed to address the question of predicting recall of dreams of the deceased, whereas all four studies were designed to address the question of why people have negative dreams versus positive dreams of the deceased. To understand the function of dreams and more broadly continuing bonds, it is important to explore how they relate to each other and the measures of attachment style and grief intensity. In study 1, 2, and 3 I explored how having a negative and/or positive dream theme of the deceased (as endorsed in a checklist) related to measures of attachment style, openness to experience (in study 1 and 2 only), grief intensity, and continuing bonds. In study 2 and 3, I explored how dream content with the deceased related to attachment style, openness to experience (study 2 only), grief intensity, and continuing bonds. Study 4 explored how dream content and waking thoughts about the dream related to attachment style, pre-death closeness to the
deceased, grief intensity, posttraumatic symptoms, feelings of blame/regret, deliberate rumination, the characteristics of the loss, continuing bonds, and posttraumatic growth.

The first study investigated conventional grief following a death of a romantic partner/spouse. The second study investigated the death of a pet dog or cat and focused, for the purposes of other research, on the effects of disenfranchised grief (grief that is not socially validated and/or supported); however, I was able to add questions about dreams, which provided the opportunity to see if the findings from the first study would generalize to disenfranchised grief. The third study also focused on the effects of disenfranchised grief by studying the death of a baby through pregnancy loss, and I was able to again add questions about dreams. The fourth study was designed for this research program and investigated conventional grief following a death of a romantic partner/spouse, but in this study dream reports, posttraumatic symptoms, deliberate rumination, and posttraumatic growth were collected.
Study 1

This study focused on the predictors of dreaming of the deceased and on the relation of dreams of the deceased to waking experiences of continuing bonds in a sample who had experienced a death of a romantic partner or spouse.

Hypotheses

Predicting dreams of the deceased. One goal was to examine what factors predict dreaming of the deceased. Based on the literature, as discussed in the Introduction, several hypotheses were examined.

1. Based on the reasoning that those who typically have greater dream recall frequency would report more dreams of the deceased, it is hypothesized that greater dream recall frequency would be positively associated with dreaming of the deceased.

2. Based on the literature that dream recall has been positively associated with Openness to Experience (Aumann, Lahl, & Pietrowsky, 2012; Hill, Diemer, & Heaton, 1997; Schredl, Ciric, Gotz, & Wittmann, 2003; Schredl & Erlacher, 2007; Watson, 2003) and the reasoning (based on the continuity hypothesis) that greater openness to experience would be associated with more dreaming of the deceased, it is hypothesized that greater openness to experience would be positively associated with both general dream recall frequency (post the deceased dying) and dreaming of the deceased.

3. Based on the literature that grief intensity has been positively associated with dream recall (through the link that intensity of grief increases nocturnal awakenings during the night which can increase dream recall) (Monk et al., 2009; Schredl, 1995; Stahl & Schulz, 2014), and the reasoning (based on the continuity hypothesis) that greater grief
intensity would be associated with more dreaming of the deceased, it is hypothesized that greater grief intensity would be positively associated with both general dream recall frequency and dreaming of the deceased.

4. Based on the reasoning (from the continuity hypothesis) that greater avoidant attachment would be associated with less dreaming of the deceased, it is hypothesized that greater avoidant attachment would be negatively associated with dreaming of the deceased.

5. Based on the literature that anxious attachment has been positively associated with dream recall (McNamara et al., 2001), grief intensity (Gassin & Lengel, 2014; Ho et al., 2013; Field et al., 2009; Wayment & Vierthaler, 2002), and the reasoning (based on the continuity hypothesis) that greater anxious attachment would be associated with more dreaming of the deceased, it is hypothesized that greater anxious attachment would be positively associated with dream recall, grief intensity, and dreaming of the deceased.

6. Based on the literature and reasoning stated above (#1 to #5), it is hypothesized that dream recall frequency, grief intensity, openness to experience, avoidant attachment, and anxious attachment would contribute unique variance to recalling dreams of the deceased.

7. Based on the literature and reasoning stated above (#1, #2, #3, and #5), it is hypothesized that grief intensity, openness to experience, and anxious attachment would have indirect effects on recalling dreams of the deceased through general dream recall frequency.
8. Based on the literature and reasoning stated above (#1, #3, and #5), it is hypothesized that anxious attachment would also have indirect effects through both grief intensity and general dream recall.

9. Based on a study that consistency of dream recall was a moderator between personality variables and dream recall (Belicki, 1986), it is hypothesized that consistency of dream recall after the loss would moderate the relations of dream recall frequency to both openness to experience and attachment styles.

**Dreams of the deceased and continuing bonds.** A second goal was to examine the relations of dreams of the deceased to other continuing bonds. Several hypotheses were examined.

1. Based on the literature that dreams may be a continuing bond (Black, 2013; Conant, 1996; Field et al., 2013; Packman et al., 2011; Silverman & Nickman, 1996; Tyson-Rawson, 1996), it is hypothesized that recalling dreams of the deceased would be positively associated with experiencing both internalized and externalized continuing bonds.

2. It is hypothesized that the finding by Currier et al (2015) that insecure attachment moderates the relations between continuing bonds and grief intensity will be replicated. Those with greater attachment avoidance and those with less attachment anxiety would both demonstrate a stronger relation between continuing bonds and grief intensity.

In addition, I explored how dream themes in dreams of the deceased and continuing bonds relate to measures of attachment, openness to experience, and grief intensity.
Method

Participants

Participants were U.S. residents with a minimum age of 18 solicited from Mechanical Turk (MTurk), a website managed by the Amazon company that provides people employment opportunity for online tasks. It has been found that recruiting through MTurk results in a more accurate representation of the United States population compared to in-person samples obtained by more traditional means (Berinsky, Huber, & Lenz, 2012). Each individual registered with MTurk has an “acceptance rate” score that reflects what percentage of their work has been judged acceptable by prior employers. Our sample was limited to people with at least a 98% acceptance rate. They were required to have experienced the death of a romantic partner or spouse within the last 12 to 24 months.

In total, 302 participants completed the survey; however, the data of 10 were discarded because they did not meet the required criteria (e.g., they were too young or the death of the spouse/partner did not occur in the required time frame). Additionally, 24 were discarded due to blatant anomalies (such as giving the same rating, e.g., “1”, for all items in questionnaire despite some being reverse coded, or excessive missing data, specifically greater than 15% missing on multiple measures). This left a sample of 268 participants (150 men, 116 women, 1 other, and 1 who preferred not to say). Their ages

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1 While this may seem high, most employers (or “Requesters” as they are called on MTurk) are reluctant to reject a Worker’s work because it affects the Worker’s acceptance rate, which in turn affects their employability. Workers can also post disparaging remarks about Requesters, making it harder for Requesters to get participants. Moreover, even 98% means that 2% of the time the Worker’s work was deemed so unacceptable that the Requester refused to pay them for it.

2 People’s data were discarded when their missing data exceeded 15% (most over 40%) on multiple, single measures.
ranged from 20 to 70 ($M = 33.83$, $SD = 10.42$). The majority of participants completed some college or greater (91.5%) and reported being Caucasian (82.5%). The most frequent response reported was a range of Christian affiliations (45.9%), with the next most frequent responses (42.5%) being no religious affiliations (18.3% Agnostic, 17.9% Atheist, and 6.3% none).

**Measures**

Copies of measures can be found in Appendix F. Participants completed seven questionnaires: a demographic questionnaire, dream questionnaire, Inventory of Traumatic Grief (ITG), Openness to Experience (OTE) Subscale from the HEXACO Personality Inventory, Experiences in Close Relationships—Specific (ECR-S), Continuing Bonds Scale (CBS), and Intrinsic Religiosity.

**Dream questionnaire.** The dream questionnaire asked about the participant’s dreaming before and since the loss. Some items in the questionnaire were specifically included for this study (see below) while the remaining questions were for the purpose of other research.

To measure dream recall frequency since the death, participants were asked, “Since the death of your partner, how many dreams on average did you recall per week?” To measure recall of dreaming of the deceased, participants were asked “In how many dreams in the last month did your partner actually appear (either seen or heard)?” To measure consistency of dream recall frequency, participants were asked, “Since the death of your partner, how consistent was the number of dreams you recalled?” They responded by rating the consistency of dream recall frequency on a 5-point scale ranging from 1 (*very variable*) to 5 (*very consistent*).
In addition, participants were asked to indicate in a checklist whether or not they had experienced four common content themes drawn from the research by Black et al. (2016). These were 1. “Partner dead, dying, or suffering from illness”; 2. “Partner healthy and/or happy”; 3. “Partner acting or speaking in a way that was upsetting (for example, acted in a threatening way, gave a gesture that indicated disapproval, spoke critically, made upsetting demands, etc.)”; and 4. “Partner acting or speaking in a way that was comforting (for example, your partner waved at you, hugged you, kissed you, or told you that they are OK, they love you, they forgive you, etc.)”.

**Inventory of Traumatic Grief.** The Inventory of Traumatic Grief (ITG; Prigerson & Jacobs, 2001) measures complicated grief, which is grief that is more extreme in intensity or duration than is typically the case. It has 30 items that are rated on 5-point scales ranging from 1 (never) to 5 (always). Prigerson and Jacobs (2001) found the Inventory of Traumatic Grief to have excellent internal consistency (Cronbach’s alpha of .95) and validity. For this study Cronbach’s alpha was .96.

There are three items in the Inventory of Traumatic Grief that are similar to items in the Continuing Bonds Scale: “I feel drawn to places and things associated with ______”, “I hear the voice of ______ speak to me”, and “I see _______ stand before me.”. These three items were removed when doing analyses involving both Inventory of Traumatic Grief and Continuing Bonds Scale (as recommended by Field et al. 2013). Cronbach’s alpha for the 27-item ITG was .96.

**The HEXACO Personality Inventory.** Sixteen items from the 100-item self-report HEXACO Personality Inventory – Revised (HEXACO-PI-R; Lee & Ashton, 2004) was used to measure openness to experience. The HEXACO-PI-R measures six factors in
total, but only the openness to experience subscale was included in this study. Each item is rated on a 5-point scale ranging from 1 (*Strongly Disagree*) to 5 (*Strongly Agree*). Lee and Ashton (2004) report a Cronbach’s alpha of .90 for a 32-item version of the openness to experience subscale. In this study the Cronbach’s alpha was .85.

**Experiences in Close Relationships—Specific.** Specific attachment style to the deceased person was assessed by means of Gassin and Lengel’s (2011) revision of the Experiences in Close Relationships (ECR; Brennan, Clark, & Shaver, 1998) reworded to focus specifically on the deceased person. The measure has 36 items rated on 7-point scales ranging from 1 (*strongly disagree*) to 7 (*strongly agree*). There are two subscales, avoidance and anxiety, each with 18 questions. Both the original Experiences in Close Relationships and the revised version have excellent internal consistency. Brennan et al. (1998) reported Cronbach’s alphas of .94 for the avoidance subscale and .91 for the anxiety subscale of the original Experiences in Close Relationships. For the revised version of the ECR (specific to the deceased), Gassin and Lengel (2011) report Cronbach’s alphas of .95 for the avoidance subscale and .90 for the anxiety subscale. In this study, the Cronbach’s alpha for the Experiences in Close Relationships (specific to the deceased) was .94 for the avoidance subscale and .94 for the anxiety subscale.

**Continuing Bonds Scale.** The Continuing Bonds Scale (CBS; Field & Filanosky, 2010) measures the extent that the deceased remains part of the bereaved person’s life. It has 48 items with responses scored on 5-point scales ranging from 1 (*none*) to 5 (*almost daily*). Field and Filanosky (2010) derived two subscales: internalized continuing bonds (10 items) and externalized continuing bonds (6 items). They found that the Cronbach’s alpha for internalized continuing bonds was .92 and for externalized continuing bonds
was .73. In this study the Cronbach’s alpha for internalized continuing bonds was .90 and for externalized continuing bonds was .86.

When Ho et al. (2013) used the 48 item Continuing Bonds Scale (Chinese version) in their Chinese sample, the factor analysis showed the same two subscales, but some of the items in each subscale were different (especially for externalized continuing bonds). Therefore, I decided to check the component structure of the original set of 48 items. A Principal Component Analysis (PCA) was conducted. The eight largest components had eigenvalues of 16.57, 5.68, 1.77, 1.56, 1.33, 1.23, 1.09, and 1.02. Inspection of the sizes of the eigenvalues showed a clear break after the second component. Therefore, a PCA was conducted with oblimin rotation (as it was expected that the components would be correlated), specifying two components to be extracted. It was found that seven items had double loadings (loadings exceeding .30) and one item did not load (loading not exceeding .30) on either component. These items were taken out and the PCA was rerun. One item was then found to have a double loading and was taken out. A final PCA was rerun and every item had a loading in excess of .30 on just one of the two components. They corresponded to internalized continuing bonds and externalized continuing bonds respectively. In total for this study, there were 23 items on the first subscale (“internalized”) and 16 items on the second subscale (“externalized”). Included in the externalized component were ten items that might seem to be internalized because they involved thoughts or feelings, but these items shared in common a lack of acknowledgement that the deceased was truly “dead and gone” (e.g., “I had thoughts that the deceased was trying to punish me”). The number of items in each component was greater than that reported by Field and Filanosky (2010), but included all the original
items. Additionally, the number of items in each was greater than that reported by Ho et al. (2013), and included 12 out of 14 of their items for internalized continuing bonds and 4 out of 5 of their items for externalized continuing bonds. In this study I used these new scales for continuing bonds and kept the same subscale names of internalized and externalized continuing bonds. The Cronbach’s alpha for internalized continuing bonds was .95 and for externalized continuing bonds it was .92.

**Intrinsic religiosity.** Only the intrinsic religiosity measurement from the Age Universal Intrinsic – Extrinsic Scale -12 (Maltby, 1999) was included for exploratory purposes. This measure did not correlate with dreaming of the deceased frequency and was dropped from all analyses.

**Procedure**

Participants were paid $2.50 for completing the questionnaires, which took approximately 15-20 minutes for most people. Data was collected online through Qualtrics, a secure website for administering questionnaires. The survey began with three screening questions to ensure that participants met the requirement that a romantic partner had died in the prior 12 to 24 months. If they met the requirement, they proceeded to the consent form. As stated above, when screening the data it was found that there were nine participants who responded correctly to the screening questions, but then gave different responses to corresponding questions in the survey, which made them ineligible for the study.

Participants were randomly assigned to two orders of the questionnaires to test whether completing the grief-related questionnaire affected responses on the dream questionnaire. One set presented questionnaires in the following order: the Demographics
measure, Dream Questionnaire, Openness to Experience, Intrinsic Religiosity, then a randomized block of three measures (Inventory of Traumatic Grief, Continuing Bonds Scale, and Experiences in Close Relationships—Specific). The other set had the following order: the Demographics measure, the randomized block of three measures (Inventory of Traumatic Grief, Continuing Bonds Scale, and Experiences in Close Relationships—Specific), Openness to Experience, Intrinsic Religiosity, and then the Dream Questionnaire. After the measures were completed for this and the other three studies, participants were given an opportunity to give feedback about the study and then a debriefing form appeared with a unique code that participants submitted on the MTurk site to get paid. This research and the other 3 studies received ethics clearance from the Brock University Research Ethics Board (see certificates in Appendix A).

Results

Preliminary Analyses

After eliminating participants with excessive missing data (those who had over 15% missing data), there was little missing data, and what existed was managed by pro-rating the scores by taking the means of the items completed. There was little missing data for single-question variables that, by definition, could not be pro-rated (missing data: age 0.4%, sex 0.4%, dream recall 1.9%, dream consistency 0.4%, and recalling dreams of the deceased 0.7%). In addition, one person stated in the feedback section that they misunderstood the attachment questionnaire and therefore answered “3” (neutral) for all items even though that answer did not reflect their opinion. Therefore, their scores on this measure were deleted. There were no issues found for multicollinearity, but there were a few univariate outliers in the data set: one outlier on each of the openness to experience
and attachment avoidance measures, and three outliers on recalling dreams of the
deceased measure. All outliers were retained and their scores were moved inwards to the
next closest score (keeping the data point in the same rank order). There were no
multivariate outliers found.

Table 1 gives the descriptive data for the variables after outliers were adjusted. As
evident in the table, recall of dreams of the deceased violates normality after outliers
were adjusted. This variable was transformed using the square-root transformation, which
corrected the problem. Analyses were conducted with both the transformed and the
original scores and it was found that the findings were essentially the same. Therefore, it
was decided to use the original, untransformed data.

Independent sample t-tests were used to examine order effects. There was a
significant difference for dream recall (for order 1 and 2 respectively: \( M = 3.67, SD = 
2.33 \) and \( M = 2.88, SD = 2.17, t(261) = 2.86, p = .005, \) two-tailed). The magnitude of the
differences in the means (mean difference = .80, 95% CI: 0.25, 1.34) was very small (eta
squared = .030). There was also a significant difference for internalized continuing bonds
(for order 1 and 2 respectively: \( M = 2.68, SD = .68 \) and \( M = 2.87, SD = .65, t(266) = -
2.26, p = .024, \) two-tailed). The magnitude of the differences in the means (mean
difference = .18, 95% CI: -0.34, -0.02) was very small (eta squared = .018).

Most participants (86.2%) recalled dreaming of the deceased after the death,
while 8.2% reported no such dreams, and 5.6% preferred not to say. In the last month,
most participants (73.5%) recalled dreaming of the deceased (23.9% reported 1, 10.4%
reported 2, 7.1% reported 3, 6.7% reported 4, and 25.4% reported 5 or more), while
25.7% reported no such dreams, and 0.7% preferred not to say. Table 2 summarizes
Table 1

*Descriptive Statistics for Partner Loss*

<table>
<thead>
<tr>
<th>Variable</th>
<th>n</th>
<th>Scale Range</th>
<th>M</th>
<th>SD</th>
<th>Skew</th>
<th>Kurt</th>
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<tbody>
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<td></td>
<td>33.83</td>
<td>10.42</td>
<td>1.27</td>
<td>1.28</td>
<td></td>
</tr>
<tr>
<td>Dreaming of the deceased recall (last month)</td>
<td>266</td>
<td></td>
<td>3.59</td>
<td>5.02</td>
<td>2.15</td>
<td>4.40</td>
<td></td>
</tr>
<tr>
<td>Dream Recall Frequency</td>
<td>263</td>
<td></td>
<td>3.29</td>
<td>2.29</td>
<td>0.75</td>
<td>0.23</td>
<td></td>
</tr>
<tr>
<td>Inventory of Traumatic Grief</td>
<td>268</td>
<td>1 - 5</td>
<td>2.85</td>
<td>0.79</td>
<td>0.04</td>
<td>-0.47</td>
<td>0.96</td>
</tr>
<tr>
<td>Openness to Experience</td>
<td>268</td>
<td>1 - 5</td>
<td>3.55</td>
<td>0.66</td>
<td>-0.13</td>
<td>-0.33</td>
<td>0.85</td>
</tr>
<tr>
<td>Attachment Avoidance (ECR-S)</td>
<td>267</td>
<td>1 - 7</td>
<td>2.41</td>
<td>1.07</td>
<td>0.46</td>
<td>-1.10</td>
<td>0.94</td>
</tr>
<tr>
<td>Attachment Anxiety (ECR-S)</td>
<td>267</td>
<td>1 - 7</td>
<td>3.31</td>
<td>1.29</td>
<td>0.15</td>
<td>-0.76</td>
<td>0.94</td>
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<tr>
<td>Internalized Continuing Bonds</td>
<td>268</td>
<td>1 - 5</td>
<td>2.77</td>
<td>0.67</td>
<td>-0.48</td>
<td>-0.47</td>
<td>0.95</td>
</tr>
<tr>
<td>Externalized Continuing Bonds</td>
<td>268</td>
<td>1 - 5</td>
<td>1.78</td>
<td>0.66</td>
<td>0.98</td>
<td>-0.04</td>
<td>0.92</td>
</tr>
<tr>
<td>Dream Recall Consistency</td>
<td>267</td>
<td>1 - 5</td>
<td>3.24</td>
<td>1.21</td>
<td>-0.24</td>
<td>-0.95</td>
<td></td>
</tr>
<tr>
<td>Dream Theme</td>
<td>Yes</td>
<td>No</td>
<td>Prefer Not To Say</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>------------------------------------------------</td>
<td>-------</td>
<td>-------</td>
<td>-------------------</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Seeing their partner dead, dying, or suffering from illness</td>
<td>35.4%</td>
<td>55.7%</td>
<td>8.9%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Seeing their partner healthy and/or happy</td>
<td>89.0%</td>
<td>6.1%</td>
<td>4.9%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Seeing their partner acting or speaking in a way that was upsetting</td>
<td>22.4%</td>
<td>69.1%</td>
<td>8.5%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Seeing their partner acting or speaking in a way that was comforting</td>
<td>82.1%</td>
<td>11.0%</td>
<td>6.9%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
participants’ responses (of the 246 participants who stated they had a dream of the deceased or preferred not to say) to the four questions about the themes of dreams of the deceased. A total of 44.3% endorsed one or both of the negative dream themes, while 91.5% endorsed one or both of the positive dream themes. A total of 94.5% of those who reported a negative dream theme also reported having a positive dream theme.

**What Variables Predict Recalling Dreams of the Deceased?**

Table 3 lists the correlations among the variables (see Appendix I for selected scatterplots). As evident in this table, dream recall frequency, grief intensity, and openness to experience were positively associated with recalling dreams of the deceased, while attachment avoidance was negatively correlated.

**Data analytic approach.** Path analysis was used to investigate the direct and indirect effects of the predictor variables on recalling dreams of the deceased using Mplus, Version 7 software. Because of the skewness of frequency of dreaming of the deceased (Table 1), maximum likelihood robust (MLR) was used to explore direct effects. Indirect effects were then tested using a biased-corrected bootstrap method to balance Type 1 and Type 2 errors (MacKinnon, Lockwood, & Williams, 2004). To test for significance, 5000 bootstrap samples and the 95% bias-corrected confidence intervals (CIs) were used.

**Path analyses.** Path analysis was conducted to test the saturated model depicted in Figure 1. Even though some of the literature would support the hypothesis that avoidance would not be related to grief (e.g., Wayment & Vierthaler, 2002), other literature shows a positive relationship (e.g., Gassin & Lengel, 2014). Therefore, due to the mixed findings a saturated model was used. Tables 4, 5, and 6 show the direct effects
<table>
<thead>
<tr>
<th>Variable</th>
<th>DDR</th>
<th>Age</th>
<th>Sex</th>
<th>Dream Recall</th>
<th>ITG</th>
<th>OTE</th>
<th>Avd</th>
<th>Anx</th>
<th>DRC</th>
<th>Internal CB</th>
</tr>
</thead>
<tbody>
<tr>
<td>DDR</td>
<td>-</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Age</td>
<td>.02</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sex</td>
<td>.08</td>
<td>.03</td>
<td></td>
<td>-</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dream Recall</td>
<td></td>
<td></td>
<td></td>
<td>.42**</td>
<td>-.04</td>
<td>.07</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ITG</td>
<td>.13*</td>
<td>-.26**</td>
<td>-.01</td>
<td>.14*</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>OTE</td>
<td>.17**</td>
<td>.02</td>
<td>.06</td>
<td>.19**</td>
<td>-.14*</td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Avd</td>
<td>-.16**</td>
<td>-.19*</td>
<td>-.13*</td>
<td>-.16**</td>
<td>.17**</td>
<td>-.29**</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Anx</td>
<td>-.02</td>
<td>-.14*</td>
<td>-.04</td>
<td>-.03</td>
<td>.42**</td>
<td>-.27**</td>
<td>.62**</td>
<td>-</td>
<td></td>
<td></td>
</tr>
<tr>
<td>DRC</td>
<td>.16**</td>
<td>.04</td>
<td>-.07</td>
<td>.25*</td>
<td>.11</td>
<td>.05</td>
<td>-.04</td>
<td>.02</td>
<td>-</td>
<td></td>
</tr>
<tr>
<td>Internal CB</td>
<td>.18**</td>
<td>-.03</td>
<td>.16**</td>
<td>.17**</td>
<td>.53**</td>
<td>.11</td>
<td>-.14*</td>
<td>.10</td>
<td>.11</td>
<td>-</td>
</tr>
<tr>
<td>External CB</td>
<td>-.03</td>
<td>-.22**</td>
<td>-.01</td>
<td>.01</td>
<td>.58**</td>
<td>-.25**</td>
<td>.57**</td>
<td>.55**</td>
<td>.04</td>
<td>.39**</td>
</tr>
</tbody>
</table>

Note. DDR = Dreaming of the deceased recall (last month), ITG = Inventory of Traumatic Grief, OTE = Openness to Experience, Avd = Experiences in Close Relationships (Specific) Avoidance, Anx = Experiences in Close Relationships (Specific) Anxiety, DRC = Dream Recall Consistency.

*p<.05, **p<.01
Figure 1. Path model for dreaming of the deceased recall. In the model I control for age and sex.
Table 4  
Direct Effects on Grief Intensity ($R^2 = .24, p < .001$)

<table>
<thead>
<tr>
<th></th>
<th>$\beta$</th>
<th>$b$</th>
<th>SE</th>
<th>$p$</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>-.22</td>
<td>-.02</td>
<td>.00</td>
<td>.00</td>
</tr>
<tr>
<td>Sex</td>
<td>.01</td>
<td>.01</td>
<td>.09</td>
<td>.90</td>
</tr>
<tr>
<td>Openness to Experience</td>
<td>-.07</td>
<td>-.08</td>
<td>.07</td>
<td>.23</td>
</tr>
<tr>
<td>Attachment Avoidance (ECR-S)</td>
<td>-.20</td>
<td>-.15</td>
<td>.05</td>
<td>.01</td>
</tr>
<tr>
<td>Attachment Anxiety (ECR-S)</td>
<td>.49</td>
<td>.30</td>
<td>.04</td>
<td>.00</td>
</tr>
</tbody>
</table>

Table 5  
Direct Effects on Dream Recall ($R^2 = .08, p < .01$)

<table>
<thead>
<tr>
<th></th>
<th>$\beta$</th>
<th>$b$</th>
<th>SE</th>
<th>$p$</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>-.03</td>
<td>-.01</td>
<td>.01</td>
<td>.64</td>
</tr>
<tr>
<td>Sex</td>
<td>-.04</td>
<td>-.19</td>
<td>.28</td>
<td>.49</td>
</tr>
<tr>
<td>Inventory of Traumatic Grief</td>
<td>.16</td>
<td>.46</td>
<td>.21</td>
<td>.03</td>
</tr>
<tr>
<td>Openness to Experience</td>
<td>.17</td>
<td>.59</td>
<td>.20</td>
<td>.00</td>
</tr>
<tr>
<td>Attachment Avoidance (ECR-S)</td>
<td>-.17</td>
<td>-.35</td>
<td>.15</td>
<td>.02</td>
</tr>
<tr>
<td>Attachment Anxiety (ECR-S)</td>
<td>.04</td>
<td>.07</td>
<td>.13</td>
<td>.59</td>
</tr>
</tbody>
</table>

Table 6  
Direct Effects on Dreaming of the Deceased Recall ($R^2 = .21, p < .001$)

<table>
<thead>
<tr>
<th></th>
<th>$\beta$</th>
<th>$b$</th>
<th>SE</th>
<th>$p$</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>.04</td>
<td>.02</td>
<td>.03</td>
<td>.55</td>
</tr>
<tr>
<td>Sex</td>
<td>-.03</td>
<td>-.31</td>
<td>.56</td>
<td>.58</td>
</tr>
<tr>
<td>Dream Recall Frequency</td>
<td>.38</td>
<td>.83</td>
<td>.13</td>
<td>.00</td>
</tr>
<tr>
<td>Inventory of Traumatic Grief</td>
<td>.10</td>
<td>.63</td>
<td>.35</td>
<td>.08</td>
</tr>
<tr>
<td>Openness to Experience</td>
<td>.10</td>
<td>.73</td>
<td>.44</td>
<td>.10</td>
</tr>
<tr>
<td>Attachment Avoidance (ECR-S)</td>
<td>-.11</td>
<td>-.51</td>
<td>.35</td>
<td>.15</td>
</tr>
<tr>
<td>Attachment Anxiety (ECR-S)</td>
<td>.05</td>
<td>.19</td>
<td>.36</td>
<td>.59</td>
</tr>
</tbody>
</table>
on, respectively, grief intensity, general dream recall, and recalling dreams of the deceased. The direct effects for grief intensity and dream recall frequency were investigated because it was expected that they were going to be related to the indirect pathways in the model. Additionally, the direct effects would give valuable insight into how much variance is predicted by the other variables. Of particular relevance is Table 6 that shows that only dream recall frequency independently contributes directly to the prediction of recalling dreams of the deceased, although grief intensity approaches significance. Because order was a confounding variable on dream recall, the path model was also run controlling for order effects. The results remained essentially the same. Figure 2 shows the significant pathways in the path model.

In addition to the direct effects illustrated in the figures, indirect effects were also found, which can be seen in Table 7. There were two indirect effects via the single variable of dream recall frequency. There was a significant positive indirect path from openness to experience to recalling dreams of the deceased through dream recall ($b = .491; 95\% CI = 0.18, 0.87$). Specifically, openness to experience was positively related to dream recall, which in turn was positively related to recalling dreams of the deceased. There was also a significant positive indirect path from grief intensity to recalling dreams of the deceased through dream recall ($b = .380; 95\% CI = 0.07, 0.80$). Specifically, grief intensity was positively related to dream recall, which in turn was positively related to recalling dreams of the deceased.

There were two indirect effects via two variables, specifically, grief intensity and dream recall frequency. There was a significant positive indirect path from attachment anxiety to recalling dreams of the deceased through grief intensity and dream recall ($b = \ldots$
Table 7

<table>
<thead>
<tr>
<th>Indirect Effect</th>
<th>Unstandardized Estimate (b)</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>OTE → DR → DDR</td>
<td>.491</td>
<td>(0.18, 0.87)</td>
</tr>
<tr>
<td>ITG → DR → DDR</td>
<td>.380</td>
<td>(0.07, 0.80)</td>
</tr>
<tr>
<td>Anx → ITG → DR → DDR</td>
<td>.115</td>
<td>(0.02, 0.26)</td>
</tr>
<tr>
<td>Avd → ITG → DR → DDR</td>
<td>-.057</td>
<td>(-0.16, -0.01)</td>
</tr>
</tbody>
</table>

Note. DDR = Dreaming of the deceased recall (last month), DR = Dream Recall Frequency, ITG = Inventory of Traumatic Grief, OTE = Openness to Experience, Avd = Experiences in Close Relationships (Specific) Avoidance, Anx = Experiences in Close Relationships (Specific) Anxiety.

Figure 2. Path model results for dreaming of the deceased recall (controlling for age and sex).
.115; 95% CI = 0.02, 0.26). Specifically, attachment anxiety was positively related to grief intensity, which in turn was positively related to dream recall, which in turn was positively related to recalling dreams of the deceased. In contrast, there was a significant negative indirect path from attachment avoidance to recalling dreams of the deceased through grief intensity and dream recall ($b = -.057; 95\% \text{ CI} = (-0.16, -0.01)$. Specifically, attachment avoidance was negatively related to grief intensity, which in turn was negatively related to dream recall, which in turn was negatively related to recalling dreams of the deceased.

**Moderation analyses.** It was found that participants varied in their reported consistency of dream recall. As noted in Table 1, on a scale from 1 to 5 the mean was 3.24. Only 47.4% reported that their recall was consistent or very consistent, while 29.3% reported that their recall was variable or very variable. Due to power issues, specifically an inadequate sample size, I was unable to integrate these moderation analyses into the path model. Therefore, dream recall consistency was examined separately as a moderator of the relations of dream recall frequency to openness to experience, attachment avoidance, and attachment anxiety. I expected that for those who were greater in dream recall consistency the relations of openness to experience, attachment avoidance, and attachment anxiety to dream recall frequency would be stronger.

In three separate regressions, I regressed centered scores for each dispositional variable and dream recall consistency in the first step, and the interaction between these predictors in the second step. Only one interaction was significant. The interaction between openness to experience and dream recall consistency significantly predicted dream recall frequency, $b = .312, \beta = .140, t(258) = 2.37, p = .018$. Figure 3 shows the
Figure 3. The interaction between Openness to Experience (OTE) and dream recall consistency (DRC) that significantly predicted dream recall frequency.
plot of the interaction and from this it is evident that the relationship between openness to experience and dream recall frequency was stronger for those who had greater dream recall consistency. The other two interactions were not significant (for attachment avoidance, $b = -0.226, \beta = -0.098, t(257) = -1.65, p = .100$; and for attachment anxiety, $b = -0.170, \beta = -0.076, t(257) = -1.24, p = .215$).

**Dreams of the Deceased and Continuing Bonds**

It was found that recalling dreams of the deceased was positively correlated with experiencing internalized continuing bonds, $r(264) = 0.18, p < .01$. Experiencing externalized continuing bonds was not significantly correlated with recalling dreams of the deceased, $r(264) = -0.03, p > .05$. Given that externalized continuing bonds has both non-volitional aspects (4 items) and negative thinking about the deceased (10 items) within the measure, a post hoc analyses was conducted to explore if the non-volitional aspects or negative thinking about the deceased (internalized) would correlate to recalling dreams of the deceased. Neither were significant.

For those who stated they had a dream of the deceased, as well as those who preferred not to say but who still completed the dream theme checklist ($n = 246$), the correlations of dream themes endorsed to measures of attachment, openness to experience, grief intensity, and continuing bonds can be seen in Table 8. Reporting a positive dream theme was related to less attachment avoidance and greater openness to experience. Reporting a negative dream theme was related to greater grief intensity and internalized continuing bonds.
Table 8  
*Correlations of Partner Loss Dream Themes with Individual Difference Variables*

<table>
<thead>
<tr>
<th>Variable</th>
<th>Attachment Avoidance</th>
<th>Attachment Anxiety</th>
<th>Openness to Experience</th>
<th>Inventory of Traumatic Grief</th>
<th>Internalized Continuing Bonds</th>
<th>Externalized Continuing Bonds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dead, Dying, or Ill</td>
<td>-.06</td>
<td>-.03</td>
<td>.04</td>
<td>.26**</td>
<td>.12</td>
<td>-.00</td>
</tr>
<tr>
<td>Acting or speaking - upsetting</td>
<td>.12</td>
<td>.24**</td>
<td>-.05</td>
<td>.22**</td>
<td>.06</td>
<td>.23**</td>
</tr>
<tr>
<td>Healthy and/or happy</td>
<td>-.21**</td>
<td>-.17*</td>
<td>.21*</td>
<td>-.06</td>
<td>.12</td>
<td>-.13*</td>
</tr>
<tr>
<td>Acting or speaking - comforting</td>
<td>-.18**</td>
<td>-.04</td>
<td>.14*</td>
<td>.09</td>
<td>.24**</td>
<td>-.04</td>
</tr>
<tr>
<td>Any negative</td>
<td>-.03</td>
<td>.09</td>
<td>.07</td>
<td>.28**</td>
<td>.15*</td>
<td>.09</td>
</tr>
<tr>
<td>Any positive</td>
<td>-.16**</td>
<td>-.11</td>
<td>.15*</td>
<td>.01</td>
<td>.12</td>
<td>-.03</td>
</tr>
</tbody>
</table>

*Note.* *p*<.05, **p**<.01
**Post hoc analyses.** The predictors of having a positive dream and having a negative dream of the deceased were examined by performing two logistic regressions. The model contained six independent variables (attachment anxiety, attachment avoidance, grief intensity, openness to experience, internalized and externalized continuing bonds). The full model predicting the endorsement of a positive dream theme was not statistically significant, $\chi^2 (6, N = 234) = 11.90, p > .05$. This is most likely due to the majority of participants reporting a positive dream theme.

The full model predicting the endorsement of a negative dream theme was statistically significant, $\chi^2 (6, N = 231) = 21.53, p < .05$. The model as a whole explained between 8.9% (Cox and Snell R square) and 11.9% (Nagelkerke R squared) of the variance in negative dream theme, and correctly classified 61.0% of cases. Only one of the independent variables, grief intensity, made a unique statistically significant contribution to the model, with an odds ratio of 2.21. This indicated that respondents who had greater grief intensity were around 2.21 times more likely to endorse having a negative dream of the deceased than those who were less in grief intensity, controlling for all other factors in the model.

**Continuing Bonds and Grief**

**Correlation analyses.** Table 9 lists correlations of internalized and externalized continuing bonds and the other variables. As evident in this table, experiencing internalized continuing bonds positively correlated with grief intensity and with identifying as a woman, and negatively correlated with attachment avoidance. Experiencing externalized continuing bonds was positively correlated with grief intensity, attachment avoidance, and attachment anxiety, and negatively correlated with openness
Table 9
Continuing Bonds Correlations (with 27 item Inventory of Traumatic Grief)

<table>
<thead>
<tr>
<th></th>
<th>Internalized Continuing Bonds</th>
<th>Externalized Continuing Bonds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>-.03</td>
<td>-.22**</td>
</tr>
<tr>
<td>Sex</td>
<td>.16**</td>
<td>-.01</td>
</tr>
<tr>
<td>Inventory of Traumatic Grief (27 items)</td>
<td>.50**</td>
<td>.54**</td>
</tr>
<tr>
<td>Openness to Experience</td>
<td>.11</td>
<td>-.25**</td>
</tr>
<tr>
<td>Attachment Avoidance</td>
<td>-.14*</td>
<td>.57**</td>
</tr>
<tr>
<td>Attachment Anxiety</td>
<td>.10</td>
<td>.55**</td>
</tr>
</tbody>
</table>

*Note. *p<.05, **p<.01
to experience and age.

**Post hoc analyses.** I explored what uniquely predicted internalized continuing bonds and externalized continuing bonds by conducting a multiple regression. Table 10 shows that identifying as a woman, experiencing greater grief intensity, greater openness to experience, and less attachment avoidance independently contributed to the prediction of internalized continuing bonds. Table 11 shows that experiencing greater grief intensity and greater attachment avoidance independently contributed to the prediction of externalized continuing bonds.

**Moderation analyses.** It was hypothesized that those with greater attachment avoidance would demonstrate a stronger relation between continuing bonds (internalized and externalized) and grief intensity (27-item Inventory of Traumatic Grief). In two separate regressions, I regressed centered scores for continuing bonds and attachment avoidance in the first step, and the interaction between these predictors in the second step. Only one interaction was significant. The interaction between internalized continuing bonds and attachment avoidance significantly predicted grief intensity, \( b = .121, \beta = .141, t(263) = 2.78, p = .006 \). Figure 4 shows the plot of the interaction and from this it is evident that the relationship between internalized continuing bonds and grief intensity was found to be stronger for those who were greater in attachment avoidance. The interaction between externalized continuing bonds and attachment avoidance did not significantly predict grief intensity, \( b = -.079, \beta = -.105, t(263) = -1.71, p = .089 \).

It was hypothesized that those with greater attachment anxiety would also demonstrate a stronger relation between continuing bonds (internalized and externalized) and grief intensity (27-item ITG). In two separate regressions, I regressed centered scores
Table 10
Predictors of Internalized Continuing Bonds ($R^2 = .34$, $p < .001$)

<table>
<thead>
<tr>
<th></th>
<th>$\beta$</th>
<th>$b$</th>
<th>SE</th>
<th>$p$</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>.08</td>
<td>.01</td>
<td>.00</td>
<td>.12</td>
</tr>
<tr>
<td>Sex</td>
<td>.14</td>
<td>.19</td>
<td>.07</td>
<td>.01</td>
</tr>
<tr>
<td>Inventory of Traumatic Grief (27 items)</td>
<td>.56</td>
<td>.46</td>
<td>.05</td>
<td>.00</td>
</tr>
<tr>
<td>Openness to Experience</td>
<td>.14</td>
<td>.14</td>
<td>.06</td>
<td>.01</td>
</tr>
<tr>
<td>Attachment Avoidance (ECR-S)</td>
<td>-.16</td>
<td>-.10</td>
<td>.04</td>
<td>.02</td>
</tr>
<tr>
<td>Attachment Anxiety (ECR-S)</td>
<td>.01</td>
<td>.01</td>
<td>.04</td>
<td>.84</td>
</tr>
</tbody>
</table>

Table 11
Predictors of Externalized Continuing Bonds ($R^2 = .54$, $p < .001$)

<table>
<thead>
<tr>
<th></th>
<th>$\beta$</th>
<th>$b$</th>
<th>SE</th>
<th>$p$</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>-.02</td>
<td>-.00</td>
<td>.00</td>
<td>.73</td>
</tr>
<tr>
<td>Sex</td>
<td>.06</td>
<td>.07</td>
<td>.06</td>
<td>.19</td>
</tr>
<tr>
<td>Inventory of Traumatic Grief (27 items)</td>
<td>.42</td>
<td>.34</td>
<td>.04</td>
<td>.00</td>
</tr>
<tr>
<td>OTE</td>
<td>-.04</td>
<td>-.04</td>
<td>.05</td>
<td>.40</td>
</tr>
<tr>
<td>Attachment Avoidance (ECR-S)</td>
<td>.45</td>
<td>.28</td>
<td>.04</td>
<td>.00</td>
</tr>
<tr>
<td>Attachment Anxiety (ECR-S)</td>
<td>.09</td>
<td>.04</td>
<td>.03</td>
<td>.15</td>
</tr>
</tbody>
</table>

Figure 4. The interaction between grief and attachment avoidance that significantly predicted internalized continuing bonds.
for continuing bonds and attachment anxiety in the first step, and the interaction between these predictors in the second step. Both interactions were not significant: for the interaction with internalized continuing bonds, $b = .014, \beta = .017, t(263) = .731, p = .731$; for externalized continuing bonds, $b = -.044, \beta = -.051, t(263) = -.906, p = .366$.

**Discussion**

Dreaming of the deceased was a common experience for bereaved persons who experienced a romantic partner/spouse die within the last one to two years. This percentage (86.2%) was greater than two prior studies on dreaming of the deceased since the death, which found 75.0% (Hinton et al., 2013) and 57.9% (Wright et al., 2013) of the samples reporting such dreams. Additionally, dreaming of the deceased in the last month (73.5%) was more frequent than in two prior studies: 52.0% (Hinton et al., 2013) and 54.0% (Packman et al., 2011). The main difference in the studies by Hinton et al. (2013) and Wright et al. (2013) is that they focused on a broader range of relationships. It may be that those who have a romantic partner/spouse die may recall dreams of the deceased more often than those who have experienced other types of loss (e.g., deceased parents who lived in a separate house). This may be due to the impact the death can have on everyday life, which may not be as extreme following other deaths. However, given the very limited research in this area, this is speculative and more research is required. The study by Packman et al. (2011) investigated a similarly bereaved sample (bereaved spouses), but they had a small sample size of only 24 participants that makes their findings of 54% less generalizable. Such a sample size is typical of clinical research because of the difficulty in obtaining samples; however, the use of MTurk in the present study made it possible to obtain a larger sample.
Predicting Dreams of the Deceased

The first goal of this study was to examine what factors predict dreaming of the deceased. It was hypothesized that dream recall frequency, grief intensity, openness to experience, avoidant attachment, and anxious attachment would contribute unique variance in accounting for recalling dreams of the deceased. This hypothesis was only partially supported as only dream recall frequency was found to be significant (though grief intensity was trending to significance). Additionally, it was hypothesized that grief intensity, openness to experience, and anxious attachment would have indirect effects on recalling dreams of the deceased through general dream recall frequency. Anxious attachment would also have indirect effects through both grief intensity and general dream recall. This hypothesis was partially supported as openness to experience and grief intensity had indirect effects on recalling dreams of the deceased through their relation to dream recall. Additionally, attachment style (avoidance and anxiety) had indirect effects on recalling dreams of the deceased through their relation with grief intensity and dream recall. These results highlight that dreaming of the deceased is primarily a function of dream recall. Study 2 considered whether these patterns of findings could be replicated.

Additionally, as hypothesized, it was found that dream recall consistency moderated the relation of openness to experience to dream recall frequency. Specifically, consistent with Belicki’s (1987) findings, the relation between openness to experience and dream recall frequency was stronger for those who were more consistent in their dream recall. This together with the fact that only about half of the sample described their dream consistency as consistent would suggest that when studying dispositional
predictors of dream recall, the possibility that dream recall consistency will be a moderator should be examined.

However, contrary to hypothesis, dream recall consistency did not moderate the relations of attachment and dream recall. This may be due to the attachment measure being focused on the deceased, and not attachment in general, and therefore may be more of a state measure than a dispositional measure. This would be consistent with the research of Perrier, Busseri, Molnar, and Sadava (2009) who found that relationship-specific items performed differently from general items on the Experiences in Close Relationships. Additionally, Gassin and Lengel (2014) found that the attachment measures specific to the deceased only moderately correlated to their general attachment measures.

**Dreams of the Deceased and Continuing Bonds**

A second goal of the study was to examine the relation between dreaming of the deceased and continuing bonds. It was hypothesized that recalling dreams of the deceased would positively correlate with experiencing both internalized and externalized continuing bonds. Internalized continuing bonds would be correlated with dreams of the deceased because it involves thinking about the deceased while awake, which according to the continuity hypothesis should relate to increased themes about the deceased while asleep, and externalized continuing bonds would be correlated with dreams of the deceased because both are non-volitional experiences. In partial support of the hypothesis, recalling dreams of the deceased was associated, to a small degree, with internalized continuing bonds, but not with externalized continuing bonds. There were new items in the externalized continuing bonds measure that were “internalized” in the
sense that they involved thoughts, in particular negative thoughts. I retained them because while they were thoughts, they shared in common an implicit non-acceptance of the death (e.g., “I had the feeling that the deceased was haunting me”). I thought that these negative thoughts and non-volitional items needed to be separated to determine if they related differently to dreams of the deceased. It was found that both negative thoughts and non-volitional items still did not relate to dreaming of the deceased. The finding that it is internalized continuing bonds that are related to dreams of the deceased may indicate that at least some of dreaming of the deceased represents a form of “thinking through” as seen in internalized continuing bonds. Study 2 will investigate whether these patterns of findings are replicated.

The hypothesis that I would replicate Currier et al.’s (2015) finding that those with greater avoidance demonstrated a stronger relation between continuing bonds and grief intensity, was only partially supported. Only the relationship between internalized continuing bonds and grief intensity was found to be stronger for those who were greater in attachment avoidance. However, a closer examination of Currier et al.’s measure of continuing bonds suggests my findings are consistent with theirs. Specifically, a review of their items indicates that their measure was entirely measuring internalized continuing bonds. Internalized continuing bond behavior for those with an avoidant attachment style may be maladaptive, as seeking to maintain a bond with the deceased is out of synchrony with their attachment style. This may be of clinical concern as it may be a sign that they are unable to regulate their emotions and are trying to cope with the distress through maintaining internalized continuing bonds. It is always a possibility that maintaining internalized continuing bonds for them are causing greater grief. This can occur if
experiencing the internalized continuing bond reminds them of the death and what they will not have anymore in life. It may also be that the greater grief intensity spills into uncharacteristic thinking about the deceased. Either way, internalized continuing bonds in a person with an avoidant personality style is of particular clinical concern.

Additionally, the hypothesis that I would replicate Currier et al.’s (2015) finding that those with less attachment anxiety demonstrated a stronger relation between continuing bonds and grief intensity, was not supported. This may be an indication that Currier et al. (2015) results can be explained by the fact that those with greater attachment avoidance can have less attachment anxiety. This provides support for the idea that greater attachment avoidance strengthens the relation between continuing bonds and grief intensity. Study 2 will help further understand if these results are consistent.

A final goal of the study was to explore themes in dreams of the deceased and the relation of these to measures of attachment, openness to experience, and grief intensity. Most of the participants who recalled dreams of the deceased endorsed experiencing positively-themed dreams; in addition, it was infrequent for participants to report only experiencing negatively-themed dreams. Even those who reported having a negative-themed dream of the deceased often also reported a positive-themed dream. This is a similar pattern to the findings of Wright et al. (2013) who found that 55.3% of their bereaved sample reported their dreams of the deceased were only pleasant, 31.1% reported both pleasant and disturbing, and just 6.8% reported only disturbing dreams. These findings contrast with research on general dream content that has found that dreams tend to contain more negative than positive content (e.g., Van de Castle, 1994). Additionally, these results contrast with research on post-trauma dreams that has found
that such dreams tend to have even more negative imagery than general dream content from control groups (Hartmann et al., 2001; Najam et al., 2006). Clearly the content of dreams of the deceased, and the implications of that for the functions such dreams may serve, merits further research. To explore the nature of dream content further, in the next three studies I obtained actual dream reports rather than just a checklist.

When exploring the correlations with positive versus negative dreams of the deceased, it was found that attachment avoidance was negatively related to having a positive dream of the deceased. This may be reflective of their attachment style in general given they believe the deceased cannot be trusted to support them in stressful circumstances. Because of this they are less likely to have, or recall, a comforting dream. Additionally, it may reflect their underlying worldview of others in general being unsafe, as well as the circumstances that resulted in that worldview.

Openness to experience was positively related to having a positive dream theme. This correlation was not predicted and is puzzling, but it may be spurious and therefore, needs to be replicated. Grief intensity was only related to being more likely to have a negative dream of the deceased. This may be accounted for by the continuity hypothesis in that those with more complex grief may be more likely to have or recall negative dreams of the deceased. It may also be that both grief intensity and recalling negative dreams are driven by a third variable—the traumatic nature of the bereavement. Study 4 will examine the relation between grief intensity, posttraumatic symptomatology, and dream content.

When investigating continuing bonds, it was found that only internalized continuing bonds were associated with having a negative dream of the deceased.
However, as evident in Table 3, experiencing internalized continuing bonds was highly correlated with grief intensity; therefore the relation between internalized continuing bonds and having a negative dream may simply reflect the shared variance with grief intensity. Consistent with this, when multiple regressions predicting the endorsement of a positive or negative dream were conducted on a post hoc basis, entering attachment anxiety, attachment avoidance, grief intensity, openness to experience, internalized and externalized continuing bonds as predictors, it was found that only grief intensity predicted having a negative dream theme.

On a post hoc basis, a multiple regression predicting continuing bonds (internalized and externalized), entering age, gender, grief intensity, openness to experience, attachment avoidance and anxiety as predictors was conducted. It was found that internalized continuing bonds were related to identifying as a woman, greater grief intensity, greater openness to experience, and less attachment avoidance. Externalized continuing bonds were related to greater grief intensity and greater attachment avoidance. Both internalized and externalized continuing bonds were related to greater grief intensity, which is consistent with Field and Filanosky (2010) and Ho et al. (2013). This raises the question of whether continuing bonds are adaptive given they are associated with greater grief intensity. It is important to note the direction of causality remains unclear and it is beyond the scope of this research to examine the direction of causality. The differential predictors do raise the possibility that externalized continuing bonds may be more maladaptive, but at the very least are of clinical concern because the bereaved person may be having problems with emotion regulation. In contrast, internalized continuing bonds does not seem to be of clinical concern as they are more frequent in
those who are better at regulating their emotions. Study 2 and 3 will look to see if these patterns of findings are replicated, and study 4 will further examine continuing bonds by how they relate to posttraumatic growth.
Study 2

This study was designed in the first instance as a study of disenfranchised grief in a sample that experienced a death of a dog or cat. I had the opportunity to add some measures in this study in order to examine whether the findings in study 1 would replicate in a sample experiencing a different form of grief and to collect dream reports.

Hypotheses

Although not all hypotheses were supported by the findings of study 1, they were retained for study 2. They are listed below, with notes indicating whether or not they were supported in study 1.

Predicting dreams of the deceased. Several hypotheses were examined.

1. Based on study 1 findings, it is hypothesized that greater dream recall frequency would be positively associated with dreaming of the deceased.

2. Based on study 1 findings, it is hypothesized that greater openness to experience would be positively associated with both general dream recall frequency (post the deceased dying) and dreaming of the deceased.

3. Based on study 1 findings, it is hypothesized that greater grief intensity would be positively associated with both general dream recall frequency and dreaming of the deceased.

4. Based on study 1 findings, it is hypothesized that greater avoidant attachment would be negatively associated with dreaming of the deceased.

5. Though only partially supported by study 1 findings, it is hypothesized that greater anxious attachment would be positively associated with dream recall, grief intensity, and dreaming of the deceased. Only grief intensity was correlated in study 1.
6. Though only partially supported by study 1 findings, it is hypothesized that dream recall frequency, grief intensity, openness to experience, avoidant attachment, and anxious attachment would contribute unique variance to recalling dreams of the deceased. Only dream recall frequency contributed unique variance in study 1.

7. Though only partially supported by study 1 findings, it is hypothesized that grief intensity, openness to experience, and anxious attachment would have indirect effects on recalling dreams of the deceased through general dream recall frequency. Only grief intensity and openness to experience showed such indirect effects in study 1.

8. Based on study 1 findings, it is hypothesized that anxious attachment would also have indirect effects through both grief intensity and general dream recall.

9. Though only partially supported by study 1 findings, it is hypothesized that consistency of dream recall after the loss would moderate the relations of dream recall frequency to both openness to experience and attachment styles. This was only found for openness to experience in study 1.

**Dreams of the deceased and continuing bonds.** Several hypotheses were examined.

1. Though only partially supported by study 1 findings, it is hypothesized that recalling greater dreams of the deceased would be positively associated with experiencing continuing bonds (internalized and externalized). This was only found with internalized continuing bonds in study 1.

2. Based on the continuity hypothesis, it is hypothesized that dream content of the most memorable dreams of the deceased would relate to attachment and grief intensity. In
addition, openness to experience and continuing bonds were explored on a more exploratory basis. This and the following associated hypotheses could not be tested in study 1 because dream reports were not collected.

a) Based on the continuity hypothesis, it is hypothesized that positive dream content (e.g., positive affect tone; the deceased speaking comforting words) would be negatively associated with insecure attachment (anxiety and avoidance) and grief intensity.

b) Based on the continuity hypothesis, it is hypothesized that negative dream content (e.g., negative affective tone, the deceased being dead, dying, ill, or in danger) would be positively associated with insecure attachment (anxiety and avoidance) and grief intensity.

In addition the following questions were examined on a more exploratory basis:

3. Which variables would uniquely predict having a positive dream and/or negative dream of the deceased?

   a) Based on study 1 findings, it is hypothesized that greater grief intensity would predict having a negative dream theme.

4. Which variables would uniquely predict internalized and externalized continuing bonds?

   a) Based on study 1 findings, being a woman, greater grief intensity, greater openness to experience, and less attachment avoidance would independently predict experiencing internalized continuing bonds.
b) Based on study 1 findings, greater grief intensity and greater attachment avoidance would independently predict experiencing externalized continuing bonds.

**Continuing bonds and grief.** One hypothesis was examined.

1. It is hypothesized that the findings by Currier et al. (2015) that insecure attachment moderates the relations between continuing bonds and grief intensity will be replicated.

   a) Though only partially supported by study 1 findings, it is hypothesized that those with greater attachment avoidance would demonstrate a stronger relation between continuing bonds and grief intensity. In study 1 this was only found for internalized continuing bonds.

   b) Though not supported by study 1 findings, it is hypothesized that those with less attachment anxiety would demonstrate a stronger relation between continuing bonds and grief intensity.

**Method**

**Participants**

As in the previous study, participants were U.S. residents solicited from Mechanical Turk (MTurk) with a minimum age of 18 and at least a 98% acceptance rate. They were required to have experienced the death of a pet dog or cat within the prior six months, but not the last week. In total, 202 participants completed the survey; however, the data of three were discarded due to blatant anomalies (two people gave the same rating for all items in multiple questionnaires, while one had excessive missing data [52%] on the dream questionnaire). This left a sample of 199 participants (108 men and 91 women). Their ages ranged from 18 to 69 ($M = 32.47$, $SD = 8.98$). The majority of
participants completed some college or greater (82.4%) and reported being Caucasian (87.9%). Most (61.3%) had no religious affiliations (28.1% Atheist, 23.1% Agnostic, and 10.1% none), with the next most frequent responses being a range of Christian affiliations (33.7%).

Some participants did not complete the Experiences in Close Relationships—Specific for their dog/cat. In the feedback questionnaire a few commented that they found the items odd when applied to an animal. Therefore, it is likely this is why some decided not to answer the questions in the measure. For the path analyses (but just for there), it was decided to remove those people who did not fill out the Experiences in Close Relationships—Specific scale rather than replace the missing data with estimates. After removing those who were unable to answer at least 16 out of 18 items per subscale, a total of 162 participants (88 men and 74 women) remained. Their ages ranged from 18 to 63 ($M = 32.08$, $SD = 8.79$). The majority of participants completed some college or greater (80.9%) and reported being Caucasian (87.7%). Most (62.3%) had no religious affiliations (29.6% Atheist, 22.8% Agnostic, and 9.9% none), with the next most frequent response being a range of Christian affiliations (32.7%).

**Measures**

Copies of all measures are in the Appendix F. As in study 1, participants completed a demographic questionnaire, Inventory of Traumatic Grief (ITG) (with two items changed to reflect animal not human death), Openness to Experience (OTE) Subscale from the HEXACO Personality Inventory, Experiences in Close Relationships—Specific (ECR-S), and the dream questionnaire. The dream questionnaire had overall fewer questions, but with the same questions used in the study 1 analysis.
One exception was that this study collected dream reports by asking “Since the death of your dog [cat], please describe in detail the most memorable dream in which your dog [cat] appeared (if you had such a dream).” For this study the Cronbach’s alphas were .97 for Inventory of Traumatic Grief, .86 for Openness to Experience, .92 for the Experiences in Close Relationships—Specific avoidant attachment subscale, and .90 for the Experiences in Close Relationships—Specific anxious attachment subscale. For the sample of 162 participants the Cronbach’s alphas were the same except for .91 for the Experiences in Close Relationships—Specific anxious attachment subscale.

As in study 1, the three items in the Inventory of Traumatic Grief that are similar in the Continuing Bonds Scale were removed when doing analyses involving both questionnaires (as recommended by Field et al. 2013). The Cronbach’s alpha for the 27-item scale was .96 for the 199 sample.

**Dream content categories.** The dreams examined came from those participants who shared their most memorable dreams of their pet (dog or cat) after they died. There were a total of 145 dreams coded. Three judges (myself and two others familiar with dream scoring) read the dreams and wrote down what themes or categories seemed evident in the accounts. The three judges compared their lists and discussed categories to code. A definition sheet was made from the meeting to ensure coders understood each of the categories before coding. There were a total of 51 categories chosen to score (see Appendix G for detailed scoring manual) and all dreams were then scored by two of the original three judges. Each dream was given a score of “1” if the judge thought the category was present in the dream, and “0” if it was not. After coding was completed, reliabilities between the two judges were analysed. It was found that 42 dream categories
had acceptable inter-rater reliability (kappa .6 or above; McHugh, 2012), but of those, two only had one occurrence in the entire dream set (see Table 12 for category inter-rater reliabilities and frequencies). Only the 40 categories with acceptable reliability and greater than one occurrence were used in the analyses.

The common practice for resolving differences in scoring is to have the two judges discuss and agree on a score. However, this approach can result in the more opinionated or persuasive judge having undue influence. Instead the two judges’ scores were added together yielding a score of “0” when both judges agreed it was not present, “1” when only one judge deemed the category to be present, and “2” when both judges agreed the category was present.

**Continuing Bonds Pet Scale.** A shortened version of 18 items of the Continuing Bonds Scale (CBS; Field & Filanosky, 2010) was used for this study. There were 11 items chosen from Field and Filanosky’s (2010) two-component solution (internalized and externalized continuing bonds), as well as seven additional items chosen from study 1’s internalized component solution. Some items needed to be amended due to the nature of the relationship of who died (i.e., a pet). A Principal Component Analysis (PCA) was conducted to explore the component structure of the CBS-Pet. The four largest components had eigenvalues of 6.73, 2.97, 1.22, and 0.89. This revealed a clear break in the sizes of the eigenvalues after both the first and the second component. Given the theory that there should be two components and given that the third component was very close to 1, a PCA was conducted with oblimin rotation (as it was expected that the components would be correlated), specifying two component to be extracted. It was found that one item had a double loading (loadings exceeding .30) and one item loaded
Table 12
Inter-rater Reliability and Frequency of Dreams Coded (N=145). Items in bold were retained for content analysis.

<table>
<thead>
<tr>
<th>Dream Categories</th>
<th>κ</th>
<th>Both Judges Coded as Present</th>
<th>Only One Judge Coded as Present</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Positive Dream Content</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Positive Affective Tone (During the dream)</td>
<td>.45</td>
<td>59</td>
<td>43</td>
</tr>
<tr>
<td>Physical Affection (Interactive)</td>
<td>.89</td>
<td>33</td>
<td>6</td>
</tr>
<tr>
<td>Animal is Happy, Wagging, Smiling</td>
<td>.80</td>
<td>17</td>
<td>7</td>
</tr>
<tr>
<td>Active Friendly Interaction (Playing with)</td>
<td>.77</td>
<td>16</td>
<td>8</td>
</tr>
<tr>
<td>Positive Affective Tone (After – when awake)</td>
<td>.65</td>
<td>5</td>
<td>5</td>
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<tr>
<td>Animal is Healthy (In Better Shape)</td>
<td>.16</td>
<td>2</td>
<td>16</td>
</tr>
<tr>
<td>Success in Looking for/ Finding, &amp; Rescue</td>
<td>.80</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td><strong>Negative Dream Content</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Negative Affective Tone (During)</td>
<td>.75</td>
<td>19</td>
<td>10</td>
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<tr>
<td>Animal is Sick or injured</td>
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<td>7</td>
<td>1</td>
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<tr>
<td>Negative Affective Tone (After)</td>
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<td>5</td>
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<tr>
<td>Dream is a PTSD Intrusion</td>
<td>.91</td>
<td>5</td>
<td>1</td>
</tr>
<tr>
<td>Animal Dies Again</td>
<td>.89</td>
<td>4</td>
<td>1</td>
</tr>
<tr>
<td>Impending Doom</td>
<td>.74</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>Failure in Looking for/Finding/&amp; Rescue</td>
<td>.85</td>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td>Animal is in Danger (Not Safe)</td>
<td>.23</td>
<td>1</td>
<td>6</td>
</tr>
<tr>
<td>Physical Aggression</td>
<td>1.00</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Unfriendly Interaction</td>
<td>1.00</td>
<td>1</td>
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<tr>
<td><strong>Other Dream Content</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dream is a Memory and Animal is doing Ordinary Behaviours combined</td>
<td>.79</td>
<td>43</td>
<td>14</td>
</tr>
<tr>
<td>Companionable “interaction” – doing something together but not interacting</td>
<td>.77</td>
<td>37</td>
<td>14</td>
</tr>
<tr>
<td>Physical Interaction – physical contact</td>
<td>.91</td>
<td>37</td>
<td>5</td>
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(continued)
<table>
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<tr>
<th>Dream Categories</th>
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<th>Both Judges Coded as Present</th>
<th>Only One Judge Coded as Present</th>
</tr>
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<tbody>
<tr>
<td>Animal Moves Towards Dreamer</td>
<td>.91</td>
<td>32</td>
<td>5</td>
</tr>
<tr>
<td>Animal Approaches Dreamer</td>
<td>.86</td>
<td>28</td>
<td>7</td>
</tr>
<tr>
<td>Dream is a Memory</td>
<td>.55</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td>Pet initiates interaction with dreamer</td>
<td>.65</td>
<td>20</td>
<td>16</td>
</tr>
<tr>
<td>Animal is Doing Ordinary (Typical) Behaviours</td>
<td>.42</td>
<td>18</td>
<td>30</td>
</tr>
<tr>
<td>Animal Verbalizes</td>
<td>.96</td>
<td>14</td>
<td>1</td>
</tr>
<tr>
<td>Other People are Present</td>
<td>.69</td>
<td>9</td>
<td>7</td>
</tr>
<tr>
<td>Animal Looks at Dreamer</td>
<td>.94</td>
<td>8</td>
<td>1</td>
</tr>
<tr>
<td>Animal is Making Requests or Demands</td>
<td>.68</td>
<td>7</td>
<td>6</td>
</tr>
<tr>
<td>Dreamer Speaks to/ Calls to Animal</td>
<td>.87</td>
<td>7</td>
<td>2</td>
</tr>
<tr>
<td>Animal Moves Away from Dreamer</td>
<td>.93</td>
<td>7</td>
<td>1</td>
</tr>
<tr>
<td>Animal is Younger</td>
<td>.69</td>
<td>6</td>
<td>5</td>
</tr>
<tr>
<td>Animal is not Dead</td>
<td>.44</td>
<td>5</td>
<td>11</td>
</tr>
<tr>
<td>Dreamer is Acting as Caretaker (Caregiver)</td>
<td>.53</td>
<td>5</td>
<td>8</td>
</tr>
<tr>
<td>Animal is Just there</td>
<td>.65</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>Animal Disappears (Gone)</td>
<td>.79</td>
<td>4</td>
<td>2</td>
</tr>
<tr>
<td>Watching television together</td>
<td>1.00</td>
<td>4</td>
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</tr>
<tr>
<td>Other Animals are Present</td>
<td>.53</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>Animal Was Never Dead (Mistake)</td>
<td>.74</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>Animal is Back to Life (Resurrected)</td>
<td>.74</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>Mention of Favourite Toy</td>
<td>.85</td>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td>Searching for Animal</td>
<td>.85</td>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td>Animal is Changed or Different</td>
<td>1.00</td>
<td>3</td>
<td>0</td>
</tr>
<tr>
<td>Location</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Outdoors</td>
<td>.83</td>
<td>37</td>
<td>10</td>
</tr>
<tr>
<td>Couch</td>
<td>.89</td>
<td>13</td>
<td>3</td>
</tr>
<tr>
<td>Bed</td>
<td>.92</td>
<td>12</td>
<td>1</td>
</tr>
<tr>
<td>Park</td>
<td>1.00</td>
<td>10</td>
<td>0</td>
</tr>
</tbody>
</table>

(continued)
<table>
<thead>
<tr>
<th>Dream Categories</th>
<th>$\kappa$</th>
<th>Both Judges Coded as Present</th>
<th>Only One Judge Coded as Present</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yard</td>
<td>.94</td>
<td>8</td>
<td>1</td>
</tr>
<tr>
<td>Forest</td>
<td>.92</td>
<td>6</td>
<td>1</td>
</tr>
<tr>
<td>Beach</td>
<td>.80</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>Garden</td>
<td>.66</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>
on a component that was not intended. These items were taken out and the PCA was rerun. Every item now had its primary loading (exceeding .30) on one of the two components. They corresponded to internalized continuing bonds and externalized continuing bonds respectively. The ten items in internalized continuing bonds for this study was greater than the number reported by Field and Filanosky (2010) (five of their items were the same). The six items in externalized continuing bonds were the same as those reported by Field and Filanosky (2010). The Cronbach’s alpha for internalized continuing bonds was .89 and for externalized continuing bonds .87.

In addition, the CENSHARE Pet Attachment Questionnaire, Somatic Symptoms Patient Health Questionnaire, and Witnessing of Disenfranchised Grief questionnaire was administered for the purposes of other research.

**Procedure**

Data was collected online through Qualtrics following the same procedure as study 1. Participants were randomly assigned to two orders of the questionnaires to test whether completing the grief-related questionnaires affected responses on the attachment and dream questionnaires. One set had questionnaires in the following order: the Demographic measure, then a randomized block of two measures that assess attachment to the animal (CENSHARE Pet Attachment Questionnaire, and Experiences in Close Relationships—Specific), then a randomized block of two questionnaires dealing with dreams and personality (Dream Questionnaire and Openness to Experience), and then a randomized block of four questionnaires related to the experience of grief (Continuing Bonds Pet Scale Questionnaire, Inventory of Traumatic Grief, Witnessing of Disenfranchised Grief Questionnaire, and Somatic Symptoms Patient Health Questionnaire).
Questionnaire). The other set had the following order: the Demographic measure, then the randomized block of four grief questionnaires, then the randomized block of dream and personality questionnaires, and then the randomized block of attachment measures.

**Results**

The data were analyzed in the same way described in study 1.

**Preliminary Analyses**

**199 participants.** There was a lot of missing data because of the attachment questionnaire, which 37 participants could not fill out. As noted above these participants were excluded from the path analyses, but otherwise their data was retained. Apart from this issue there was minimal missing data and these were corrected by pro-rating. There was also little missing data for single-question variables that, by definition, could not be pro-rated (missing data: dream recall 0.5%, dream consistency 1.5%, and recalling dreams of the deceased 0.5%). There were no issues found for multicollinearity, but there were three outliers on dream recall frequency, five outliers on dreaming of the deceased recall frequency, and one outlier on externalized continuing bonds measure that were adjusted. There were no multivariate outliers found.

Table 13 gives the descriptive data for the variables after outliers were adjusted. As in study 1, recalling dreams of the deceased violated normality and was transformed using the square-root transformation, which corrected the problem. Analyses were conducted with both the transformed and the original scores and it was found that the findings were essentially the same. Therefore, it was decided to use the original, untransformed data. Independent sample t-tests found order effects for internalized continuing bonds. There was a significant difference for internalized continuing bonds
Table 13
Descriptive Statistics for Pet Loss (Full Sample / Subsample)

<table>
<thead>
<tr>
<th>Variable</th>
<th>n</th>
<th>Scale Range</th>
<th>M</th>
<th>SD</th>
<th>Skew</th>
<th>Kurt</th>
<th>α</th>
<th>t-test</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>199/162</td>
<td>-</td>
<td>32.47/32.08</td>
<td>8.98/8.79</td>
<td>1.24/1.18</td>
<td>1.87/1.47</td>
<td>-</td>
<td>.89</td>
</tr>
<tr>
<td>DDR</td>
<td>198/161</td>
<td>-</td>
<td>2.01/2.11</td>
<td>2.84/2.91</td>
<td>1.93/1.87</td>
<td>3.18/2.89</td>
<td>-</td>
<td>.27</td>
</tr>
<tr>
<td>Dream Recall</td>
<td>198/162</td>
<td>-</td>
<td>3.09/3.03</td>
<td>2.33/2.11</td>
<td>1.25/1.07</td>
<td>2.41/1.92</td>
<td>-</td>
<td>.55</td>
</tr>
<tr>
<td>ITG</td>
<td>199/162</td>
<td>1 - 5</td>
<td>2.21/2.24</td>
<td>0.78/0.79</td>
<td>0.62/0.56</td>
<td>-0.46/-0.57</td>
<td>0.97/0.97</td>
<td>.22</td>
</tr>
<tr>
<td>OTE</td>
<td>199/162</td>
<td>1 – 5</td>
<td>3.62/3.61</td>
<td>0.65/0.65</td>
<td>-0.34/-0.28</td>
<td>-0.31/-0.41</td>
<td>0.86/0.86</td>
<td>.56</td>
</tr>
<tr>
<td>Avd</td>
<td>164/162</td>
<td>1 – 7</td>
<td>2.25/2.25</td>
<td>0.90/0.91</td>
<td>0.72/0.71</td>
<td>-0.33/-0.36</td>
<td>0.92/0.91</td>
<td>.97</td>
</tr>
<tr>
<td>Anx</td>
<td>177/162</td>
<td>1 – 7</td>
<td>2.62/2.62</td>
<td>1.04/1.07</td>
<td>0.82/0.82</td>
<td>0.29/0.20</td>
<td>0.90/0.91</td>
<td>.95</td>
</tr>
<tr>
<td>Internal CB</td>
<td>199</td>
<td>1 – 5</td>
<td>2.51</td>
<td>0.70</td>
<td>-0.20</td>
<td>-0.66</td>
<td>0.89</td>
<td>-</td>
</tr>
<tr>
<td>External CB</td>
<td>199</td>
<td>1 – 5</td>
<td>1.47</td>
<td>0.58</td>
<td>1.44</td>
<td>1.32</td>
<td>0.87</td>
<td>-</td>
</tr>
<tr>
<td>DRC</td>
<td>196/161</td>
<td>1 – 5</td>
<td>3.33/3.33</td>
<td>1.19/1.13</td>
<td>-0.19/-0.13</td>
<td>-0.90/-0.81</td>
<td>-</td>
<td>.96</td>
</tr>
</tbody>
</table>

Note. DDR = Dreaming of the deceased recall (last month), ITG = Inventory of Traumatic Grief, OTE = Openness to Experience, Avd = Experiences in Close Relationships (Specific) Avoidance, Anx = Experiences in Close Relationships (Specific) Anxiety, DRC = Dream Recall Consistency.

An independent sample t-test compared (on a given variable) participants who were included with participants who were excluded for path analyses.
(for order 1 and 2 respectively: $M = 2.39, SD = .72$ and $M = 2.63, SD = .64$, $t(197) = -2.51, p = .013$, two-tailed). The magnitude of the differences in the means (mean difference = .24, 95% CI: -0.44, -0.05) was small ($\eta^2 = .031$).

Most participants (74.9%) recalled dreaming of the deceased animal after the death, while 22.6% reported no such dreams, and 2.5% preferred not to say. In the last month, most participants (59.3%) recalled dreaming of the deceased (19.1% reported 1 dream, 14.6% reported 2, 6.5% reported 3, 6.0% reported 4, and 13.1% reported 5 or more), while 40.2% reported no such dreams, and 0.5% preferred not to say. Table 14 summarizes participants’ responses (of the 154 participants who stated they had a dream of the deceased or preferred not to say) to the four questions about the themes of dreams of the deceased. A total of 27.3% endorsed one or both of the negative dream themes, while 90.9% endorsed one or both of the positive dream themes. A total of 88.1% of those who reported a negative dream theme also reported having a positive dream theme.

**162 participants.** There was very little missing data after pro-rating. There was also little missing data for single-question variables that, by definition, could not be pro-rated (missing data: dream consistency 0.6% and recalling dreams of the deceased 0.6%). There were no issues found for multicollinearity, but there were two outliers on dream recall frequency and five outliers on dreaming of the deceased recall frequency measure that were adjusted. There were no multivariate outliers found. Table 13 gives the descriptive data for the variables after outliers were adjusted. As in study 1, recalling dreams of the deceased violated normality and was transformed using the square-root transformation, which corrected the problem. Analyses were conducted with both the transformed and the original scores and it was found that the findings were essentially the
| Dream Theme | Yes | | | | No | | | | Prefer Not To Say | | |
|-------------|-----|-----|-----|-----|-----|-----|-----|-----|-------------------|-----|
|             | Full | Subsample | Full | Subsample | Full | Subsample |       |       |                   |     |
| Seeing their pet dead, dying, or suffering from illness | 23.4% | 22.3% | 72.1% | 73.8% | 4.5% | 3.8% |       |       |                   |     |
| Seeing their pet healthy and/or happy | 89.0% | 88.5% | 7.8% | 8.5% | 3.2% | 3.1% |       |       |                   |     |
| Seeing their pet acting or speaking in a way that was upsetting | 8.4% | 9.2% | 89.0% | 88.5% | 2.6% | 2.3% |       |       |                   |     |
| Seeing their pet acting or speaking in a way that was comforting | 73.4% | 75.4% | 22.7% | 21.5% | 3.9% | 3.1% |       |       |                   |     |
same. Therefore, it was decided to use the original, untransformed data. Independent sample t-tests found no order effects. Additionally, it was found that there were no significant differences between those who did and did not fill out the Experiences in Close Relationships—Specific in all the measures used in this study (e.g., dreaming of the deceased recall, dreams recall frequency, openness to experience, grief intensity, and dream consistency).

Most participants (77.8%) recalled dreaming of the deceased after the death, while 19.8% reported no such dreams, and 2.5% preferred not to say. In the last month, most participants (61.1%) recalled dreaming of the deceased (18.5% reported 1, 16.0% reported 2, 6.2% reported 3, 6.2% reported 4, and 14.2% reported 5 or more), while 38.3% reported no such dreams, and 0.6% preferred not to say. Table 14 summarizes participants’ responses (of the 130 participants who stated they had a dream of the deceased or preferred not to say) to the four questions about the themes of dreams of the deceased. A total of 26.2% endorsed one or both of the negative dream themes, while 90.8% endorsed one or both of the positive dream themes. A total of 85.3% of those who reported a negative dream theme also reported having a positive dream theme.

**What Factors Predict Dreaming of the Deceased?**

Table 15 lists the correlations among the variables (see Appendix I for selected scatterplots). As evident in this table, dream recall frequency, grief intensity, and openness to experience were positively associated with recalling dreams of the deceased.

**Data analytic approach.** As in study 1, MLR was used in the path analysis to explore the direct effects (because of the skewness of recalling dreams of the deceased).
Table 15
Correlations Among Variables for Pet Loss (Bottom 199 participants / Top 162 participants)

<table>
<thead>
<tr>
<th>Variable</th>
<th>DDR</th>
<th>Age</th>
<th>Sex</th>
<th>Dream Recall</th>
<th>ITG</th>
<th>OTE</th>
<th>Avd</th>
<th>Anx</th>
<th>DRC</th>
<th>Internal CB</th>
<th>External CB</th>
</tr>
</thead>
<tbody>
<tr>
<td>DDR</td>
<td>-</td>
<td>-.07</td>
<td>-.01</td>
<td>.39**</td>
<td>.33**</td>
<td>.21**</td>
<td>-.02</td>
<td>.07</td>
<td>.10</td>
<td>.32**</td>
<td>.19*</td>
</tr>
<tr>
<td>Age</td>
<td>-.10</td>
<td>-</td>
<td>.16*</td>
<td>.05</td>
<td>-.08</td>
<td>.10</td>
<td>-.15</td>
<td>-.10</td>
<td>-.00</td>
<td>.20*</td>
<td>.04</td>
</tr>
<tr>
<td>Sex</td>
<td>-.01</td>
<td>.16*</td>
<td>-</td>
<td>.08</td>
<td>-.05</td>
<td>.01</td>
<td>-.09</td>
<td>-.07</td>
<td>-.09</td>
<td>.03</td>
<td>.04</td>
</tr>
<tr>
<td>Dream Recall</td>
<td>.42**</td>
<td>-.00</td>
<td>.12</td>
<td>-</td>
<td>.12</td>
<td>.29**</td>
<td>-.07</td>
<td>.02</td>
<td>.08</td>
<td>.15</td>
<td>.09</td>
</tr>
<tr>
<td>ITG</td>
<td>.39**</td>
<td>-.07</td>
<td>-.04</td>
<td>.16*</td>
<td>-</td>
<td>-.15</td>
<td>.30**</td>
<td>.55**</td>
<td>.00</td>
<td>.52**</td>
<td>.61**</td>
</tr>
<tr>
<td>OTE</td>
<td>.22**</td>
<td>.08</td>
<td>.01</td>
<td>.32**</td>
<td>-.08</td>
<td>-</td>
<td>-.27**</td>
<td>-.24**</td>
<td>.04</td>
<td>.18*</td>
<td>-.06</td>
</tr>
<tr>
<td>Avd</td>
<td>-.02</td>
<td>-.15</td>
<td>-.09</td>
<td>-.07</td>
<td>.30**</td>
<td>-.27**</td>
<td>-</td>
<td>.56**</td>
<td>.05</td>
<td>-.14</td>
<td>.46**</td>
</tr>
<tr>
<td>Anx</td>
<td>.07</td>
<td>-.10</td>
<td>-.08</td>
<td>.00</td>
<td>.55**</td>
<td>-.22**</td>
<td>.56**</td>
<td>-</td>
<td>-.04</td>
<td>.21**</td>
<td>.51**</td>
</tr>
<tr>
<td>DRC</td>
<td>.09</td>
<td>.00</td>
<td>-.03</td>
<td>.10</td>
<td>-.01</td>
<td>-.01</td>
<td>.05</td>
<td>-.05</td>
<td>-</td>
<td>-.00</td>
<td>-.02</td>
</tr>
<tr>
<td>Internal CB</td>
<td>.36**</td>
<td>.15*</td>
<td>.01</td>
<td>.17*</td>
<td>.55**</td>
<td>.19**</td>
<td>-.14</td>
<td>.22**</td>
<td>-.02</td>
<td>-</td>
<td>.39**</td>
</tr>
<tr>
<td>External CB</td>
<td>.24**</td>
<td>-.02</td>
<td>.01</td>
<td>.13</td>
<td>.60**</td>
<td>-.03</td>
<td>.46**</td>
<td>.51**</td>
<td>-.04</td>
<td>-</td>
<td>.43**</td>
</tr>
</tbody>
</table>

Note. DDR = Dreaming of the deceased recall (last month), ITG = Inventory of Traumatic Grief, OTE = Openness to Experience, Avd = Experiences in Close Relationships (Specific) Avoidance, Anx = Experiences in Close Relationships (Specific) Anxiety, DRC = Dream Recall Consistency.

*p<.05, **p<.01
Indirect effects were then tested using 5000 bootstrap samples and the 95% bias-corrected confidence intervals (CIs).

**Path analyses.** Path analysis was conducted with the subsample of 162 to test the saturated model depicted in Figure 1. Tables 16, 17, and 18 show the direct effects on, respectively, grief intensity, general dream recall, and recalling dreams of the deceased. Of particular relevance is Table 18 that shows that dream recall frequency, grief intensity, and openness to experience independently contributed directly to the prediction of recalling dreams of the deceased. This is partially consistent with study 1 that found only dream recall frequency predicted recalling dreams of the deceased. Figure 5 shows the significant pathways in the path model.

In addition to the direct effects, indirect effects were also found, which can be seen in Table 19. There was a significant positive indirect path from grief intensity to recall of dreams of the deceased through dream recall ($b = .184; 95\% \text{ CI} = 0.03, 0.46$). Specifically, grief intensity was positively related to dream recall, which in turn was positively related to recalling dreams of the deceased. This was consistent with study 1.

There was a significant positive indirect path from openness to experience to recall of dreams of the deceased through dream recall ($b = .413; 95\% \text{ CI} = 0.16, 0.83$). Specifically, openness to experience was positively related to dream recall, which in turn was positively related to recalling dreams of the deceased. This was consistent with study 1.

Attachment anxiety had two indirect relations with dreaming of the deceased. There was a significant positive indirect path through grief intensity ($b = .561; 95\% \text{ CI} = 0.29, 0.98$). Specifically, attachment anxiety was positively related to grief intensity,
### Table 16
**Direct Effects on Grief Intensity** ($R^2 = .31, p < .001$)

<table>
<thead>
<tr>
<th></th>
<th>$\beta$</th>
<th>$b$</th>
<th>$SE$</th>
<th>$p$</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>-0.02</td>
<td>-0.00</td>
<td>0.01</td>
<td>.73</td>
</tr>
<tr>
<td>Sex</td>
<td>-0.01</td>
<td>-0.01</td>
<td>0.11</td>
<td>.94</td>
</tr>
<tr>
<td>Openness to Experience</td>
<td>-0.02</td>
<td>-0.02</td>
<td>0.08</td>
<td>.76</td>
</tr>
<tr>
<td>Attachment Avoidance (ECR-S)</td>
<td>-0.02</td>
<td>-0.02</td>
<td>0.07</td>
<td>.81</td>
</tr>
<tr>
<td>Attachment Anxiety (ECR-S)</td>
<td>0.56</td>
<td>0.41</td>
<td>0.06</td>
<td>.00</td>
</tr>
</tbody>
</table>

### Table 17
**Direct Effects on Dream Recall** ($R^2 = .12, p < .05$)

<table>
<thead>
<tr>
<th></th>
<th>$\beta$</th>
<th>$b$</th>
<th>$SE$</th>
<th>$p$</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>0.02</td>
<td>0.00</td>
<td>0.02</td>
<td>.79</td>
</tr>
<tr>
<td>Sex</td>
<td>0.08</td>
<td>0.33</td>
<td>0.32</td>
<td>.30</td>
</tr>
<tr>
<td>Inventory of Traumatic Grief</td>
<td>0.17</td>
<td>0.44</td>
<td>0.21</td>
<td>.04</td>
</tr>
<tr>
<td>Openness to Experience</td>
<td>0.31</td>
<td>0.99</td>
<td>0.24</td>
<td>.00</td>
</tr>
<tr>
<td>Attachment Avoidance (ECR-S)</td>
<td>-0.05</td>
<td>-0.12</td>
<td>0.20</td>
<td>.55</td>
</tr>
<tr>
<td>Attachment Anxiety (ECR-S)</td>
<td>0.04</td>
<td>0.07</td>
<td>0.18</td>
<td>.70</td>
</tr>
</tbody>
</table>

### Table 18
**Direct Effects on Dreaming of the Deceased Recall** ($R^2 = .27, p < .001$)

<table>
<thead>
<tr>
<th></th>
<th>$\beta$</th>
<th>$b$</th>
<th>$SE$</th>
<th>$p$</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>-0.08</td>
<td>-0.03</td>
<td>0.02</td>
<td>.16</td>
</tr>
<tr>
<td>Sex</td>
<td>-0.00</td>
<td>-0.03</td>
<td>0.41</td>
<td>.95</td>
</tr>
<tr>
<td>Dream Recall Frequency</td>
<td>0.30</td>
<td>0.42</td>
<td>0.13</td>
<td>.00</td>
</tr>
<tr>
<td>Inventory of Traumatic Grief</td>
<td>0.37</td>
<td>1.36</td>
<td>0.36</td>
<td>.00</td>
</tr>
<tr>
<td>Openness to Experience</td>
<td>0.15</td>
<td>0.67</td>
<td>0.31</td>
<td>.03</td>
</tr>
<tr>
<td>Attachment Avoidance (ECR-S)</td>
<td>-0.03</td>
<td>-0.10</td>
<td>0.27</td>
<td>.71</td>
</tr>
<tr>
<td>Attachment Anxiety (ECR-S)</td>
<td>-0.10</td>
<td>-0.26</td>
<td>0.26</td>
<td>.31</td>
</tr>
</tbody>
</table>
Table 19

*Significant Indirect Effects of Dreaming of the Deceased Recall*

<table>
<thead>
<tr>
<th>Indirect Effect</th>
<th>Unstandardized Estimate (b)</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>ITG → DR → DDR</td>
<td>.184</td>
<td>(0.03, 0.46)</td>
</tr>
<tr>
<td>OTE → DR → DDR</td>
<td>.413</td>
<td>(0.16, 0.83)</td>
</tr>
<tr>
<td>Anx → ITG → DDR</td>
<td>.561</td>
<td>(0.29, 0.98)</td>
</tr>
<tr>
<td>Anx → ITG → DR → DDR</td>
<td>.076</td>
<td>(0.01, 0.20)</td>
</tr>
</tbody>
</table>

*Note.* DDR = Dreaming of the deceased recall (last month), DR = Dream Recall Frequency, ITG = Inventory of Traumatic Grief, OTE = Openness to Experience, Anx = Experiences in Close Relationships (Specific) Anxiety.
which in turn was positively related to recalling dreams of the deceased. This did not occur in study 1, most likely because grief intensity did not predict dreaming of the deceased in study 1. There was also a significant positive indirect path through grief intensity and dream recall ($b = .076; 95\% \, CI = 0.01, 0.20$). Specifically, attachment anxiety was positively related to grief intensity, which in turn was positively related to dream recall, which in turn was positively related to recalling dreams of the deceased. This was consistent with study 1.

**Moderation analyses.** As in study 1, it was found that participants varied in their reported consistency of dream recall. As noted in Table 13, on a scale from 1 to 5 the mean was 3.33. Only 44.4% reported that their recall was consistent or very consistent, while 24.7% reported that their recall was variable or very variable. However, in the multiple regressions, contrary to hypothesis and the findings in study 1, none of the interaction terms were significant (for openness to experience, $b = .248, \beta = .125, t(157) = 1.65, p = .10$; for attachment avoidance, $b = -.256, \beta = -.126, t(157) = -1.55, p = .12$; and for attachment anxiety, $b = .128, \beta = .058, t(157) = 0.70, p = .49$).

**Dreams of the Deceased and Continuing Bonds**

The original hypothesis stated that both internalized and externalized continuing bonds would be correlated with recalling dreams of the deceased; however, in study 1 only internalized continuing bonds was correlated. Consistent with the hypothesis, in this study, recalling dreams of the deceased was positively correlated both with experiencing internalized continuing bonds, $r(196) = .36, p < .001$, and externalized continuing bonds, $r(196) = .24, p < .01$. See Table 15 for correlations among all variables. Since both internalized and externalized continuing bonds positively correlated with grief intensity,
and grief intensity is seen above as a predictor of dreaming of the deceased, a partial
correlation (post hoc) was conducted that controlled for grief intensity. After controlling
for grief intensity, it was found that for internalized continuing bonds the partial
correlation was significant (albeit smaller than the original correlation), $r = .19$, $p < .01$.
As for externalized continuing bonds, the partial correlation was non-significant, $r = .02$,
$p > .05$.

For those who stated they had a dream of the deceased, as well as those who
preferred not to say but who still completed the dream theme checklist ($n = 154$), the
correlations of dream themes (from checklist, not dream report) with measures of
attachment, openness to experience, grief intensity, and continuing bonds can be seen in
Table 20. Reporting a positive dream theme was related to greater openness to experience
and less attachment avoidance. Reporting a negative dream theme was related to greater
attachment avoidance, attachment anxiety, grief intensity, and externalized continuing
bonds.

The predictors of having a positive dream and having a negative dream of the
deceased were examined by performing two logistic regressions. The model contained six
independent variables (attachment anxiety, attachment avoidance, grief intensity,
openness to experience, internalized and externalized continuing bonds). Based on study
1, it was hypothesized that greater grief intensity would predict endorsement of a
negative dream theme. The full model predicting the endorsement of a negative dream
theme was statistically significant, $\chi^2 (6, N = 127) = 22.40$, $p < .05$. The model as a whole
explained between 16.2% (Cox and Snell R square) and 23.5% (Nagelkerke R squared)
of the variance in negative dream theme, and correctly classified 76.4% of cases. Two
Table 20

Correlations of Pet Loss Dream Themes with Individual Difference Variables

<table>
<thead>
<tr>
<th>Variable</th>
<th>Attachment Avoidance</th>
<th>Attachment Anxiety</th>
<th>Openness to Experience</th>
<th>Inventory of Traumatic Grief</th>
<th>Internalized Continuing Bonds</th>
<th>Externalized Continuing Bonds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dead, Dying, or Ill</td>
<td>.08</td>
<td>.28**</td>
<td>.02</td>
<td>.26**</td>
<td>.12</td>
<td>.15</td>
</tr>
<tr>
<td>Acting or speaking - upsetting</td>
<td>.33**</td>
<td>.35**</td>
<td>-.09</td>
<td>.32**</td>
<td>.10</td>
<td>.39**</td>
</tr>
<tr>
<td>Healthy and/or happy</td>
<td>-.24**</td>
<td>-.19*</td>
<td>.28**</td>
<td>.15</td>
<td>.05</td>
<td>-.08</td>
</tr>
<tr>
<td>Acting or speaking - comforting</td>
<td>-.15</td>
<td>.10</td>
<td>.18*</td>
<td>.12</td>
<td>.36**</td>
<td>.09</td>
</tr>
<tr>
<td>Any negative</td>
<td>.21*</td>
<td>.39**</td>
<td>-.03</td>
<td>.34**</td>
<td>.13</td>
<td>.28**</td>
</tr>
<tr>
<td>Any positive</td>
<td>-.18*</td>
<td>-.12</td>
<td>.27**</td>
<td>-.09</td>
<td>.09</td>
<td>-.04</td>
</tr>
</tbody>
</table>

*Note. *p*<.05, **p*<.01
independent variables, grief intensity and attachment anxiety, made a unique statistically significant contribution to the model, with an odds ratio of 2.21 and 1.98 respectively. This indicated that, like study 1, respondents who had greater grief intensity were 2.21 times more likely to endorse having a negative dream of the deceased than those who were less in grief intensity, controlling for all other factors in the model. Unlike study 1, respondents who had greater attachment anxiety were 1.98 times more likely to endorse having a negative dream of the deceased than those who were less in attachment anxiety, controlling for all other factors in the model. Similar to study 1, the full model predicting the endorsement of a positive dream theme was not statistically significant, $\chi^2 (6, N = 128) = 10.76, p > .05$. This is most likely due to the majority of participants reporting a positive dream theme.

**Dream Content**

When examining how grief intensity, attachment avoidance, attachment anxiety, openness to experience, internalized continuing bonds, and externalized continuing bonds correlate with the 42 dream content categories scored, it was found that there were very few significant correlations (see Table 21). In fact, of 240 correlations calculated only 18 were significant, where 12 would be expected to be significant by chance at the .05 level. As can be seen in Table 12, many dream content categories were relatively infrequent, which would affect power. The hypothesis that positive dream content (e.g., positive affective tone; active friendly interaction) would negatively correlate with insecure attachment (anxiety and avoidance) and grief intensity was not supported. Additionally, the hypothesis that negative dream content (e.g., negative affective tone; animal is sick or
<table>
<thead>
<tr>
<th>Variable</th>
<th>Avd</th>
<th>Anx</th>
<th>OTE</th>
<th>ITG</th>
<th>Internal CB</th>
<th>External CB</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Affection (Interactive)</td>
<td>-.13</td>
<td>-.09</td>
<td>.03</td>
<td>.09</td>
<td>.18*</td>
<td>-.02</td>
</tr>
<tr>
<td>Animal is Happy, Wagging, Smiling</td>
<td>-.12</td>
<td>-.12</td>
<td>-.06</td>
<td>.01</td>
<td>.10</td>
<td>.00</td>
</tr>
<tr>
<td>Active Friendly Interaction (Playing with)</td>
<td>.01</td>
<td>-.00</td>
<td>.08</td>
<td>-.11</td>
<td>-.09</td>
<td>-.12</td>
</tr>
<tr>
<td>Positive Affective Tone (After – when awake)</td>
<td>-.08</td>
<td>-.05</td>
<td>.13</td>
<td>-.05</td>
<td>.06</td>
<td>-.05</td>
</tr>
<tr>
<td>Success in Looking for/ Finding, &amp; Rescue</td>
<td>-.12</td>
<td>.11</td>
<td>.02</td>
<td>.17*</td>
<td>.07</td>
<td>-.04</td>
</tr>
<tr>
<td><strong>Negative Dream Content</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Negative Affective Tone (During)</td>
<td>-.04</td>
<td>.06</td>
<td>-.05</td>
<td>.14</td>
<td>.10</td>
<td>.08</td>
</tr>
<tr>
<td>Animal is Sick or injured</td>
<td>-.07</td>
<td>.03</td>
<td>.06</td>
<td>.01</td>
<td>.02</td>
<td>.04</td>
</tr>
<tr>
<td>Negative Affective Tone (After)</td>
<td>.03</td>
<td>.16</td>
<td>-.03</td>
<td>.23**</td>
<td>.17*</td>
<td>.23**</td>
</tr>
<tr>
<td>Dream is a PTSD Intrusion</td>
<td>.08</td>
<td>.12</td>
<td>-.20*</td>
<td>.13</td>
<td>-.06</td>
<td>.02</td>
</tr>
<tr>
<td>Animal Dies Again</td>
<td>.12</td>
<td>.16</td>
<td>-.20*</td>
<td>.13</td>
<td>-.03</td>
<td>.02</td>
</tr>
<tr>
<td>Impending Doom</td>
<td>-.16</td>
<td>.01</td>
<td>.00</td>
<td>.08</td>
<td>.10</td>
<td>-.02</td>
</tr>
<tr>
<td>Failure in Looking for/Finding/&amp; Rescue</td>
<td>.03</td>
<td>.01</td>
<td>.10</td>
<td>.14</td>
<td>.17*</td>
<td>.17*</td>
</tr>
<tr>
<td><strong>Other Dream Content</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dream is a Memory and Animal is doing Ordinary</td>
<td>-.17</td>
<td>-.06</td>
<td>-.05</td>
<td>-.21*</td>
<td>-.05</td>
<td>-.21*</td>
</tr>
<tr>
<td>Behaviours combined</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Companionable “interaction”</td>
<td>-.08</td>
<td>-.01</td>
<td>-.11</td>
<td>-.08</td>
<td>.03</td>
<td>-.07</td>
</tr>
<tr>
<td>Physical Interaction – physical contact</td>
<td>-.17</td>
<td>-.12</td>
<td>.04</td>
<td>.08</td>
<td>.16</td>
<td>-.04</td>
</tr>
<tr>
<td>Animal Moves Towards Dreamer</td>
<td>-.09</td>
<td>-.17</td>
<td>.01</td>
<td>-.17*</td>
<td>-.10</td>
<td>-.06</td>
</tr>
<tr>
<td>Animal Approaches Dreamer</td>
<td>-.09</td>
<td>-.15</td>
<td>.03</td>
<td>-.16</td>
<td>-.06</td>
<td>-.05</td>
</tr>
<tr>
<td>Pet initiates interaction with dreamer</td>
<td>.03</td>
<td>-.06</td>
<td>.17*</td>
<td>-.02</td>
<td>-.04</td>
<td>.07</td>
</tr>
<tr>
<td>Animal Verbalizes</td>
<td>.01</td>
<td>-.02</td>
<td>-.04</td>
<td>.12</td>
<td>.14</td>
<td>.21*</td>
</tr>
</tbody>
</table>

(continued)
<table>
<thead>
<tr>
<th>Variable</th>
<th>Avd</th>
<th>Anx</th>
<th>OTE</th>
<th>ITG</th>
<th>Internal CB</th>
<th>External CB</th>
</tr>
</thead>
<tbody>
<tr>
<td>Other People are Present</td>
<td>-.04</td>
<td>-.15</td>
<td>-.13</td>
<td>-21*</td>
<td>-.31**</td>
<td>-.23**</td>
</tr>
<tr>
<td>Animal Looks at Dreamer</td>
<td>.16</td>
<td>.08</td>
<td>-.10</td>
<td>.04</td>
<td>.01</td>
<td>.18*</td>
</tr>
<tr>
<td>Animal is Making Requests or Demands</td>
<td>.05</td>
<td>-.03</td>
<td>.22*</td>
<td>.05</td>
<td>-.09</td>
<td>-.01</td>
</tr>
<tr>
<td>Dreamer Speaks to/ Calls to Animal</td>
<td>-.09</td>
<td>-.09</td>
<td>-.08</td>
<td>.08</td>
<td>.05</td>
<td>.03</td>
</tr>
<tr>
<td>Animal Moves Away from Dreamer</td>
<td>.07</td>
<td>.08</td>
<td>.04</td>
<td>.06</td>
<td>.09</td>
<td>.15</td>
</tr>
<tr>
<td>Animal is Younger</td>
<td>.01</td>
<td>.15</td>
<td>.05</td>
<td>.06</td>
<td>.04</td>
<td>.02</td>
</tr>
<tr>
<td>Animal is Just there</td>
<td>.06</td>
<td>.03</td>
<td>-.07</td>
<td>-.11</td>
<td>-.15</td>
<td>-.05</td>
</tr>
<tr>
<td>Animal Disappears (Gone)</td>
<td>.07</td>
<td>.06</td>
<td>.01</td>
<td>.08</td>
<td>.11</td>
<td>.08</td>
</tr>
<tr>
<td>Watching television together</td>
<td>-.03</td>
<td>-.02</td>
<td>.04</td>
<td>-.03</td>
<td>-.06</td>
<td>-.13</td>
</tr>
<tr>
<td>Animal Was Never Dead (Mistake)</td>
<td>-.05</td>
<td>-.08</td>
<td>.05</td>
<td>.05</td>
<td>.03</td>
<td>.04</td>
</tr>
<tr>
<td>Animal is Back to Life (Resurrected)</td>
<td>.04</td>
<td>-.02</td>
<td>.11</td>
<td>-.07</td>
<td>.01</td>
<td>.00</td>
</tr>
<tr>
<td>Mention of Favourite Toy</td>
<td>-.12</td>
<td>-.10</td>
<td>.10</td>
<td>-.16</td>
<td>.01</td>
<td>-.10</td>
</tr>
<tr>
<td>Searching for Animal</td>
<td>.03</td>
<td>-.03</td>
<td>.07</td>
<td>.15</td>
<td>.08</td>
<td>.11</td>
</tr>
<tr>
<td>Animal is Changed or Different</td>
<td>-.04</td>
<td>-.03</td>
<td>.14</td>
<td>.02</td>
<td>-.02</td>
<td>-.04</td>
</tr>
</tbody>
</table>

**Location**

<table>
<thead>
<tr>
<th>Location</th>
<th>Avd</th>
<th>Anx</th>
<th>OTE</th>
<th>ITG</th>
<th>Internal CB</th>
<th>External CB</th>
</tr>
</thead>
<tbody>
<tr>
<td>Outdoors</td>
<td>-.14</td>
<td>-.11</td>
<td>.04</td>
<td>-.10</td>
<td>-.02</td>
<td>-.09</td>
</tr>
<tr>
<td>Couch</td>
<td>-.16</td>
<td>.00</td>
<td>-.09</td>
<td>-.03</td>
<td>.07</td>
<td>-.11</td>
</tr>
<tr>
<td>Bed</td>
<td>.08</td>
<td>.00</td>
<td>-.10</td>
<td>.03</td>
<td>.02</td>
<td>.09</td>
</tr>
<tr>
<td>Park</td>
<td>-.09</td>
<td>-.12</td>
<td>.11</td>
<td>-.09</td>
<td>.14</td>
<td>-.03</td>
</tr>
<tr>
<td>Yard</td>
<td>-.03</td>
<td>-.07</td>
<td>-.09</td>
<td>.03</td>
<td>-.03</td>
<td>-.06</td>
</tr>
<tr>
<td>Forest</td>
<td>-.08</td>
<td>-.02</td>
<td>.08</td>
<td>-.01</td>
<td>.03</td>
<td>-.02</td>
</tr>
<tr>
<td>Beach</td>
<td>-.10</td>
<td>-.11</td>
<td>.02</td>
<td>-.06</td>
<td>-.03</td>
<td>-.04</td>
</tr>
</tbody>
</table>

*Note.* Avd = Experiences in Close Relationships (Specific) Avoidance, Anx = Experiences in Close Relationships (Specific) Anxiety, ITG = Inventory of Traumatic Grief, OTE = Openness to Experience,

*p<.05, **p<.01
injured; impending doom) would positively correlate with insecure attachment and grief intensity was also not supported. Grief intensity was positively related to negative affect after the dream, but this correlation may be spurious. It may also simply reflect that negative affect after the dream is simply another expression of intense grief. It should be noted that a Bonferroni correction was not done as these analyses were exploratory.

**Continuing Bonds and Grief**

**Correlation analyses.** Table 22 lists the correlations of internalized and externalized continuing bonds with the other variables. As evident in this table, experiencing internalized continuing bonds positively correlated with age, grief intensity, openness to experience, and attachment anxiety, whereas attachment avoidance was negatively correlated with experiencing internalized continuing bonds. Further, experiencing externalized continuing bonds was positively correlated with grief intensity, attachment avoidance, and attachment anxiety.

I examined what uniquely predicted experiencing internalized continuing bonds and externalized continuing bonds by conducting two multiple regressions. Based on study 1 findings, it was hypothesized that being a woman, having greater grief intensity, having greater openness to experience, and having less attachment avoidance would independently predict experiencing internalized continuing bonds, and this was largely supported. Table 23 shows that being older, having experiencing greater grief intensity, having greater openness to experience, and having less attachment avoidance independently contributed to the prediction of internalized continuing bonds. Based on study 1 findings, it was hypothesized that greater grief intensity and greater attachment
Table 22
Continuing Bonds Correlations

<table>
<thead>
<tr>
<th></th>
<th>Internalized Continuing Bonds</th>
<th>Externalized Continuing Bonds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>.15*</td>
<td>-.02</td>
</tr>
<tr>
<td>Sex</td>
<td>.01</td>
<td>.01</td>
</tr>
<tr>
<td>Inventory of Traumatic Grief (27 items)</td>
<td>.54**</td>
<td>.58**</td>
</tr>
<tr>
<td>Openness to Experience</td>
<td>.19**</td>
<td>-.03</td>
</tr>
<tr>
<td>Attachment Avoidance</td>
<td>-.14</td>
<td>.46**</td>
</tr>
<tr>
<td>Attachment Anxiety</td>
<td>.22**</td>
<td>.51**</td>
</tr>
</tbody>
</table>

Note. *p<.05, **p<.01

Table 23
Predictors of Internalized Continuing Bonds ($R^2 = .44, p < .001$)

<table>
<thead>
<tr>
<th></th>
<th>$\beta$</th>
<th>$b$</th>
<th>SE</th>
<th>$p$</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>.19</td>
<td>.02</td>
<td>.01</td>
<td>.00</td>
</tr>
<tr>
<td>Sex</td>
<td>.01</td>
<td>.01</td>
<td>.09</td>
<td>.87</td>
</tr>
<tr>
<td>Inventory of Traumatic Grief (27 items)</td>
<td>.57</td>
<td>.50</td>
<td>.06</td>
<td>.00</td>
</tr>
<tr>
<td>Openness to Experience</td>
<td>.20</td>
<td>.21</td>
<td>.07</td>
<td>.00</td>
</tr>
<tr>
<td>Attachment Avoidance (ECR-S)</td>
<td>-.31</td>
<td>-.24</td>
<td>.06</td>
<td>.00</td>
</tr>
<tr>
<td>Attachment Anxiety (ECR-S)</td>
<td>.14</td>
<td>.09</td>
<td>.06</td>
<td>.10</td>
</tr>
</tbody>
</table>
avoidance would independently predict experiencing externalized continuing bonds and as shown in Table 24 this was supported.

**Moderation analyses.** It was hypothesized that those with greater attachment avoidance would demonstrate a stronger relation between continuing bonds (internalized and externalized) and grief intensity (27-item Inventory of Traumatic Grief). This hypothesis was partially supported in study 1 in which the interaction was significant for internalized continuing bonds only. In two separate regressions, I regressed centered scores for continuing bonds and attachment avoidance in the first step, and the interaction between these predictors in the second step. Contrary to the hypothesis and the findings of study 1, both interactions were not significant: for the interaction with internalized continuing bonds, $b = .055, \beta = .069, t(160) = 1.12, p = .265$; and for externalized continuing bonds, $b = .053, \beta = .093, t(160) = 1.13, p = .262$.

The hypothesis that greater attachment anxiety would be associated with a stronger relation between continuing bonds (internalized and externalized) and grief intensity (27-item Inventory of Traumatic Grief) was tested, although in study 1 it was not found. In two separate regressions, I regressed centered scores for continuing bonds and attachment anxiety in the first step, and the interaction between these predictors in the second step. Consistent with the findings in study 1, both interactions were not significant: for the interaction with internalized continuing bonds, $b = .041, \beta = .048, t(173) = .84, p = .405$; and for externalized continuing bonds, $b = .016, \beta = .029, t(173) = .383, p = .702$.

**Discussion**

In this second study, many of the findings from study 1 were replicated.
Table 24
*Predictors of Externalized Continuing Bonds (R^2 = .48, p < .001)*

<table>
<thead>
<tr>
<th>Predictor</th>
<th>β</th>
<th>b</th>
<th>SE</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>.11</td>
<td>.01</td>
<td>.00</td>
<td>.07</td>
</tr>
<tr>
<td>Sex</td>
<td>.08</td>
<td>.10</td>
<td>.07</td>
<td>.18</td>
</tr>
<tr>
<td>Inventory of Traumatic Grief (27 items)</td>
<td>.45</td>
<td>.33</td>
<td>.05</td>
<td>.00</td>
</tr>
<tr>
<td>Openness to Experience</td>
<td>.11</td>
<td>.10</td>
<td>.06</td>
<td>.07</td>
</tr>
<tr>
<td>Attachment Avoidance (ECR-S)</td>
<td>.31</td>
<td>.20</td>
<td>.05</td>
<td>.00</td>
</tr>
<tr>
<td>Attachment Anxiety (ECR-S)</td>
<td>.14</td>
<td>.08</td>
<td>.05</td>
<td>.08</td>
</tr>
</tbody>
</table>
Dreaming of the deceased was again shown to be a common occurrence for the bereaved pet owners (one week to six months after loss). This study found that 77.6% recalled dreaming of the deceased after the death, whereas study 1 (on romantic partner/spousal loss) found that 86.2% recalled dreaming of the deceased after the death (12 to 24 months after the death). The difference in the percentages in study 1 and 2 if statistically not due to chance, could be based on the relationship with the deceased, but it may also be based on the difference in how long the deceased had been dead. As the length of time increases after the death, it would be reasonable to assume that the bereaved person will have more opportunity to remember a dream of the deceased (as found in the larger percentages in study 1).

**Predicting Dreams of the Deceased**

The first goal of this study was to examine what factors predict dreaming of the deceased. It was hypothesized that dream recall frequency, grief intensity, openness to experience, avoidant attachment, and anxious attachment would contribute unique variance in accounting for recalling dreams of the deceased. This hypothesis was partially supported as dream recall frequency, openness to experience, and grief intensity were found to be significant. This is partially consistent with study 1 and highlights the importance of dream recall in remembering dreams of the deceased. Unlike study 1, openness to experience and grief intensity additionally reached significance. Due to the mixed findings in study 1 and 2, the role that grief intensity and openness to experience have in recalling dreams of the deceased is still unclear. The sampling fluctuations could be the cause of the inconsistent findings, or it may suggest that a moderating variable needs to be identified, and in this case disenfranchisement of grief may be the moderator.
Perhaps for individuals whose grief is not adequately supported by others, intensity of grief and being more open to unusual experience may be stronger predictors of dreaming of the deceased than is the case for those who have greater support for their grief. It could be that those who have disenfranchised grief have a greater relation between grief intensity and dreaming of the deceased because dreaming is a way for the mind to express itself. When you do not have someone to talk to, the mind may produce or remember the dream as a way of talking to itself. Additionally, it could be that those who have disenfranchised grief have a greater relation between openness to experience and dreaming of the deceased because it is a creative way for the mind to problem solve in order to feel supported. When one does not feel supported in one’s grief, the mind may construct or remember more dreams in order for the person to feel supported (e.g., the deceased offering comforting words).

In addition to these direct effects, grief intensity, openness to experience, and attachment anxiety had indirect effects on recalling dreams of the deceased through their relation to dream recall, and in the case of attachment style, grief intensity and dream recall. Unlike study 1, attachment avoidance had no relation to dreaming of the deceased. Three of the indirect effects were found through dream recall. Greater grief intensity, openness to experience, and attachment anxiety were shown to increase the probability to recall dreams, which increased the probability of recalling dreams of the deceased. In addition, greater attachment anxiety was shown to increase the probability of greater grief intensity, which increased the probability of recalling dreams of the deceased. This finding was in contrast to study 1 where it did not. The indirect effect through grief intensity can be understood because grief intensity was a predictor of dreaming of the...
deceased in this study, and attachment anxiety is consistently related to grief intensity (Field et al., 2009; Fraley & Bonanno, 2004; Gassin & Lengel, 2014; Ho et al., 2013; Prigerson & Jacobs, 2001). Furthermore, consistent with study 1, greater attachment anxiety was shown to increase the probability of greater grief intensity, which increased the probability of increased dream recall, which increased the probability of recalling dreams of the deceased. As stated in study 1, these results continue to highlight the importance of dream recall (and variables that impact dream recall) in remembering dreams of the deceased.

Similar to study 1, dream recall consistency did not moderate the relations of attachment anxiety or attachment avoidance and dream recall. However, in contrast to study 1, dream recall consistency also did not moderate the relations of openness to experience and dream recall, although when the interaction was plotted it was in the right direction. This failure to replicate could be because of the different timeframes in which the bereavement had occurred. Study 1 required the death to have occurred in the past one to two years, whereas study 2 required the death to have occurred in the prior one week to six months. In study 2, estimates of dream recall consistency since the death may not have reflected their true dream recall consistency.

**Dreams of the Deceased and Continuing Bonds**

A second goal of the study was to examine the relation between dreaming of the deceased and continuing bonds. It was hypothesized that recalling dreams of the deceased would positively correlate with experiencing both internalized and externalized continuing bonds. Internalized continuing bonds would be correlated with dreams of the deceased because it involves thinking about the deceased when awake. According to the
continuity hypothesis, what one thinks about when awake can get incorporated into one’s dreams. Externalized continuing bonds would be correlated with dreams of the deceased because both are non-volitional experiences. It was found that recalling dreams of the deceased was positively associated with both internalized and externalized continuing bonds. Study 1 did not find an association with externalized continuing bonds, only internalized. In study 1 grief intensity was not predictive of recalling dreams of the deceased, as it was in study 2. After controlling for grief intensity, the hypothesis that recalling dreams of the deceased would positively correlate with experiencing both internalized and externalized continuing bonds was only partially supported, as only internalized continuing bonds remained significant. This replicates study 1 findings that only experiencing internalized continuing bonds was positively related to recalling dreams of the deceased. The replicated relationship may be indicative that at least some of dreaming of the deceased represents a form of “thinking through” as seen in internalized continuing bonds. The non-volitional aspect of dreams does not seem to relate to the waking life non-volitional aspects of externalized continuing bonds.

It was again found that most of the dream themes reported (from the checklist, not the dream) were positive in nature and few dreamers reported only negative dream themes. As stated above, this is thought provoking because dreams in general tend to be more negative than positive in quality (e.g., Van de Castle, 1994). I would make the argument that these positive dreams of the deceased are intended to aid in the recovery after loss by regulating emotions and/or promoting a continuing bond. Study 4 will further investigate the function of these dreams.
The hypothesis that positive dream content (e.g., positive affective tone; active friendly interaction) in dream reports would negatively correlate with insecure attachment (anxiety and avoidance) and grief intensity was not supported. Additionally, the hypothesis that negative dream content (e.g., negative affective tone; animal is sick or injured; impending doom) in dream reports would positively correlate with insecure attachment and grief intensity was also not supported. Grief intensity was positively related to negative affect after the dream, but as noted this association may be spurious, or it may be that both the Inventory of Traumatic Grief and commentary in the dream report about distress when awake represent aspects of the same variable.

A possible reason for the lack of correlations could be that the dream reports were very short (see reports in Appendix H). Therefore, much of the actual dream may not have been reported by the participants. This would have reduced power by decreasing the frequency of many dream categories. In study 4 the instructions were amended to encourage participants to provide as much detail as possible. Because study 3 was collected at the same time as study 2, those instructions could not be amended.

Based on study 1 findings, it was hypothesized that having a negative dream would be predicted by greater grief intensity. Consistent with study 1, greater grief intensity did predict reporting a negative dream, but in addition, so did attachment anxiety. This may suggest that those with more complex grief may produce negative dreams, as would be predicted by the continuity hypothesis. But why might attachment anxiety be related to having a negative dream in this sample and not study 1? It could have something to do with attachment measure itself, as not everyone in this sample felt comfortable filling it out for a pet. This may represent that people who are insecurely
attached to an animal are different people from “ordinary”, insecurely-attached people. Additionally, sampling fluctuation could just cause the difference.

Consistent with study 1, no variables predicted having a positive dream theme. This is most likely due to the fact that most participants reported having a positive dream theme. Therefore, as noted above, the better question may not be why some and not others have positive dreams, but why most have positive dreams, when in general positive dreams are atypical.

**Continuing Bonds**

The hypothesis, based on study 1 findings, that greater grief intensity, greater openness to experience, and less attachment avoidance would independently predict experiencing internalized continuing bonds was supported. In addition, being older predicted internalized bonds, something that was not predicted and needs to be replicated. Attachment avoidance being a predictor does support the theory that experiencing internalized continuing bonds are adaptive. This is because people who have less attachment avoidance are those who are better at regulating and expressing their emotions. Openness to experience was again related to experiencing internalized continuing bonds. Individuals greater on openness to experience are more creative and unconventional in their ways, and this might make them more open to maintaining a bond with a deceased person.

Additionally, the hypothesis, based on study 1 findings, that greater grief intensity and greater attachment avoidance would independently predict experiencing externalized continuing bonds was supported. Attachment avoidance being a predictor does raise the possibility that externalized continuing bonds may be more maladaptive. At the very least
they are of clinical concern because the bereaved person may be having problems with emotion regulation, especially the suppression of emotions.

The fact that both internalized and externalized continuing bonds are related to greater grief intensity, consistent with the findings of Field and Filanosky (2010) and Ho et al. (2013), raises the question of whether continuing bonds are adaptive given they are associated with greater grief intensity. After all, one might expect that if experiencing continuing bonds is adaptive then there should be a negative relation with grief intensity, not positive. It is important to note the direction of causality remains unclear. It may be that experiencing continuing bonds increases one’s grief, or it may be that when one is grieving that person turns to continuing bonds to cope. It may be that not all types of continuing bonds are adaptive, or they may be adaptive in different ways. This will be examined in study 4 by examining continuing bonds in relation to posttraumatic growth. Additionally, study 4 will examine the influence posttraumatic symptoms have in predicting both types of continuing bonds, as trauma and grief are highly related (Bellini et al., 2018; Hargrave, Leatham, & Long, 2012; Mitchell & Terhorst, 2017). It may be one type of continuing bond is more related to trauma than another.

Additionally, it was found that attachment avoidance and anxiety did not moderate the relations of continuing bonds to grief intensity, as it did in study 1 and in Currier et al. (2015). Specifically, in both of those studies the relations between internalized continuing bonds and grief intensity was found to be stronger for those who were greater in attachment avoidance. As stated above, it may be that the Experiences in Close Relationships measure functions differently when used to describe a relationship with a pet. Consistent with this interpretation, a sizable portion of the sample was not
able to complete it. Given this, it is also possible that at least some who did complete the measure, had difficulty with it, introducing more error into the results.
Study 3

This study was designed in the first instance as a study of disenfranchised grief in a sample of persons who had experienced a stillbirth or miscarriage. I had the opportunity to add some measures in order to collect dream reports and to examine whether some of the findings in study 1 would replicate in a sample experiencing a different form of grief. The data was collected at the same time as study 2, but the data from study 2 was analyzed prior to the data from study 3, so that findings from study 2 could be considered when interpreting findings from this study.

This study did not have an attachment measure, but it did have a closeness measure. The closeness measure is arguably comparable to the attachment avoidance measure (less closeness can represent greater attachment avoidance).

Research Questions and Hypotheses

As with study 2, although not all hypotheses were supported by the findings of study 1 and 2, they were retained for study 3. They are listed below, with notes indicating whether or not they were supported in study 1 and 2.

1. What variables uniquely predict having a positive dream and/or negative dream of the deceased?
   a) Based on study 1 and 2 findings, it is hypothesized that greater grief intensity would predict having a negative dream theme.

2. How does dream content of the most memorable dreams of the deceased relate to measures of closeness, grief intensity, and continuing bonds?
   a) Given the continuity hypothesis, it is hypothesized that positive dream content (e.g., positive affect tone; the deceased speaking comforting words) would be
positively associated with closeness and negatively associated with grief intensity. This was not supported in study 2.

b) Given the continuity hypothesis, it is hypothesized that negative dream content (e.g., negative affective tone; the deceased being dead, dying or ill) would be positively associated with grief intensity and negatively associated with closeness. This was not supported in study 2.

3. Which variables would uniquely predict internalized and externalized continuing bonds?

   a) Based on study 1 and 2 findings, greater grief intensity and greater closeness would independently predict experiencing internalized continuing bonds.

   b) Based on study 1 and 2 findings, greater grief intensity and less closeness would independently predict experiencing externalized continuing bonds.

On a post hoc basis analyses were conducted separately for birth mother and partner, as birth mothers have a different experience after the loss (for example, birth mothers have physiological and hormonal changes that partners do not). Additionally, the trimester when the baby died was investigated as it was thought that there might be differences in the measures of grief intensity, closeness, and continuing bonds, which could impact the relations to the dream content or dream themes of the baby.

**Method**

**Participants**

As in study 1 and 2, participants were U.S. residents solicited from MTurk with a minimum age of 18 and at least a 98% acceptance rate. They were required to have experienced a miscarriage or stillbirth within the prior year. In total, 239 participants
completed the survey; however, the data of 11 were discarded due to blatant anomalies, such as selecting all possible responses in a question including prefer not to say when the option was available, e.g., what is your race?, excessive missing data (100% of continuing bonds measure or grief intensity measure), or dreams being submitted that were suspicious\(^2\). Two responses seemed likely to have been submitted by the same person (as question answers and dreams reports were very nearly identical) and the data from both were discarded. This left a sample of 226 participants (83 men, 142 women, and 1 other). There were 140 participants identified as a birth mother and 86 identified as the partner of a birth mother. Their ages ranged from 20 to 50 (\(M = 31.09, SD = 5.50\)). The majority of participants completed some college or more (89.8%) and reported being Caucasian (65.9%). The most frequent response reported was a range of Christian affiliations (40.3%), with the next most frequent response (38.1%) being no religious affiliations (15.9% Agnostic, 13.3% Atheist, and 8.9% none).

For post hoc analyses, trimester was grouped by trimester 1 and trimester 2/3. It was decided to combine trimester 2 and 3 because they share similarities, such as a higher likelihood participants told other people about the pregnancy (most people wait until after the first trimester) and the ability to feel the baby move in the stomach. Additionally, there were only 10 participants whose baby died in the third trimester. In total there were 140 participants (83 birth mothers) in trimester 1 and 84 participants (57 birth mothers) in trimester 2/3.

\(^2\) Suspicious dream reports are reports that did not appear to be about dreams at all. For example, one participant wrote, “A miscarriage is the unintended ending of a pregnancy. Many pregnancies end in a miscarriage - about 15 to 20 percent (about 1 in 5) of recognised pregnancies - most often in the early weeks of pregnancy, but sometimes later in the pregnancy. A miscarriage comes as a surprise and a shock to most women and their partners. You may feel confused…”
Measures

**Inventory of Traumatic Grief.** The Inventory of Traumatic Grief (ITG) had one item changed to reflect miscarriage loss and two questions removed because they were not applicable to this type of loss (1. I have pain in the same area of my body, some of the same symptoms, or have assumed some of the behaviors of characteristics of ________; 2. I hear the voice of _____ speak to me). This left 28 items. For this study the Cronbach’s alpha for Inventory of Traumatic Grief was .96. There are two items in the Inventory of Traumatic Grief that are similar in the Continuing Bonds Scale. As in study 1 and 2, the items were removed when doing multivariate analyses involving both measures (as recommended by Field et al., 2013) and the resulting Cronbach’s alpha for the 26-item version was 0.96.

**Dream questionnaire.** The dream questionnaire asked 16 questions about the participant’s dreaming before and since the loss. Some items in the questionnaire were specifically included for this study while the remaining questions were for the purpose of other research. A content analysis was done of the 91 dreams\(^3\) from those participants who shared their most memorable dream of their baby after the pregnancy loss. Two judges (myself and another who was familiar with dream scoring) read the dream categories derived from study 2 to get an idea of possible categories. Both judges then read over the dreams and wrote down what themes or categories seemed evident in the accounts. The two judges compared their lists and discussed categories to code. A definition sheet was made from the meeting to ensure both coders understood each of the categories before coding. There were a total of 48 categories chosen to score (see

\(^3\) There were 53 dreams (33 for birth mothers) in trimester 1 and 37 dreams (26 for birth mothers) in trimester 2/3.**)
Appendix H for detailed scoring manual), with 17 dream categories similar to the study 2. Each dream was given a score of “1” if the judge thought it was present in the dream, and “0” if it was not. After coding was completed, reliability between the two judges were analysed. It was found that 31 dream categories had acceptable inter-rater reliability (kappa .6 or above) (McHugh, 2012), but of those, six had only one occurrence (see Table 25 for category inter-rater reliabilities and frequencies). Only these 25 categories with acceptable reliability and greater than one occurrence were used in the analyses. The same method used in study 2 was used for handling judge discrepancies.

Continuing Bonds Scale – prenatal loss. A shortened version of 42 items of the Continuing Bonds Scale (CBS; Field & Filanosky, 2010) was used for this study. Some items needed to be amended due to the nature of the relationship (i.e., with a baby who had died pre-term). A Principal Component Analysis (PCA) was conducted to explore the component structure. The seven largest components had eigenvalues of 18.07, 2.96, 2.12, 1.42, 1.22, 1.06, and 1.02. Inspection of the sizes of the eigenvalues showed the clearest break was after one component, however, based on the findings of study 1 and 2, as well as Field and Filanosky (2010) and Ho et al. (2013), a two-component solution was examined. Therefore, a PCA was conducted with oblimin rotation (as it was expected that the components would be correlated), specifying two components to be extracted. It was found that nine items had a double loading (loadings exceeding .30) and three items loaded on the opposite component predicted. These items were taken out and the PCA was rerun. Every item had a primary loading in excess of .30 on just one of two components. They corresponded to internalized continuing bonds and externalized continuing bonds respectively. In total, there were 13 items that loaded on the first
Table 25  
Inter-rater Reliability and Frequency of Dreams Coded (N = 91)

<table>
<thead>
<tr>
<th>Dream Categories</th>
<th>χ</th>
<th>Both Judges Coded as Present</th>
<th>Only One Judge Coded as Present</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Positive Dream Content</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Positive Affective Tone (During the dream)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dream would be Comforting</td>
<td>.74</td>
<td>42</td>
<td>12</td>
</tr>
<tr>
<td>Pleasant Interaction</td>
<td>.64</td>
<td>25</td>
<td>15</td>
</tr>
<tr>
<td>Holding Child</td>
<td>.88</td>
<td>8</td>
<td>2</td>
</tr>
<tr>
<td>Playing with Child</td>
<td>.92</td>
<td>6</td>
<td>1</td>
</tr>
<tr>
<td>Physical Affection</td>
<td>.64</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>Watching Child</td>
<td>.42</td>
<td>3</td>
<td>7</td>
</tr>
<tr>
<td>Walking with Child</td>
<td>.74</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>Comforting Words</td>
<td>.66</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Giving Birth (alive child)</td>
<td>.80</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>Caring for Child</td>
<td>.00</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td>Shift in Tone: Negative to Positive</td>
<td>.00</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Saying Goodbye</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Success in Looking for/ Finding, &amp; Rescue</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td><strong>Negative Dream Content</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Negative Affective Tone (During the dream)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dream would be Distressing</td>
<td>.86</td>
<td>34</td>
<td>6</td>
</tr>
<tr>
<td>Dream is a PTSD Intrusion</td>
<td>.63</td>
<td>24</td>
<td>16</td>
</tr>
<tr>
<td>Child is Dead, Dying, or Ill</td>
<td>.78</td>
<td>11</td>
<td>5</td>
</tr>
<tr>
<td>Child is in Danger</td>
<td>.66</td>
<td>8</td>
<td>7</td>
</tr>
<tr>
<td>Reply the news or miscarriage</td>
<td>.56</td>
<td>6</td>
<td>8</td>
</tr>
<tr>
<td>Failure in Looking for/ Finding, &amp; Rescue</td>
<td>.59</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>Shift in Tone: Positive to Negative</td>
<td>.74</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>Dissatisfying connection</td>
<td>.26</td>
<td>1</td>
<td>5</td>
</tr>
<tr>
<td>Something Wrong with Pregnancy</td>
<td>.39</td>
<td>1</td>
<td>3</td>
</tr>
<tr>
<td>Parenting Anxiety</td>
<td>.39</td>
<td>1</td>
<td>3</td>
</tr>
<tr>
<td>Distressing Words</td>
<td>.66</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Negative interaction</td>
<td>.00</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Physical Aggression</td>
<td>.00</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td><strong>Other Dream Content</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Interaction</td>
<td>.60</td>
<td>35</td>
<td>18</td>
</tr>
<tr>
<td>Other Characters Present</td>
<td>.86</td>
<td>33</td>
<td>6</td>
</tr>
<tr>
<td>Family Members Present</td>
<td>.90</td>
<td>25</td>
<td>4</td>
</tr>
<tr>
<td>Being Pregnant</td>
<td>.84</td>
<td>9</td>
<td>3</td>
</tr>
</tbody>
</table>

(continued)
<table>
<thead>
<tr>
<th>Dream Categories</th>
<th>$\kappa$</th>
<th>Both Judges Coded as Present</th>
<th>Only One Judge Coded as Present</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Interaction</td>
<td>.63</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>Crying</td>
<td>.85</td>
<td>6</td>
<td>2</td>
</tr>
<tr>
<td>Searching for Child</td>
<td>.59</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td><strong>Leaving/Disappearing</strong></td>
<td>.75</td>
<td>5</td>
<td>3</td>
</tr>
<tr>
<td>Child Speaking</td>
<td>.32</td>
<td>3</td>
<td>10</td>
</tr>
<tr>
<td>Event Outing Together</td>
<td>.48</td>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td>Feeling Child in Stomach</td>
<td>.66</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Animals Present</td>
<td>1.00</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Seeing in Utero</td>
<td>1.00</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Resemblance</td>
<td>1.00</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Companionable “interaction”</td>
<td>-.02</td>
<td>0</td>
<td>3</td>
</tr>
</tbody>
</table>

**Age of Child in Dream**

<table>
<thead>
<tr>
<th>Age</th>
<th>$\kappa$</th>
<th>Both Judges Coded as Present</th>
<th>Only One Judge Coded as Present</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baby</td>
<td>.41</td>
<td>19</td>
<td>26</td>
</tr>
<tr>
<td><strong>In Utero</strong></td>
<td>.76</td>
<td>12</td>
<td>6</td>
</tr>
<tr>
<td>Child</td>
<td>.63</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>Adult</td>
<td>1.00</td>
<td>5</td>
<td>0</td>
</tr>
<tr>
<td>Teen</td>
<td>1.00</td>
<td>1</td>
<td>0</td>
</tr>
</tbody>
</table>
subscale ("internalized") and 17 items loaded on the second subscale ("externalized"). Included in the externalized component were nine items that might seem to be internalized because they involved thoughts or feelings, but these items shared in common a lack of acknowledgement that the deceased was truly “dead and gone”. The number of items in each component was greater than that reported by Field and Filanosky (2010). This study included 4 from the 10 items on their internalized continuing bonds component and all 6 items from their externalized continuing bonds component. Additionally, the number of items in each component was greater than that reported by Ho et al. (2013). This study included 6 from the 14 items on their internalized continuing bonds component and 4 from the 5 items on their externalized continuing bonds component. When compared with study 1 findings, study 3 included 9 of 23 items on internalized continuing bonds from study 1 and 14 of 16 items on externalized continuing bonds from study 1. As in study 1, I kept the same subscale names of internalized and externalized continuing bonds, despite not all of the externalized continuing bonds items being strictly ‘externalized’. The Cronbach’s alpha for internalized continuing bonds was .85 and for externalized continuing bonds was .95.

Closeness measure. The Relationship to Baby Questionnaire was designed for this study to assess several aspects of the relationship with the baby prior to miscarriage. It had 31 questions and six of those questions investigated the participant’s closeness to the fetus. There were two forms: one for the birth mother and one for the partner. The closeness-to-fetus questions were: 1. While you were pregnant [While your partner was pregnant], how much did you think about your baby’s future? 2. While you were pregnant [While your partner was pregnant], did you imagine what your baby’s
personality would be like? 3. While you were pregnant [While your partner was pregnant], how much did you think about how you, and the rest of your family (if you have a family), would interact with your baby? 4. While you were pregnant [While your partner was pregnant], how much did you think about what your baby might look like as she or he grew up? 5. How many people had you directly told (either in person or through personal text message, etc.) that you [your partner] was pregnant? 6. How much time had you spent preparing your home for the baby (e.g., setting up a cradle or crib, child-proofing your home)? The six questions were rated on 4-point scales ranging from 1 (not at all) to 4 (a lot). The Cronbach’s alpha for the closeness measure was .84.

In addition, the Witnessing of Disenfranchised Grief questionnaire was administered for the purposes of other research.

Procedure

Data was collected online through Qualtrics following the same procedure as study 1 and 2. Participants were randomly assigned to two orders of the questionnaires to test whether completing the Relationship to Baby Questionnaire affected responses on the other measures. One set presented questionnaires in the following order: the Relationship to Baby Questionnaire, then a randomized block of four measures that assess grief and continuing bonds (Inventory of Traumatic Grief Questionnaire, the Witnessing of Disenfranchised Grief Questionnaire, the Continuing Bonds Scale—Baby Version, and Dream Questionnaire), and then the demographic questionnaire. The other set had the following order: the randomized block of four measures that assess grief and continuing bonds, then the Relationship to Baby Questionnaire, and then the demographic questionnaire.
Results

Preliminary Analyses

There was minimal missing data and, as with prior studies, data were pro-rated to handle what was missing. Independent sample t-tests found that there were no significant differences between birth mothers and partners on grief intensity, closeness, internalized continuing bonds, and externalized continuing bonds; therefore, for the main analyses the two groups were combined. There were no issues found for normality, multicollinearity, and there were no outliers (univariate or multivariate). Table 26 gives the descriptive data for the variables.

Independent sample t-tests found significant differences in the measures when separating by trimester. There was a significant difference for closeness to the baby (for trimester 1 and 2/3 respectively: $M = 2.60$, $SD = .68$ and $M = 2.97$, $SD = .64$, $t(222) = -4.06$, $p = .000$, two tailed) and internalized continuing bonds (for trimester 1 and 2/3 respectively: $M = 2.22$, $SD = .62$ and $M = 2.49$, $SD = .58$, $t(222) = -3.15$, $p = .002$, two tailed). There was a trend for grief intensity (for trimester 1 and 2/3 respectively: $M = 2.51$, $SD = .81$ and $M = 2.70$, $SD = .79$, $t(222) = -1.75$, $p = .081$, two tailed). When separating grief intensity by trimester for birth mothers only, it was significant (for trimester 1 and 2/3 respectively: $M = 2.51$, $SD = .83$ and $M = 2.81$, $SD = .79$, $t(138) = -2.17$, $p = .032$, two tailed). No significant difference was found for externalized continuing bonds\(^4\).

Independent sample t-tests were used to examine order effects. There was a significant difference only for internalized continuing bonds (for order 1 and 2

\(^4\) When separating closeness, internalized and externalized continuing bonds by trimester for birth mothers only, the same results occurred.
Table 26
Descriptive Statistics for Pregnancy Loss

<table>
<thead>
<tr>
<th>Variable</th>
<th>n</th>
<th>Scale Range</th>
<th>M</th>
<th>SD</th>
<th>Skew</th>
<th>Kurt</th>
<th>α</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>226</td>
<td>31.09</td>
<td>5.50</td>
<td>0.77</td>
<td>0.88</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Closeness</td>
<td>226</td>
<td>1 - 4</td>
<td>2.74</td>
<td>0.69</td>
<td>-0.24</td>
<td>-0.54</td>
<td>0.84</td>
</tr>
<tr>
<td>Inventory of Traumatic Grief</td>
<td>226</td>
<td>1 - 5</td>
<td>2.59</td>
<td>0.81</td>
<td>-0.02</td>
<td>-0.81</td>
<td>0.96</td>
</tr>
<tr>
<td>Internalized Continuing Bonds</td>
<td>226</td>
<td>1 - 5</td>
<td>2.33</td>
<td>0.62</td>
<td>-0.06</td>
<td>-0.85</td>
<td>0.85</td>
</tr>
<tr>
<td>Externalized Continuing Bonds</td>
<td>226</td>
<td>1 - 5</td>
<td>1.72</td>
<td>0.72</td>
<td>0.99</td>
<td>-0.50</td>
<td>0.95</td>
</tr>
</tbody>
</table>
respectively: \( M = 2.23, SD = .63 \) and \( M = 2.47, SD = .57 \). \( t(224) = -2.89, p = .004 \), two-tailed). The magnitude of the differences in the means (mean difference = .24, 95% CI: -0.40, -0.08) was small (eta squared = .036).

Many participants (59.7%) recalled dreaming of the deceased before the death, while 37.2% reported no such dreams, and 3.1% preferred not to say. Similarly, many participants (57.5%) recalled dreaming of the deceased after the death, while 38.1% reported no such dreams, and 4.4% preferred not to say. A Chi-square test for independence (with Yates Continuity Correction) was performed to investigate if the same people were recalling pre-death and post-death dreams of their child. The analysis indicated a significant association between reporting a dream of the child pre death and post death with a small effect size, \( X^2 (1, n = 213) = 8.87, p = .00, \phi = .21 \). Specifically 41.8% reported recalling both and 20.7% reported recalling neither, while 37.5% reported one or the other, but not both.

Table 27 summarizes participants’ responses (of the 140 participants who stated they had a dream of the deceased or preferred not to say) to the seven questions about the themes of dreams of the deceased. A total of 42.1% endorsed one of the three unambiguously negative dream themes (Baby is dead, dying, or suffering; Feeling something is wrong with the baby; or Recalling the miscarriage), while 45.0% endorsed the one unambiguously positive dream theme (Baby is healthy and happy). The other three themes were not unambiguously positive or negative (Being pregnant with that baby; Having a dream that helped explain the miscarriage; Thinking that you needed to

\[\text{5 A chi-square test of independence found that there was no significant difference in dream themes when comparing birth mothers and partners, and when comparing trimester 1 and trimester 2/3.}\]
<table>
<thead>
<tr>
<th>Dream Theme</th>
<th>Yes</th>
<th>No</th>
<th>Prefer Not To Say</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seeing their baby dead, dying, or suffering from illness</td>
<td>22.9%</td>
<td>77.1%</td>
<td>0.0%</td>
</tr>
<tr>
<td>Feeling something is wrong with the baby/pregnancy</td>
<td>19.3%</td>
<td>80.7%</td>
<td>0.0%</td>
</tr>
<tr>
<td>Dreaming of the miscarriage</td>
<td>23.6%</td>
<td>76.4%</td>
<td>0.0%</td>
</tr>
<tr>
<td>Seeing their baby alive and healthy</td>
<td>45.0%</td>
<td>55.0%</td>
<td>0.0%</td>
</tr>
<tr>
<td>Being pregnant with that baby</td>
<td>37.1%</td>
<td>62.9%</td>
<td>0.0%</td>
</tr>
<tr>
<td>Having a dream that helped explain the miscarriage</td>
<td>8.6%</td>
<td>91.4%</td>
<td>0.0%</td>
</tr>
<tr>
<td>Thinking that you needed to take care of the baby</td>
<td>20.0%</td>
<td>80.0%</td>
<td>0.0%</td>
</tr>
<tr>
<td>Someone in your dream talking about your baby</td>
<td>21.4%</td>
<td>78.6%</td>
<td>0.0%</td>
</tr>
</tbody>
</table>
take care of the baby). A total of 28.6% of those who reported a negative dream theme also reported the positive theme.

**Dreams of the Deceased and Continuing Bonds**

The correlations of positive and negative dream themes (from checklist, not dream report) to measures of closeness, grief intensity, and continuing bonds can be seen in Table 28 (for those who had a dream of the deceased or preferred not to say). Reporting a negative dream theme was not related to any variable. Reporting the positive dream theme was related to experiencing greater internalized continuing bonds.

The predictors of having a positive dream and having a negative dream of the deceased were examined by performing two logistic regressions. The model contained four independent variables (closeness, grief intensity, internalized and externalized continuing bonds). Based on study 1 and 2, it was hypothesized greater grief intensity would predict endorsement of a negative dream theme. The full model predicting the endorsement of a negative dream theme was not statistically significant, $\chi^2 (4, N = 140) = 1.81, p > .05$. This was inconsistent with study 1 and 2 findings and may reflect dream differences after prenatal loss. Consistent with study 1 and 2, the full model predicting the endorsement of a positive dream theme was not statistically significant, $\chi^2 (4, N = 140) = 8.13, p > .05$.

When investigating only birth mothers in a post hoc analyses, the full model predicting the endorsement of a negative dream theme was still not statistically significant, $\chi^2 (4, N = 140) = 4.15, p > .05$. The full model predicting the endorsement of a positive dream theme was statistically significant, $\chi^2 (4, N = 140) = 13.03, p < .05$. The

---

6 The results were the same when separating all participants by trimester, and when separating by trimester in birth mothers only.
<table>
<thead>
<tr>
<th>Variable</th>
<th>Closeness</th>
<th>Inventory of Traumatic Grief</th>
<th>Internalized Continuing Bonds</th>
<th>Externalized Continuing Bonds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seeing their baby dead, dying, or suffering from illness</td>
<td>.00</td>
<td>.01</td>
<td>-.04</td>
<td>-.07</td>
</tr>
<tr>
<td>Feeling something is wrong with the baby/pregnancy</td>
<td>.11</td>
<td>-.04</td>
<td>-.02</td>
<td>-.06</td>
</tr>
<tr>
<td>Dreaming of the miscarriage</td>
<td>.14</td>
<td>.01</td>
<td>-.01</td>
<td>-.12</td>
</tr>
<tr>
<td>Seeing their baby alive and healthy</td>
<td>.13</td>
<td>.06</td>
<td>.20**</td>
<td>.01</td>
</tr>
<tr>
<td>Being pregnant with that Baby</td>
<td>.12</td>
<td>.08</td>
<td>.09</td>
<td>.03</td>
</tr>
<tr>
<td>Having a dream that helped explain the miscarriage</td>
<td>-.08</td>
<td>-.03</td>
<td>.01</td>
<td>.03</td>
</tr>
<tr>
<td>Thinking that you needed to take care of the baby</td>
<td>.09</td>
<td>.12</td>
<td>.03</td>
<td>.10</td>
</tr>
<tr>
<td>Someone in your dream talking about your baby</td>
<td>.16</td>
<td>.06</td>
<td>.04</td>
<td>.02</td>
</tr>
<tr>
<td>Any Negative</td>
<td>.03</td>
<td>.01</td>
<td>-.06</td>
<td>-.08</td>
</tr>
</tbody>
</table>

*Note.* *p*<.05, **p*<.01
model as a whole explained between 8.9% (Cox and Snell R square) and 12.8% 
(Nagelkerke R squared) of the variance in negative dream theme, and correctly classified 
68.6% of cases. Only one of the independent variables, internalized continuing bonds, 
made a unique statistically significant contribution to the model, with an odds ratio of 
2.95. This indicated that respondents who had greater internalized continuing bonds were 
around 2.95 times more likely to endorse having a positive dream of the deceased than 
those who reported less internalized continuing bonds, controlling for all other factors in 
the model.

Dream Content

When examining how closeness, grief intensity, internalized continuing bonds, 
and externalized continuing bonds correlated with the 25 dream content categories 
scored, it was found that only three were significant (see Table 29). Given 100 
correlations were calculated, it is likely these three are spurious. As can be seen in Table 
25, many dream content categories were relatively infrequent, which would affect power.

Post hoc analysis. Independent sample t-tests were conducted to test the 
differences between birth mothers and partners in dream content. There was a significant 
difference for the baby being dead in the dream (for birth mothers and partners 
respectively: \( M = .39, SD = .74 \) and \( M = .13, SD = .49 \), \( t(85.353) = 2.04, p = .045 \), two 
tailed), other characters present in the dream (for birth mothers and partners respectively: 
\( M = .56, SD = .88 \) and \( M = 1.22, SD = .94 \), \( t(89) = -3.34, p = .001 \), two tailed), other 
family members present in the dream (for birth mothers and partners respectively: \( M = 
.32, SD = .73 \) and \( M = 1.09, SD = .96 \), \( t(50.705) = -3.96, p = .000 \), two tailed), and the age 
of the child in the dream being a child (for birth mothers and partners respectively: \( M = 

Table 29
Pregnancy Loss Dream Category Correlations

<table>
<thead>
<tr>
<th>Dream Categories</th>
<th>Closeness</th>
<th>Inventory of Traumatic Grief</th>
<th>Internalized Continuing Bonds</th>
<th>Externalized Continuing Bonds</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Positive Dream Content</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Positive Affective Tone (During)</td>
<td>.03</td>
<td>-.10</td>
<td>.12</td>
<td>.17</td>
</tr>
<tr>
<td>Dream would be Comforting</td>
<td>.04</td>
<td>-.02</td>
<td>.14</td>
<td>.18</td>
</tr>
<tr>
<td>Pleasant Interaction</td>
<td>.16</td>
<td>.03</td>
<td>.04</td>
<td>.06</td>
</tr>
<tr>
<td>Holding Child</td>
<td>.05</td>
<td>.14</td>
<td>-.06</td>
<td>-.07</td>
</tr>
<tr>
<td>Playing with Child</td>
<td>.16</td>
<td>.09</td>
<td>.18</td>
<td>.14</td>
</tr>
<tr>
<td>Physical Affection</td>
<td>.07</td>
<td>.20</td>
<td>.02</td>
<td>-.03</td>
</tr>
<tr>
<td>Walking with Child</td>
<td>-.01</td>
<td>-.07</td>
<td>-.07</td>
<td>-.11</td>
</tr>
<tr>
<td>Comforting Words</td>
<td>-.02</td>
<td><strong>-.24</strong></td>
<td>-.19</td>
<td>-.08</td>
</tr>
<tr>
<td>Giving Birth (alive child)</td>
<td>.12</td>
<td>.07</td>
<td>.18</td>
<td>.05</td>
</tr>
<tr>
<td><strong>Negative Dream Content</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Negative Affective Tone (During)</td>
<td>.02</td>
<td>-.05</td>
<td>-.13</td>
<td><strong>-.26</strong></td>
</tr>
<tr>
<td>Dream would be Distressing</td>
<td>.12</td>
<td>.09</td>
<td>-.03</td>
<td>.08</td>
</tr>
<tr>
<td>Dream is a PTSD Intrusion</td>
<td>.04</td>
<td>-.10</td>
<td>-.16</td>
<td><strong>-.28</strong></td>
</tr>
<tr>
<td>Child is Dead, Dying, or Ill</td>
<td>.16</td>
<td>.10</td>
<td>.03</td>
<td>-.17</td>
</tr>
<tr>
<td>Child is in Danger</td>
<td>-.15</td>
<td>-.09</td>
<td>-.08</td>
<td>-.12</td>
</tr>
<tr>
<td>Shift in Dream: Positive to Negative</td>
<td>-.10</td>
<td>-.18</td>
<td>.02</td>
<td>-.12</td>
</tr>
<tr>
<td><strong>Other Dream Content</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Interaction</td>
<td>.07</td>
<td>-.01</td>
<td>.05</td>
<td>.01</td>
</tr>
<tr>
<td>Other Characters Present</td>
<td>-.03</td>
<td>-.12</td>
<td>-.12</td>
<td>-.16</td>
</tr>
<tr>
<td>Family Members Present</td>
<td>.02</td>
<td>-.17</td>
<td>-.13</td>
<td>-.13</td>
</tr>
<tr>
<td>Physical Interaction</td>
<td>-.08</td>
<td>.07</td>
<td>-.07</td>
<td>-.12</td>
</tr>
<tr>
<td>Being Pregnant</td>
<td>-.03</td>
<td>-.06</td>
<td>.02</td>
<td>.05</td>
</tr>
</tbody>
</table>

(continued)
<table>
<thead>
<tr>
<th>Dream Categories</th>
<th>Closeness</th>
<th>Inventory of Traumatic Grief</th>
<th>Internalized Continuing Bonds</th>
<th>Externalized Continuing Bonds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crying</td>
<td>-.12</td>
<td>-.18</td>
<td>-.21</td>
<td>.15</td>
</tr>
<tr>
<td>Leaving/Disappearing</td>
<td>-.10</td>
<td>-.10</td>
<td>-.07</td>
<td>-.07</td>
</tr>
</tbody>
</table>

**Age of Child**

<table>
<thead>
<tr>
<th>Age of Child</th>
<th>Closeness</th>
<th>Inventory of Traumatic Grief</th>
<th>Internalized Continuing Bonds</th>
<th>Externalized Continuing Bonds</th>
</tr>
</thead>
<tbody>
<tr>
<td>In Utero</td>
<td>.03</td>
<td>-.02</td>
<td>.02</td>
<td>.02</td>
</tr>
<tr>
<td>Child</td>
<td>.13</td>
<td>-.04</td>
<td>.15</td>
<td>-.02</td>
</tr>
<tr>
<td>Adult</td>
<td>-.15</td>
<td>.02</td>
<td>.09</td>
<td>.20</td>
</tr>
</tbody>
</table>

*Note. *p<.05, **p<.01*
.29, $SD = .65$ and $M = .03$, $SD = .18$, $t(72.588) = 2.87$, $p = .005$, two tailed). Caution needs to be taken interpreting these results, as there were 25 independent sample t-tests done. One would expect some of these significant differences occurred by chance.

Correlations of dream content with closeness, grief intensity and continuing bonds were calculated separately within birth mothers and partners (see Appendix I). Only five of a hundred correlations were significant for birth mothers and five for partners, and while these were different correlations, they are all likely spurious.

**Continuing Bonds and Grief**

**Correlation analyses.** As evident in Table 30 (see Appendix I for selected scatterplots), experiencing internalized and externalized continuing bonds was positively correlated with closeness and grief intensity, whereas age was negatively correlated with experiencing internalized and externalized continuing bonds. Additionally, experiencing internalized continuing bonds was positively correlated with closeness.

I examined what uniquely predicted experiencing internalized continuing bonds and externalized continuing bonds by conducting two multiple regressions. Based on study 1 and 2 findings, it was hypothesized that greater grief intensity and closeness would independently predict experiencing internalized continuing bonds, and this was supported (see Table 31). Further, based on study 1 and 2 findings, it was hypothesized that greater grief intensity and less closeness would independently predict experiencing internalized continuing bonds.

---

7 All but ‘other characters present’ in the dream violated Levene’s Test for Equality of Variances.
8 When separating dream content by trimester, there were no significant differences. When separating dream content by trimester for birth mothers only, there were no significant differences.
9 Birth mothers only had similar results with being young additionally predicting internalized continuing bonds.
Table 30
Correlations Among Variables for Pregnancy Loss

<table>
<thead>
<tr>
<th>Variable</th>
<th>Age</th>
<th>Sex</th>
<th>Closeness</th>
<th>Inventory of Traumatic Grief</th>
<th>Internalized Continuing Bonds</th>
<th>Externalized Continuing Bonds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Gender</td>
<td>-.02</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Closeness</td>
<td>.03</td>
<td>-.10</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Inventory of Traumatic Grief</td>
<td>-.14*</td>
<td>.08</td>
<td>.31**</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Internalized Continuing Bonds</td>
<td>-.14*</td>
<td>-.02</td>
<td>.41**</td>
<td>.67**</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Externalized Continuing Bonds</td>
<td>-.20**</td>
<td>-.01</td>
<td>.04</td>
<td>.60**</td>
<td>.62**</td>
<td>-</td>
</tr>
</tbody>
</table>

Note. *p<.05, **p<.01

Table 31
Predictors of Internalized Continuing Bonds ($R^2 = .49, p < .001$)

<table>
<thead>
<tr>
<th></th>
<th>$\beta$</th>
<th>$b$</th>
<th>SE</th>
<th>$p$</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>-.08</td>
<td>-.01</td>
<td>.01</td>
<td>.12</td>
</tr>
<tr>
<td>Gender</td>
<td>-.05</td>
<td>-.06</td>
<td>.06</td>
<td>.33</td>
</tr>
<tr>
<td>Closeness</td>
<td>.23</td>
<td>.21</td>
<td>.05</td>
<td>.00</td>
</tr>
<tr>
<td>Inventory of Traumatic Grief (26 item)</td>
<td>.58</td>
<td>.44</td>
<td>.04</td>
<td>.00</td>
</tr>
</tbody>
</table>
externalized continuing bonds and this too was supported (see Table 32). In addition, being younger also independently contributed to the prediction of experiencing externalized continuing bonds\(^{10}\).

**Discussion**

In this third study, some of the findings from study 1 and 2 were replicated. Dreaming of the deceased was again shown to be a common occurrence for bereaved persons even in the case of prenatal loss (up to 12 months after the loss). This study found that 59.7% recalled dreaming of the deceased after the death, whereas study 1 (on romantic partner/spousal loss) found that 86.2% recalled dreaming of the deceased and study 2 (pet loss) found 77.6% recalled dreaming of the deceased. The difference in the percentages could be based on the relationship with the deceased, the length of time they had together, and how long it had been since the loss. It was found that those who had a dream of their child before the death were slightly more likely to have a dream of their child after the death.

It was found that the number of people reporting a positive dream versus a negative dream was more similar in this study compared to study 1 and 2. This is still thought provoking as so many people are still reporting having a positive dream. The differences in themes may be due to the wording of the items, as this may have resulted in differential frequencies. In study 1 and 2 the wording was unambiguously positive or negative as there were two categories to “catch” positive or negative dream themes. In this study there was only one category that was unambiguously positive, and some of the more ambiguous categories undoubtedly might have been positive (e.g., being pregnant

\(^{10}\) Birth mothers only had the same results.
Table 32

*Predictors of Externalized Continuing Bonds (R² = .37, p < .001)*

<table>
<thead>
<tr>
<th>Predictor</th>
<th>β</th>
<th>b</th>
<th>SE</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>-.12</td>
<td>-.02</td>
<td>.01</td>
<td>.03</td>
</tr>
<tr>
<td>Gender</td>
<td>-.08</td>
<td>-.12</td>
<td>.08</td>
<td>.14</td>
</tr>
<tr>
<td>Closeness</td>
<td>-.15</td>
<td>-.16</td>
<td>.06</td>
<td>.01</td>
</tr>
<tr>
<td>Inventory of Traumatic Grief (26 item)</td>
<td>.62</td>
<td>.55</td>
<td>.05</td>
<td>.00</td>
</tr>
</tbody>
</table>
with the child). I had intended to try and make these new items parallel to the earlier items, but in hindsight realized that they were not. As mentioned, at least three were ambiguous in terms of their affective quality. In the future, questions should be more direct, such as “Being happily pregnant with that baby [Your wife or romantic partner being happily pregnant with your baby]?” The difference in themes may also have been due to the type of loss, more specifically the different experiences with the deceased. In the case of participants who had a death of a partner or animal, they had had positive reciprocal interactions with them in way that is not possible with an unborn child.

The hypothesis, based on study 1 and 2 findings, that having a negative dream theme would be predicted by greater grief intensity was not supported. Why might grief intensity not be related to having a negative dream theme in this sample? It could have something to do with the negative dream themes in this study being more specific than previous studies. Since this was a new exploration of the topic, it was not known what dreams bereaved persons would have after prenatal loss. The three negative dream themes in this study were arguably different aspects of the one main theme (deceased is dead, dying, or ill) in study 1 and 2. Study 1 and 2 had another negative theme that this study did not, which was “the deceased acting or speaking in a way that was upsetting”. That dream theme makes the negative dream theme broader.

Additionally, this was the longest study out of the three and longer studies may result in more error as participants get tired. That said, the standard deviations for comparable measures were not substantially different (see Tables 1, 13, and 26).

Consistent with study 1 and 2, no variables predicted having a positive dream theme. It is worthy to note that most of the participants in study 1 and 2 had a positive
dream, but in this sample only half of the participants reported a positive theme dream. This is most likely due to only one dream theme being a part of what constitutes a positive dream theme. Post hoc analysis did find for birth mothers only that internal continuing bonds predicted having a positive dream theme. Study 1 and 2 did not find this relation, which makes it difficult to interpret this result as meaningful. More research needs to be conducted on what predicts having a positive versus negative dream of the deceased. Additionally, further research should explore whether dreams after prenatal loss are indeed different than other types of losses. In general, across types of loss, grief intensity seems to be the most promising variable in predicting the occurrence of negative dreams.

It was hypothesized that positive dream content would positively correlate with closeness and negatively correlate with grief intensity. Additionally, it was hypothesized that negative dream content would positively correlate with grief intensity and negatively correlate with closeness. Neither hypothesis was supported: with only 3 out of 100 correlations being significant, the findings may well have been spurious. When correlations were calculated separately for birth mothers and partners, there were still very few significant correlations.

As stated in study 2, a reason for the lack of correlations could have been because the dream reports were very short (see reports in Appendix H). In study 4 the instructions were amended to encourage participants to provide as much detail as possible. Additionally, the lack of correlations with the grief intensity measure could have been due to when the dream occurred. If the dream happened a couple months previous it may not relate to their grief intensity at the time of the survey because grief intensity may be
more variable over time. Study 4 will ask about the most memorable dream in the last month.

Despite the measures not providing many significant correlations with the dream content, it was found that there were significant differences between birth mothers and partners on the specific dream content. Birth mothers had a greater occurrence of the baby being dead in the dream and the child being the age of a child, whereas partners had greater occurrence of other characters in the dream and family members in the dream. A reason for the greater occurrence for birth mothers to report the baby being dead may represent differences in trauma symptoms (e.g., guilt and anger) between birth mothers and partners. Unfortunately, trauma symptoms where not collected in this study, but they were in study 4. The other dream categories may represent differences in the hopes and dreams (for example, looking forward to a specific age of the child or seeing them around family). There was no significant difference between trimester 1 and trimester 2/3.

The hypothesis, based on study 1 and 2 findings, that greater grief intensity, and greater closeness would independently predict experiencing internalized continuing bonds was supported. Additionally, the hypothesis that greater grief intensity and less closeness would independently predict experiencing externalized continuing bonds was supported. Study 4 will examine if these patterns of findings are replicated for the fourth time, but more importantly study 4 will investigate whether these two types of continuing bonds are related to personal growth.
Study 4

In the first instance this study focused on the question of why people have negative dreams versus positive dreams of the deceased, by collecting dream reports from a sample that experienced death of a partner or spouse. This in turn provided the opportunity to explore whether there was evidence for there being different functions for dreams of the deceased. In particular, I hypothesized that there are at least three functions: dreams that reflect the posttraumatic symptoms; dreams that represent an attempt to regulate grief-related emotions; and dreams that are an attempt to maintain a continuing bond.

A second related goal was to examine the emotional reactions and feelings of connectedness participants experienced from their dreams of the deceased after awakening. Finally, the third goal was related to the broad issue of whether continuing bonds are adaptive or maladaptive. Specifically, this study focused on the correlates of internalized versus externalized continuing bonds to examine the possibility that different forms of continuing bonds are more helpful in the recovery process.

Hypotheses and Questions

Dreams of the deceased. The first goal was to examine why people have negative dreams versus positive dreams of the deceased. Several hypotheses and questions were examined.

1. How does dream content of the most memorable dreams of the deceased (ever and in the last month) relate to measures of attachment (avoidance and anxiety), grief intensity, posttraumatic symptoms, feelings of blame/regret, and continuing bonds?
a) Based on the continuity hypothesis, it is hypothesized that positive dream content (e.g., positive affective tone; the deceased speaking comforting words) would be negatively associated with insecure attachment, grief intensity, posttraumatic symptoms, and feelings of blame/regret. This and the next hypotheses were not supported in study 2 or 3, but this may have been due to the brevity of participants’ dream reports. Therefore, in this study instructions were modified to encourage dreamers to describe their dreams in detail.

b) Based on the continuity hypothesis, it is hypothesized that negative dream content (e.g., negative affective tone; the deceased being dead, dying or ill in dream) would be positively associated with attachment (avoidance and anxiety), grief intensity, posttraumatic symptoms, and feelings of blame/regret.

**Post-sleep reactions to dreams.** A second goal of the research was to address participants’ post-sleep thoughts and emotional reactions to their dreams.

2. How do waking thoughts about a specific dream of the deceased relate to dream content?

   a) Based on my previous Master’s research (Black, 2013), it is hypothesized that positive dream content would be positively associated with comfort felt after the dream and with feelings of being connected with the deceased, and would be negatively associated with distress felt after the dream and with whether the dreamer thought the dream replayed (or reminded them of) any traumatic aspects of the death.

   b) Based on my previous Master’s research (Black, 2013), it is hypothesized that negative dream content would be negatively associated with comfort felt after
the dream and with feelings of being connected with the deceased, and positively associated with distress felt after the dream and with whether the dreamer thought the dream replayed (or reminded them of) any traumatic aspects of the death.

3. How do thoughts about a specific dream of the deceased relate to measures of attachment security, closeness, grief intensity, the characteristics of the loss, posttraumatic symptoms, feelings of blame/regret, and posttraumatic growth?

4. How do waking thoughts of comfort and distress (during the last month) about any dreams of the deceased relate to measures of insecure attachment, closeness of the relationship, grief intensity, posttraumatic symptoms, feelings of blame/regret, and posttraumatic growth?

**Continuing bonds.** The third goal was related to the broad issue of whether continuing bonds are adaptive or maladaptive. This study focused on internalized and externalized continuing bonds.

5. Which variables uniquely predict experiencing internalized and externalized continuing bonds?

   a) Based on the findings from study 1, 2, and 3, it is hypothesized that greater grief intensity and less attachment avoidance would independently predict experiencing internalized continuing bonds.

   b) Based on the findings from study 1, 2, and 3, it is hypothesized that greater grief intensity and greater attachment avoidance would independently predict experiencing externalized continuing bonds.
6. Based on a study that internalized continuing bonds predicted greater posttraumatic growth (Field & Filanosky, 2010), it is hypothesized that internalized continuing bonds would predict greater posttraumatic growth, whereas externalized continuing bonds will not. Additionally, it is hypothesized that the reason internalized continuing bonds would be related to posttraumatic growth was because they involved a form of deliberate rumination in contrast to the non-volitional experiences associated with externalized continuing bonds.

a) Based on the literature that deliberate rumination predicts greater posttraumatic growth (Tedeschi & Calhoun, 2004), it is hypothesized that deliberate rumination would predict greater posttraumatic growth.

b) Based on the argument that internalized continuing bonds is a form of deliberate rumination, it is hypothesized that it is the shared variance between the measures of internalized continuing bonds and deliberate rumination that is related to posttraumatic growth.

Method

Participants

As in study 1, 2, and 3, participants were solicited from MTurk and had a minimum age of 18 and at least a 98% acceptance rate. When studies 1 through 3 were run, MTurk’s employment pool consisted exclusively of U.S. residents. In this study it became apparent that this was no longer the case (Qualtrics provides broad location information that was discarded prior to data analysis to ensure full anonymity of
responses). While many participants had used computers in the U.S., some were in other countries (mainly India)\(^{11}\).

Participants were required to have experienced the death of a spouse or a romantic partner (with whom they lived) in the past 6 to 24 months, and remember a dream of the romantic partner or spouse (after the death). In total, 312 participants completed the survey; however, the data of 40 were discarded because it appeared to be individuals that submitted more than once (in one case 32 times), 23 were discarded due to not being eligible (e.g., age too low or not reporting a dream), 31 were discarded due to blatant anomalies (such as giving the same rating, e.g., “7” and “6” rating for all items in a questionnaire that had reverse-coded items, excessive missing data (such as full questionnaires missing), and dream data being suspicious\(^{12}\). This left a sample of 218 participants (125 men, 91 women, and 1 other). Their ages ranged from 20 to 68 \((M = 33.39, SD = 9.16)\). The majority of participants completed some college or greater (89.0\%) and reported being Caucasian (56.9\%). The most frequent response reported was a range of Christian affiliations (41.7\%), with the next most frequent response being no religion (14.2\% Agnostic, 11.5\% Atheist, and 6.0\% none).

**Measures**

To reduce the time required to complete the measures, the number of items in some measures were reduced. The Inventory of Traumatic Grief (ITG) was shortened to nine items (as was done by Field & Filanosky, 2010; their Cronbach’s alpha was .90 and in this study it was .87). Additionally, Experiences in Close Relationships—Specific (ECR-S) was shortened to twelve items with six items for each subscale subscales

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\(^{11}\) 31.19\% of participants were not located in the U.S.

\(^{12}\) As before, suspicious dream reports are reports that did not appear to be about dreams
(avoidance and anxiety). For this sample the Cronbach’s alphas were .91 for Experiences in Close Relationships—Specific total measure, .86 for the avoidance subscale and .86 for the anxiety subscale. In addition to these, participants completed the following questionnaires.

**Demographic questionnaire.** As described in more detail below, several questions were added about the participants’ relationship to the deceased prior to death (closeness scale), circumstances of the death (types of death), and feelings of blame/regret.

To measure closeness to the deceased prior to death, participants were given a picture with seven different graphics that represented their closeness to the deceased. Each graphic had two circles that represented self and the other. The more the two circles overlapped the greater the closeness. Each participant was asked “Select the picture that best described your relationship with your romantic partner or spouse before they died.” Based on their selection they were assigned a score from 1 (circles not overlapping) to 7 (circles almost fully overlapping).

To measure circumstances of the death, participants were asked, “What was the cause of death?” They responded by selecting one of the following: chronic disease, acute disease, accident, suicide, homicide, or other cause.

To measure emotional reactions involving blame (to the self and others) associated with the death and regret, participants were asked to rate five statements on 5-point scales ranging from 1 (not at all true of me) to 5 (very true of me). The five statements were: 1. “I feel guilty because I think I am at least partially responsible for their death”; 2. “I feel that my spouse/romantic partner is at fault for their own death”; 3.
“(Some people feel regret wishing they had said or done something they didn’t do OR had not said or done something they did do.) I feel some regret about my words or actions (relating to the deceased spouse/romantic partner)”; 4. “I am angry at my spouse/romantic partner for dying”; 5. “I am angry at other people associated with the death of my spouse/romantic partner (such as medical staff).” The Cronbach’s alpha for this blame/regret scale was .70.

**Continuing Bonds Scale.** An abbreviated version of the Continuing Bonds measure was administered. To derive that, I compared and contrasted the component structure of the Continuing Bonds Scale from all three studies. There were many similarities that were found in all three studies for each component. To reduce the number of items on a scale, eight from each component were chosen. I noticed that for Component 1 (internalized continuing bonds) that some items were neutrally worded and others positively worded. Therefore, four neutral and four positively worded items that had high loadings in at least two studies were chosen (preference given to all three studies, but study 2 had a reduced set of internalized continuing bond items). I also noticed that for Component 2 (externalized continuing bonds), some items were neutrally worded and others negatively worded. Therefore, I selected four neutral and four negatively worded items that had high loadings in at least two studies.

A Principal Component Analysis (PCA) was conducted on the sixteen items administered in this study (original items are in Appendix F). The four largest components had eigenvalues of 5.14, 3.04, 0.98, and 0.87. Inspection of the sizes of the eigenvalues showed a clear break after the second component. Therefore, a PCA was conducted with oblimin rotation (as it was expected that the components would be
correlated), specifying two components to be extracted. It was found that three items had a double loading (loadings exceeding .30). These items were taken out and the PCA was rerun. Every item now had its primary loading (exceeding .30) on one of the two components. The two components corresponded to internalized continuing bonds and externalized continuing bonds respectively. In total for this study, there were five items on the first subscale (“internalized”, Cronbach’s alpha = .76) and eight items on the second subscale (“externalized”, Cronbach’s alpha = .88).

**Impact of Events Scale - Revised.** The Impact of Events Scale—Revised (IES-R; Christianson & Marren, 2008) measures posttraumatic symptoms in response to a traumatic event. It has 22 items rated on 5-point scales ranging from 0 (*not at all*) to 4 (*extremely*) in three subscales: Intrusion (8 items), Avoidance (8 items), and Hyperarousal (6 items). Beck et al. (2008) found the measure to have good internal consistency (Cronbach’s alpha of .95 for Total measure, .90 for Intrusion, .86 for Avoidance, and .85 for Hyperarousal) and validity. To reduce the time required to complete the measures the Impact of Events Scale - Revised was shortened to 18-items, with all subscales having six items. The four questions removed were: 1. I had trouble staying asleep; 2. I avoided letting myself get upset when I thought about it or was reminded of it; 3. I tried to remove it from my memory; and 4. I had dreams about it. For this study the Cronbach’s alphas were .93 for the entire measure, .87 for Intrusion, .80 for Avoidance, and .87 for Hyperarousal. Only the total score for this measure was used in this study, as there were high intercorrelations among the subscales (.54 to .68) and between the subscales and the total score (.85 to .92).
Deliberate Rumination Questionnaire. Ten items from the Event Related Rumination Inventory (ERRI) (Cann et al., 2010) was used to measure deliberate rumination. The Event Related Rumination Inventory measures two factors: deliberate and intrusive rumination (10 items for each subscale). Each item is rated on a 4-point scale ranging from 0 (*I never experienced this thought*) to 3 (*I often experienced this thought*). Cann et al. (2010) found the Event Related Rumination Inventory to have good internal consistency (Cronbach’s alpha of .88 for deliberate rumination and .94 for intrusive rumination) and validity. In this study the Cronbach’s alpha was .82 for deliberate rumination. The intrusive rumination subscale was not administered.

Posttraumatic Growth Inventory. The Posttraumatic Growth Inventory (PTGI; Tedeschi & Calhoun, 1996) measures personal growth following a stressful event or trauma. It has 21 items on 6-point scales ranging from 0 (*I did not experience this change as a result of my stressful event*) to 5 (*I experienced this change to a very great degree as a result of my stressful event*). The PTGI has five subscales: Relating to Others (7 items), New Possibilities (5 items), Personal Strength (4 items), Spiritual Change (2 items), and Appreciation of Life (3 items). Tedeschi and Calhooun (1996) found the Posttraumatic Growth Inventory to have good internal consistency (Cronbach’s alpha of .90 for total scale, .85 for Relating to Others, .84 for New Possibilities, .72 for Personal Strength, .85 for Spiritual Change, .67 for Appreciation of Life) and validity. For this study the Cronbach’s alpha was .89 for the entire measure. The subscales had a Cronbach’s alpha of .89 for Relating to Others, .84 for New Possibilities, .87 for Personal Strength, .76 for Spiritual Change, .65 for Appreciation of Life. Only the total score for this measure was used in this study, as it was thought that internalized continuing bonds would be related
to posttraumatic growth generally, not to specific areas of growth, in the same way that deliberate rumination is related to generic growth and not subtypes of growth.

**Dream questionnaire.** The dream questionnaire was shorter than the prior dream questionnaires. It focused on reporting a most memorable dream of the deceased (ever and in the last month) and answering questions about that dream experience. There were six questions that followed each dream report were: 1. “How comforting was this dream for you *during the dream*?”; 2. “How distressing was this dream for you *during the dream*?”; 3. “How comforting was this dream for you *after you awoke*?”; 4. “How distressing was this dream for you *after you awoke*?”; 5. “How connected did you feel to your deceased spouse/partner because of this dream?”; 6. “Did this dream replay (or remind you of) any traumatic aspects of the death?” All questions were rated on 5-point scales ranging from 1 (not at all) to 5 (very). Additionally, the questionnaire asked two questions about the thoughts they have had in the past month about dreams of their partner or spouse that occurred any time after the death (not just dreams in the past month) “How often in the past month, have such thoughts comforted you?” and “How often in the past month, have such thoughts caused you distress?” Both questions were rated on 4-point scales ranging from 1 (not at all) to 5 (often).

Participants were asked to share their most memorable dream of their partner or spouse after they died, ever ($n = 212$) and in the last month ($n = 115$). Two judges (myself and another who was familiar with dream scoring) read the dream categories derived from prior studies to get an idea of possible categories. Both judges then read over the dreams and wrote down what themes or categories seemed evident in the accounts. The two judges compared their lists and discussed categories to code. A
definition sheet was made from the meeting to ensure both coders understood each of the categories before coding. The most memorable dream ever was coded first on a total of 40 categories (see Appendix G for detailed scoring manual). Each dream was given a score of “1” if the judge thought it was present in the dream, and “0” if it was not. After coding was completed, reliability between the two judges was analysed. It was found that 28 dream categories had acceptable inter-rater reliability (kappa .6 or above) (McHugh, 2012), but of those, one had only one occurrence (see Table 33 for category inter-rater reliabilities and frequencies). Only these 27 categories with acceptable reliability and greater than one occurrence were used in the analyses. The same method used in study 2 and 3 was used for handling judge discrepancies.

When coding the most memorable dreams of the deceased in the last month, the dream categories were similar to scoring for the most memorable dreams (ever). Most categories that could not be reliability coded in the most memorable dream (ever) were eliminated from coding. There were a total of five categories that could not be reliability coded (in most memorable dream ever) that the coders decided to attempt to code again.

There were a total of 33 categories chosen to score for the most memorable dream in the last month (see Appendix G for detailed scoring manual). It was found that 23 dream categories had acceptable inter-rater reliability (kappa .6 or above) (McHugh, 2012), but of those four only had one occurrence (see Table 34 for category inter-rater reliabilities and frequencies). Only these 19 categories with acceptable reliability and greater than one occurrence were used in the analyses.

**Procedure**

Data was collected online through Qualtrics following the same procedure as the
<table>
<thead>
<tr>
<th>Dream Categories</th>
<th>κ</th>
<th>Both Judges Coded as Present</th>
<th>Only One Judge Coded as Present</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Positive Dream Content</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Positive Affective Tone (During)</td>
<td>.65</td>
<td>120</td>
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<td>Pleasant Interaction</td>
<td>.65</td>
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<td>Dream Would be Comforting</td>
<td>.68</td>
<td>83</td>
<td>34</td>
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<tr>
<td>Physical Affection (Interactive)</td>
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<td>5</td>
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<td>Comforting Words to Dreamer</td>
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<td><strong>Saying Goodbye</strong></td>
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<td>4</td>
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<tr>
<td>Deceased is Happy</td>
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<td>22</td>
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<td>Dreaming of future event</td>
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<tr>
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<td>2</td>
</tr>
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<td>Comforting Words to Deceased</td>
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</tr>
<tr>
<td>Success in Finding or Rescuing</td>
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<td>Dream Would be Distressing</td>
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<td>Dream is PTSD Intrusion</td>
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<td>33</td>
<td>24</td>
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<td>Deceased is Dead, Dying, or Ill</td>
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<td>Deceased is In-Danger</td>
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<td>Failure to Find or Rescue</td>
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<td>Dissatisfying Connection</td>
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<td>Distressing Words to Dreamer</td>
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<td>Deceased wants Dreamer to Join Them</td>
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<td>Dreamer wants to Join Deceased</td>
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(continued)
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<th>Only One Judge Coded as Present</th>
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<td>Interaction</td>
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<td>Leaving/Disappearing</td>
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<td>Not about the Partner</td>
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Table 34
Inter-rater Reliability and Frequency of Dreams Coded for Most Memorable Dream in the Last Month (N=115)

<table>
<thead>
<tr>
<th>Dream Categories</th>
<th>κ</th>
<th>Both Judges Coded as Present</th>
<th>Only One Judge Coded as Present</th>
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<tr>
<td><strong>Positive Dream Content</strong></td>
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<td>Positive Affective Tone (During)</td>
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<td>Pleasant Interaction</td>
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<td>Dream Would be Comforting</td>
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<td>Physical Affection (Interactive)</td>
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<td>Dreaming of future event</td>
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past three studies. Participants first completed the dream questionnaire, then a randomized block of six measures that assessed grief intensity, posttraumatic symptoms, posttraumatic growth, and continuing bonds (Continuing Bonds Questionnaire, Experiences in Close Relationships—Specific, Inventory of Traumatic Grief Questionnaire, Impact of Events Scale, Deliberate Rumination Questionnaire, and Posttraumatic Growth Inventory), then the demographic questionnaire.

**Results**

**Preliminary Analyses**

After eliminating participants with excessive missing data, there was little missing data, and what existed was managed by pro-rating the scores. Also, there was only a small amount of missing data for single-question variables: age 1.8%, gender 0.5%, and distressing thoughts (in the past month) from any dream of the deceased 0.5%. There were six (or 3.0%) of the most memorable dreams of the deceased (ever) that could not be scored due to both coders’ inability to understand what the dreamer was trying to articulate. Missing data for the follow-up dream questions were as follows: data for comfort felt during the dream (ever) 0.5%, distress felt during dream (ever) 0.5%, comfort felt from dream when awake (ever) 0.9%, distress felt from dream when awake (ever) 0.9%, connected to the deceased from dream (ever) 0.5%, and dream replayed aspects of the trauma (ever) 2.8%. Additionally, there were seven (or 6.0%) of the most memorable dreams of the deceased (last month) that could not be scored due to both coders’ inability to understand what the dreamer was trying to articulate. Missing data for the follow-up dream questions (last month) were as follows: comfort felt during the dream (ever) 0.8% and dream replayed aspects of the trauma (ever) 2.5%.
There was an issue for six participants who had responses in the attachment measure that showed blatant anomalies (such as the same rating, e.g., “1” in a questionnaire that had reverse coded items), but the other data did not look problematic. It was decided to code the attachment measure for those participants as missing, but retain the rest of their data.

There was an issue found for multicollinearity, in regards to the attachment measure. The two subscales of attachment (avoidance and anxiety) correlated ($r = .72$). It was decided to collapse the categories together to make a single measure of insecure attachment (greater scores representing insecure attachment). There were two univariate outliers in the data set: one in each of the deliberate rumination and internalized continuing bonds measures. The outliers were retained and their scores were moved inwards to the next closest score (keeping the data point in the same rank order). There were no multivariate outliers found. Table 35 gives the descriptive data for the variables after outliers were adjusted and Table 36 gives the correlations among these variables.

**Dream Content**

The 27 dream content categories scored for the most memorable dream of the deceased ever were correlated with attachment, grief intensity, posttraumatic symptoms, deliberate rumination, continuing bonds, and feelings of blame/regret. As seen in Table 37, 33 of 243 correlations were significant (see Appendix I for selected scatterplots). These must be interpreted with caution as 12 would be expected to be significant by chance at the .05 level. That said there are a few patterns of findings that are noteworthy based on each hypothesis.
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*Note. ECR = Experiences in Close Relationships (Specific)*
Table 36
Correlations Among Variables

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Note. ITG = Inventory of Traumatic Grief, ECR = Experiences in Close Relationships (Specific) - high scores represent insecure attachment, IES = Impact of Events Scale (posttraumatic symptoms), PTGI = Posttraumatic Growth Inventory. *p<.05, **p<.01
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**Notes.** ECR = Experiences in Close Relationships (Specific) - high scores represent insecure attachment, ITG = Inventory of Traumatic Grief, IES = Impact of Events Scale (posttraumatic symptoms), PTGI = Posttraumatic Growth.

*p<.05, **p<.01
It was hypothesized that positive dream content would positively correlate with closeness and negatively correlate with insecure attachment, grief intensity, posttraumatic symptoms, and feelings of blame/regret. Partially consistent with the hypothesis, insecure attachment negatively correlated with positive affective tone, dream changing from negative affective tone to positive affective tone, the dream was likely comforting to the dreamer, pleasant interaction, physical affection, and the deceased speaking comforting words. Grief intensity negatively correlated with dreaming of future events with the deceased. Posttraumatic symptoms negatively correlated with positive affective tone. Feelings of blame/regret negatively correlated with positive affective tone, dream changing from negative affective tone to positive affective tone, pleasant interaction, and the deceased speaking comforting words. Additionally, it was hypothesized that negative dream content would positively correlate with insecure attachment, grief intensity, posttraumatic symptoms, and feelings of blame/regret. This was not supported as only insecure attachment positively correlated with deceased wanting the dreamer to join them.

For the most memorable dream of the deceased in the last month, it was found that 20 of the 171 correlations with dream content were significant (see Table 38 and Appendix I for selected scatterplots). Again these must be interpreted with caution as nine would be expected to be significant by chance at the .05 level. That said there are a few patterns of findings that are noteworthy.

It was hypothesized that positive dream content would positively correlate with closeness and negatively correlate with insecure attachment, grief intensity, posttraumatic symptoms, and feelings of blame/regret. Partially consistent with the hypothesis, insecure
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</table>

Notes. ECR = Experiences in Close Relationships (Specific) - high scores represent insecure attachment, ITG = Inventory of Traumatic Grief, IES = Impact of Events Scale (posttraumatic symptoms), PTGI = Posttraumatic Growth.

*p<.05, **p<.01
attachment negatively correlated with positive affect, pleasant interaction, and physical affection. Feelings of blame/regret negatively correlated with positive affect and pleasant interaction. Additionally, it was hypothesized that negative dream content would positively correlate with insecure attachment, grief intensity, posttraumatic symptoms, and feelings of blame/regret. This was not supported.

**Waking Thoughts and Dream Content**

It was hypothesized that positive dream content would positively correlate with comfort felt after the dream and with feelings of being connected with the deceased, and negatively correlate with distress felt after the dream and with whether the dreamer stated the dream replayed (or reminded them of) any traumatic aspects of the death. This was partially supported for the most memorable dreams of the deceased ever, as some positive dream content (e.g., positive affective tone and deceased speaking comforting words) was positively correlated with comfort felt after the dream and with feelings of being connected with the deceased, and negatively correlated with distress felt after the dream and with whether the dreamer stated the dream replayed (or reminded them of) any traumatic aspects of the death (see Table 39). When examining the most memorable dreams in the last month this hypothesis was also partially supported (see Table 40).

It was hypothesized that negative dream content would positively correlate with distress felt after the dream and with whether the dreamer stated the dream replayed (or reminded them of) any traumatic aspects of the death, and negatively correlate with comfort felt after the dream and with feelings of being connected with the deceased. This was supported for the most memorable dreams of the deceased ever, as most negative dream content categories were positively correlated with distress felt after the dream and
six of ten were correlated with whether the dreamer stated the dream replayed (or reminded them of) any traumatic aspects of the death. Additionally, negative dream content was negatively correlated with comfort felt after the dream and with feelings of being connected with the deceased (see Table 39). When examining the most memorable dreams in the last month this hypothesis was also mostly supported (see Table 40).

**Waking Thoughts and Measures**

It was found that waking thoughts about a specific dream of the deceased (comfort felt after the dream, distress felt after the dream, feelings of being connected with the deceased, and whether the dreamer stated the dream replayed (or reminded them of) any traumatic aspects of the death) related to measures of attachment insecurity, closeness of the relationship, grief intensity, the characteristics of the loss, posttraumatic symptoms, feelings of blame/regret, and posttraumatic growth (see Table 39). For thoughts about the most memorable dreams of the deceased ever, comfort from the dream and feeling connected to the deceased was positively correlated with posttraumatic growth. Additionally, feeling connected to the deceased was negatively correlated with insecure attachment. Distress from the dream was positively correlated with grief intensity and posttraumatic symptoms, and negatively correlated with posttraumatic growth. Dreams that replayed (or reminded them of) of any traumatic aspects of the death was positively correlated with insecure attachment, grief intensity, posttraumatic symptoms, and feelings of blame/regret. For thoughts about dreams of the deceased in the last month, feeling connected to the deceased was positively correlated to closeness. Distress from the dream was positively correlated with insecure attachment, posttraumatic symptoms, and feelings of blame/regret. Dreams that replayed (or
Table 39
Correlations of Waking Thoughts About Dreams With All Measures Including Dream Category Correlations – Most Memorable Dream Ever

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<th>Comfort During Dream</th>
<th>Distress During Dream</th>
<th>Comfort When Awake</th>
<th>Distress When Awake</th>
<th>Feeling Connected</th>
<th>Replay Trauma</th>
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<tr>
<td>Deceased is Dead, Dying, or ill</td>
<td>-.33**</td>
<td>.37**</td>
<td>-.23**</td>
<td>.27**</td>
<td>-.15*</td>
<td>.41**</td>
</tr>
<tr>
<td>Deceased is in danger</td>
<td>-.51**</td>
<td>.48**</td>
<td>-.40**</td>
<td>.35**</td>
<td>-.10</td>
<td>.30**</td>
</tr>
<tr>
<td>Failure to find or rescue deceased</td>
<td>-.32**</td>
<td>.26**</td>
<td>-.19**</td>
<td>.16*</td>
<td>-.03</td>
<td>.03</td>
</tr>
<tr>
<td>Dissatisfying connection</td>
<td>-.21**</td>
<td>.16*</td>
<td>-.15*</td>
<td>.15*</td>
<td>-.09</td>
<td>.03</td>
</tr>
<tr>
<td>Shift in tone: Positive to Negative</td>
<td>-.31**</td>
<td>.33**</td>
<td>-.31**</td>
<td>.28**</td>
<td>-.08</td>
<td>.09</td>
</tr>
<tr>
<td>Deceased speaking distressing words</td>
<td>-.06</td>
<td>.09</td>
<td>-.08</td>
<td>.12</td>
<td>-.08</td>
<td>.03</td>
</tr>
<tr>
<td>Deceased wants Dreamer to Join Them</td>
<td>-.01</td>
<td>.11</td>
<td>-.01</td>
<td>.04</td>
<td>-.04</td>
<td>.21**</td>
</tr>
<tr>
<td><strong>Other Dream Content</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Interaction</td>
<td>.19**</td>
<td>-.18**</td>
<td>.13</td>
<td>-.15*</td>
<td>.16*</td>
<td>-.27**</td>
</tr>
<tr>
<td>Other Characters present</td>
<td>-.18**</td>
<td>.14*</td>
<td>-.18**</td>
<td>.06</td>
<td>-.15*</td>
<td>-.07</td>
</tr>
<tr>
<td>Physical Interaction</td>
<td>.16*</td>
<td>-.04</td>
<td>.12</td>
<td>-.12</td>
<td>.20**</td>
<td>-.13</td>
</tr>
<tr>
<td>Leaving/Disappearing</td>
<td>-.19**</td>
<td>.19**</td>
<td>-.17*</td>
<td>.19**</td>
<td>-.02</td>
<td>-.11</td>
</tr>
<tr>
<td>Searching for Partner</td>
<td>-.31**</td>
<td>.25**</td>
<td>-.19**</td>
<td>.16*</td>
<td>-.05</td>
<td>.03</td>
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<tr>
<td>Crying</td>
<td>-.12</td>
<td>.17*</td>
<td>-.04</td>
<td>.08</td>
<td>.10</td>
<td>.02</td>
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<tr>
<td>Replaying a Memory</td>
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<td>.08</td>
<td>.01</td>
<td>.10</td>
<td>.01</td>
<td>.15*</td>
</tr>
<tr>
<td>Animals Present</td>
<td>.02</td>
<td>.03</td>
<td>.03</td>
<td>.01</td>
<td>-.00</td>
<td>-.10</td>
</tr>
</tbody>
</table>

**Notes.** *p<.05, **p<.01*
Table 40
Correlations of Waking Thoughts About Dreams With All Measures Including Dream Category Correlations – Most Memorable Dream in the Last Month

<table>
<thead>
<tr>
<th>Variable</th>
<th>Comfort During Dream</th>
<th>Distress During Dream</th>
<th>Comfort When Awake</th>
<th>Distress When Awake</th>
<th>Feeling Connected</th>
<th>Replay Trauma</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Waking Thoughts</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Comfort During Dream</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Distress During Dream</td>
<td>-.76**</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Comfort When Awake</td>
<td>.74**</td>
<td>-.54**</td>
<td>1</td>
<td></td>
<td>.27**</td>
<td>.32**</td>
</tr>
<tr>
<td>Distress When Awake</td>
<td>-.62**</td>
<td>.71**</td>
<td>-.65**</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Feeling Connected</td>
<td>.47**</td>
<td>-.35**</td>
<td>.37**</td>
<td>-.26**</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Replay Trauma</td>
<td>-.23*</td>
<td>.34**</td>
<td>-.14</td>
<td>.43**</td>
<td>.00</td>
<td>1</td>
</tr>
<tr>
<td><strong>Measures</strong></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Experiences in Close Relationships</td>
<td>-.02</td>
<td>.23*</td>
<td>-.08</td>
<td>.27**</td>
<td>-1.7</td>
<td>.32**</td>
</tr>
<tr>
<td>Inventory of Traumatic Grief</td>
<td>.03</td>
<td>.14</td>
<td>-.04</td>
<td>.16</td>
<td>.20*</td>
<td>.14</td>
</tr>
<tr>
<td>Deliberate Rumination</td>
<td>.05</td>
<td>.07</td>
<td>.06</td>
<td>.05</td>
<td>-.11</td>
<td>.00</td>
</tr>
<tr>
<td>Impact of Events Scale</td>
<td>.03</td>
<td>.22*</td>
<td>.00</td>
<td>.25**</td>
<td>.15</td>
<td>.14</td>
</tr>
<tr>
<td>Posttraumatic Growth</td>
<td>.03</td>
<td>.09</td>
<td>.09</td>
<td>-.01</td>
<td>.01</td>
<td>.18</td>
</tr>
<tr>
<td>Internalized Continuing Bonds</td>
<td>.18*</td>
<td>-.65</td>
<td>.22*</td>
<td>-.10</td>
<td>.26**</td>
<td>-.07</td>
</tr>
<tr>
<td>Externalized Continuing Bonds</td>
<td>.16</td>
<td>.15</td>
<td>.13</td>
<td>.17</td>
<td>.11</td>
<td>.38**</td>
</tr>
<tr>
<td>Closeness</td>
<td>.21*</td>
<td>-.17</td>
<td>.17</td>
<td>-.23**</td>
<td>.26**</td>
<td>-.11</td>
</tr>
<tr>
<td>Feelings of Blame/Regret</td>
<td>.04</td>
<td>.14</td>
<td>.02</td>
<td>.19*</td>
<td>.02</td>
<td>.22*</td>
</tr>
<tr>
<td><strong>Type of Death</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chronic Disease</td>
<td>.19*</td>
<td>-.24**</td>
<td>.04</td>
<td>-.11</td>
<td>.20*</td>
<td>-.08</td>
</tr>
<tr>
<td>Acute Disease</td>
<td>.07</td>
<td>-.20*</td>
<td>.06</td>
<td>-.15</td>
<td>-.08</td>
<td>-.08</td>
</tr>
<tr>
<td>Accident</td>
<td>-.17</td>
<td>.22*</td>
<td>-.10</td>
<td>.11</td>
<td>.04</td>
<td>.20</td>
</tr>
<tr>
<td>Suicide</td>
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<td>.12</td>
<td>-.03</td>
<td>.06</td>
<td>-.13</td>
<td>-.02</td>
</tr>
<tr>
<td>Murder</td>
<td>.08</td>
<td>.00</td>
<td>.14</td>
<td>.05</td>
<td>-.05</td>
<td>-.06</td>
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</tbody>
</table>

(continued)
<table>
<thead>
<tr>
<th>Variable</th>
<th>Comfort During Dream</th>
<th>Distress During Dream</th>
<th>Comfort When Awake</th>
<th>Distress When Awake</th>
<th>Feeling Connected</th>
<th>Replay Trauma</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Positive Dream Content</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Positive Affective Tone</td>
<td>.31**</td>
<td>-.31**</td>
<td>.26**</td>
<td>-.31**</td>
<td>.25**</td>
<td>-.15</td>
</tr>
<tr>
<td>Pleasant Interaction</td>
<td>.27**</td>
<td>-.28**</td>
<td>.24**</td>
<td>-.30**</td>
<td>.25**</td>
<td>-.16</td>
</tr>
<tr>
<td>Physical Affection (Interactive)</td>
<td>.09</td>
<td>-.13</td>
<td>.07</td>
<td>-.12</td>
<td>.16</td>
<td>-.25**</td>
</tr>
<tr>
<td>Saying Goodbye</td>
<td>.06</td>
<td>-.08</td>
<td>.06</td>
<td>-.04</td>
<td>.04</td>
<td>.02</td>
</tr>
<tr>
<td><strong>Negative Dream Content</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Negative Affective Tone</td>
<td>-.59**</td>
<td>.50**</td>
<td>-.56**</td>
<td>.27**</td>
<td>-.23*</td>
<td>.25**</td>
</tr>
<tr>
<td>Dream would be distressing to dreamer</td>
<td>-.62**</td>
<td>.56**</td>
<td>-.61**</td>
<td>.55**</td>
<td>-.27**</td>
<td>.27**</td>
</tr>
<tr>
<td>Dream is PTSD Intrusion</td>
<td>-.59**</td>
<td>.55**</td>
<td>-.46**</td>
<td>.49**</td>
<td>-.09</td>
<td>.41**</td>
</tr>
<tr>
<td>Deceased is in danger</td>
<td>-.48**</td>
<td>.40**</td>
<td>-.41**</td>
<td>.44**</td>
<td>-.01</td>
<td>.36**</td>
</tr>
<tr>
<td>Deceased is Dead, Dying, or ill</td>
<td>-.50**</td>
<td>.41**</td>
<td>-.41**</td>
<td>.39**</td>
<td>-.05</td>
<td>.39**</td>
</tr>
<tr>
<td>Failure to find or rescue</td>
<td>-.39**</td>
<td>.31**</td>
<td>-.26**</td>
<td>.27**</td>
<td>-.11</td>
<td>.01</td>
</tr>
<tr>
<td>Shift in tone: Positive to Negative</td>
<td>-.37**</td>
<td>.28**</td>
<td>-.35**</td>
<td>.30**</td>
<td>-.08</td>
<td>.19**</td>
</tr>
<tr>
<td>Negative Interaction</td>
<td>-.04</td>
<td>.08</td>
<td>-.13</td>
<td>.09</td>
<td>-.27**</td>
<td>.09</td>
</tr>
<tr>
<td><strong>Other Dream Content</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Interaction</td>
<td>.26**</td>
<td>-.22*</td>
<td>.21*</td>
<td>-.19*</td>
<td>.18</td>
<td>-.05</td>
</tr>
<tr>
<td>Other Characters Present</td>
<td>-.00</td>
<td>.03</td>
<td>-.01</td>
<td>-.09</td>
<td>.03</td>
<td>.02</td>
</tr>
<tr>
<td>Physical Interaction</td>
<td>.08</td>
<td>-.13</td>
<td>.07</td>
<td>-.13</td>
<td>.17</td>
<td>-.26**</td>
</tr>
<tr>
<td>Leaving/Disappearing</td>
<td>-.13</td>
<td>.05</td>
<td>-.13</td>
<td>-.03</td>
<td>-.03</td>
<td>-.15</td>
</tr>
<tr>
<td>Search for the deceased</td>
<td>-.39**</td>
<td>.33**</td>
<td>-.27**</td>
<td>.30**</td>
<td>-.13</td>
<td>.05</td>
</tr>
<tr>
<td>Crying</td>
<td>-.18</td>
<td>.25**</td>
<td>-.15</td>
<td>.18</td>
<td>-.01</td>
<td>.15</td>
</tr>
<tr>
<td>Animals Present</td>
<td>-.10</td>
<td>.05</td>
<td>-.06</td>
<td>.02</td>
<td>-.04</td>
<td>-.05</td>
</tr>
</tbody>
</table>

*Notes:* *p<.05, **p<.01
reminded them of) any traumatic aspects of the death was positively correlated with insecure attachment and feelings of blame/regret (see Table 40).

Waking comfort from thinking about any dreams of the deceased was positively correlated with closeness and posttraumatic growth (see Table 41 for correlations). Waking distress from thinking about any dreams of the deceased was positively correlated with insecure attachment, grief intensity, posttraumatic symptoms, and feelings of blame/regret.

**Continuing Bonds**

Experiencing both internalized and externalized continuing bonds positively correlated with grief intensity, posttraumatic symptoms, and deliberate rumination. However, while internalized continuing bonds correlated negatively with insecure attachment, externalized continuing bonds correlated positively. In addition, internalized continuing bonds correlated with identifying as a woman, and externalized continuing bonds negatively correlated with age (see Table 36).

I examined what uniquely predicted experiencing internalized continuing bonds and externalized continuing bonds by conducting two multiple regressions. Based on study 1, 2, and 3, it was hypothesized that less attachment avoidance and greater grief intensity would independently predict experiencing internalized continuing bonds. As evident in Table 42 the hypothesis was supported. In addition, identifying as a woman and greater deliberate rumination also independently contributed to the prediction of internalized continuing bonds. Based on study 1, 2, and 3, it was hypothesized that greater attachment avoidance and grief intensity would independently predict experiencing externalized continuing bonds. As evident in Table 43 the hypothesis was
Table 41

Correlations with Waking Thoughts About Any Dreams of Deceased

<table>
<thead>
<tr>
<th>Variable</th>
<th>Comforting Thoughts</th>
<th>Distressing Thoughts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Experiences in Close Relationships</td>
<td>-.00</td>
<td><strong>.19</strong></td>
</tr>
<tr>
<td>Inventory of Traumatic Grief</td>
<td>.12</td>
<td><strong>.22</strong></td>
</tr>
<tr>
<td>Deliberate Rumination</td>
<td><strong>.24</strong></td>
<td>.08</td>
</tr>
<tr>
<td>Impact of Events Scale</td>
<td>.11</td>
<td><strong>.28</strong></td>
</tr>
<tr>
<td>Posttraumatic Growth Inventory</td>
<td><strong>.29</strong></td>
<td>-.12</td>
</tr>
<tr>
<td>Internalized Continuing Bonds</td>
<td><strong>.32</strong></td>
<td>-.01</td>
</tr>
<tr>
<td>Externalized Continuing Bonds.</td>
<td><strong>.28</strong></td>
<td><strong>.20</strong></td>
</tr>
<tr>
<td>Closeness</td>
<td>.14*</td>
<td>-.03</td>
</tr>
<tr>
<td>Blame/Regret Scale</td>
<td>-.01</td>
<td><strong>.24</strong></td>
</tr>
</tbody>
</table>

Note. High scores on Experiences in Close Relationships (Specific) represents insecure attachment

*p<.05, **p<.01

Table 42

Predictors of Internalized Continuing Bonds ($R^2 = .27, p < .001$)

<table>
<thead>
<tr>
<th></th>
<th>$\beta$</th>
<th>$b$</th>
<th>SE</th>
<th>$p$</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>.12</td>
<td>.01</td>
<td>.00</td>
<td>.06</td>
</tr>
<tr>
<td>Gender</td>
<td>-.13</td>
<td>-.15</td>
<td>.07</td>
<td>.04</td>
</tr>
<tr>
<td>Experiences in Close Relationships</td>
<td>-.27</td>
<td>-.11</td>
<td>.03</td>
<td>.00</td>
</tr>
<tr>
<td>Inventory of Traumatic Grief</td>
<td><strong>.31</strong></td>
<td><strong>.22</strong></td>
<td>.06</td>
<td>.00</td>
</tr>
<tr>
<td>Impact of Events Scale</td>
<td>.13</td>
<td>.09</td>
<td>.06</td>
<td>.16</td>
</tr>
<tr>
<td>Deliberate Rumination</td>
<td>.19</td>
<td>.20</td>
<td>.07</td>
<td>.01</td>
</tr>
<tr>
<td>Closeness</td>
<td>-.04</td>
<td>-.02</td>
<td>.03</td>
<td>.59</td>
</tr>
</tbody>
</table>

Note. High scores on Experiences in Close Relationships (Specific) represents insecure attachment
Table 43
*Predictors of Externalized Continuing Bonds (R^2 = .45, p < .001)*

<table>
<thead>
<tr>
<th>Predictor</th>
<th>β</th>
<th>b</th>
<th>SE</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>-.05</td>
<td>-.00</td>
<td>.00</td>
<td>.35</td>
</tr>
<tr>
<td>Gender</td>
<td>-.03</td>
<td>-.04</td>
<td>.08</td>
<td>.60</td>
</tr>
<tr>
<td>Experiences in Close Relationships</td>
<td>.35</td>
<td>.19</td>
<td>.03</td>
<td>.00</td>
</tr>
<tr>
<td>Inventory of Traumatic Grief</td>
<td>.10</td>
<td>.10</td>
<td>.07</td>
<td>.15</td>
</tr>
<tr>
<td>Impact of Events Scale</td>
<td>.34</td>
<td>.29</td>
<td>.07</td>
<td>.00</td>
</tr>
<tr>
<td>Deliberate Rumination</td>
<td>.04</td>
<td>.05</td>
<td>.08</td>
<td>.52</td>
</tr>
<tr>
<td>Closeness</td>
<td>.06</td>
<td>.03</td>
<td>.03</td>
<td>.35</td>
</tr>
</tbody>
</table>

*Note.* High scores on Experiences in Close Relationships (Specific) represents insecure attachment.
partially supported, as only insecure attachment was predictive. In addition, posttraumatic symptoms independently contributed to the prediction of externalized continuing bonds.

Based on Field and Filanosky (2010), it was hypothesized that internalized continuing bonds would predict greater posttraumatic growth, whereas externalized continuing bonds would not. Additionally, based on Tedeschi and Calhoun (2004) it was hypothesized that deliberate rumination would predict greater posttraumatic growth, and it would be the variance that the measure of internalized continuing bonds shares with deliberate rumination that would be related to posttraumatic growth. It was found that both continuing bonds (internalized and externalized) and deliberate rumination were positively correlated to posttraumatic growth. Since both deliberate rumination was positively correlated with internalized continuing bonds and posttraumatic growth, a partial correlation was conducted that controlled for deliberate rumination. After controlling for deliberate rumination, it was found that for internalized continuing bonds and posttraumatic growth the partial correlation was not significant, $r = .09$, $n = 217$, $p = .17$. By performing a multiple regression I examined what uniquely predicted experiencing posttraumatic growth. Consistent with the hypothesis, it was found that deliberate rumination predicted greater posttraumatic growth. Contrary to the hypothesis, externalized continuing bonds also predicted greater posttraumatic growth while, consistent with the hypothesis, internalized continuing bonds did not (see Table 44).

**Discussion**

The first goal of this study was to examine why some people have positive dreams and others have negative dreams, and some clarity on this question was obtained. Specifically, consistent with the continuity hypothesis that states that dreams represent
Table 44
Predictors of Posttraumatic Growth ($R^2 = .19$, $p < .001$)

<table>
<thead>
<tr>
<th>Predictor</th>
<th>$\beta$</th>
<th>$b$</th>
<th>SE</th>
<th>$p$</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>-.03</td>
<td>-.00</td>
<td>.01</td>
<td>.66</td>
</tr>
<tr>
<td>Gender</td>
<td>-.06</td>
<td>-.12</td>
<td>.13</td>
<td>.36</td>
</tr>
<tr>
<td>Deliberate Rumination</td>
<td>.32</td>
<td>.60</td>
<td>.12</td>
<td>.00</td>
</tr>
<tr>
<td>Internalized continuing bonds</td>
<td>.07</td>
<td>.13</td>
<td>.12</td>
<td>.30</td>
</tr>
<tr>
<td>Externalized continuing bonds</td>
<td>.21</td>
<td>.29</td>
<td>.09</td>
<td>.00</td>
</tr>
</tbody>
</table>
the dreamer’s waking life, it was hypothesized that affectively positive dream content would be associated with less insecure attachment, grief intensity, posttraumatic symptoms, and feelings of blame/regret (in dreams of the deceased ever and in the last month). Partially consistent with the hypothesis, positive dream content (in dreams of the deceased ever and in the last month) was associated with less insecure attachment and less feelings of blame/regret. Additionally in the most memorable dreams of the deceased ever, positive dream content was weakly associated with fewer posttraumatic symptoms.

It is noteworthy that measures of posttraumatic symptoms and feelings of blame/regret related more strongly to dream content than did the grief intensity measure. This may be why study 2 and 3 did not find any associations with positive dream content as only grief intensity was measured. This suggests that positive dream qualities may represent that the bereavement lacked traumatic elements.

Additionally, it was hypothesized that affectively negative dream content would be associated with greater insecure attachment, grief intensity, posttraumatic symptoms, and feelings of blame/regret (in dreams of the deceased ever and in the last month). This hypothesis was not supported for either dreams of the deceased ever or in the last month.

The problem with collecting a single dream account, is that it is comparable to collecting a single thought sample. Any single report is likely to be greatly affected by its immediate context; in other words, it may be highly idiographic. Therefore, when we investigate a single dream through a nomothetic lens (by using content analysis) it may not correlate with other nomothetic measures. We may need to collect multiple dreams over time to discern nomothetic patterns.
One general finding was that the most memorable dreams of the deceased ever and the most memorable dreams in the last month showed similar patterns of correlations. This was contrary to the expectation that more recent dreams would be more strongly related because some of the qualities measured are state measures, such as grief intensity, which are more variable over time. This did not occur and may reflect that vividly remembered dreams could be just as informative as recent dreams in the recovery process. When a dream is remembered for a greater length of time (as most dreams are forgotten over time), it must be remembered over other dreams for a reason, such as the emotional impact it had on the recovery process.

Additionally, amending the instructions to encourage participants to provide as much detail as possible seems to have resulted in more detailed dream reports than were obtained in study 1 and 2, and therefore these reports would contain more information about the actual experience. That said, the dream reports seemed to still be short compared to other samples of dream reports (e.g., Bonato, Moffitt, Hoffmann, Cuddy, & Wimmer, 1991). It may be that collecting dream reports on MTurk may not be the best approach, as participants may have taken shortcuts to finish the study. For at least some of them participating is a money-making opportunity above all else. Future research should determine if MTurk dream reports in general are shorter than dream reports collected in person. It may also be the case that dreams of the deceased or dream reports are actually shorter than regular dreams or dream reports.

Another reason for the short dream reports could be that “general” dream research attracts people interested in dreams and hence more likely to write detailed dream reports. The participants in this research may not have had a special interest in dreams hence the
shorter dream reports. In my MA research, I collected the most memorable dreams of the deceased and in my advertisement of the study it mentioned dreams (Black, 2013). The dream reports were much longer than in this study. Future research can investigate this further by changing the advertisement of the same study to determine if this changes the length of the subsequent dream reports.

**Waking Thoughts and Dream Content**

It was hypothesized that affectively positive dream content would positively correlate with comfort felt after the dream and with feelings of being connected with the deceased, and negatively correlate with distress felt after the dream and with whether the dreamer stated the dream replays (or reminds them of) any traumatic aspects of the death. This was partially supported for the most memorable dreams of the deceased (ever and in the last month). Therefore, it is these dimensions of dreams that most likely related to regulating grief-related emotions and strengthening continuing bonds. Reasoning further, the fact that it is these dreams that are experienced as continuing bonds that are often experienced as comforting upon awakening supports the contention that at least some forms of continuing bonds are adaptive.

It was hypothesized that negative dream content would positively correlate with distress felt after the dream and with whether the dreamer stated the dream replays (or reminds them of) any traumatic aspects of the death, and negatively correlate with comfort felt after the dream and with feelings of being connected with the deceased. This was largely supported for the most memorable dreams of the deceased (ever and in the last month). This pattern of findings, together with the fact that dreams that replay aspects of the trauma were related specifically to dreaming that the deceased is dead, dying or ill
and to dreaming that the deceased is in danger, is consistent with some dreams of the
deceased being best understood as not being continuing bonds, but being posttraumatic
intrusive thoughts (trauma dreams). Additionally, the distress from these types of dreams
may aid in regulating negative emotions (such as sadness). This would be true if an
individual is avoiding the reality of the death and the feelings associated with it.

**Waking Thoughts and Measures**

When someone has a dream, researchers can investigate the specific content of
the dream (as seen above) or can instead ask the dreamer about their emotional reactions
to the dream. Asking the dreamer about their emotional reactions to the dream can
provide different findings from the content itself, and provide further understanding of
the function of the remembered dreams in bereavement. As stated above, dreams are
unique for the individual and the same can be said for the reactions when awake. The
memory of the dream may serve a function for the person quite independent of the dream
itself. For example, Belicki et al. (2003) in their analysis of the dream diary of a widower
observed that some of the dreams appeared to be traumatic re-enactments of the
deceased’s illness and death (similar to a waking flashback) rather than an attempt during
the dream to continue a bond. However, upon awakening the dreamer himself
experienced these dreams as some form of interaction (continuing bond) between himself
and his deceased wife (K. Belicki, personal communication, September 1, 2015).

Additionally, in a study that investigated nightmares of students, Belicki (1992) found
that waking nightmare distress was more informative than nightmare frequency in
predicting and understanding a person’s interest in receiving treatment for their
nightmares. In other words, the nightmare itself is not equivalent to the distress from the
nightmare when awake. This can be seen for positive content too. For example,

Silverman and Nickman (1996) describe a bereaved person who stated that they felt sad when they awoke from their positive dream of the deceased because they would not be able to experience being together with that person any more in waking life. Therefore, assuming positive dream content produces comforting emotions while awake, and negative dream content produces negative emotions while awake is not always accurate. This is the reason it was important to investigate the emotional reactions and thoughts to the most memorable dreams of the deceased.

This study found that dream reactions while awake may be more related to the grief recovery process than to the actual dream content. It was found that feeling comfort from dreams and feeling connected to the deceased are both related to increased posttraumatic growth after the death, whereas feeling distress from the dream was associated with less growth. Furthermore, while distress associated with the dream was associated with grief intensity and trauma symptomatology, experiencing comfort from the dream was not. This highlights that comforting thoughts about dreams of the deceased may be more adaptive in the grief recovery process as it is related to increased posttraumatic growth. Additionally, this showcases that it is unwise to make comments that eliminate the feelings of comfort that a person receives from these dreams of the deceased. I have personally heard from bereaved persons that people have dismissed their comforting dreams as something that should be distressing or insignificant. For example, some pastors have stated to me that dreams of the deceased (comforting or not) are from the devil, while some monks have stated that these dreams are an indication that the soul has not reincarnated as it should have (Hinton, Peou, Joshi, Nickerson, & Simon, 2013).
Advocating for people to feel a distressing emotion from their dreams would eliminate the comfort felt and the feelings of connection. Additionally, another person has told me that a physician told them their dream of the deceased was caused by their medication. This approach to minimizing the significance of their dream would eliminate the feelings of connection the dreamer may have felt.

Distressing thoughts about dreams of the deceased relate to a person’s grief and trauma following the death. This is important for those who work with bereaved persons, as extra attention should be given to the client’s beliefs about and reactions to their dreams. In terms of grief recovery, these may be even more important than the dream itself. By understanding why the dream is distressing to the bereaved person, it can aid in understanding any complications in their recovery process. For example, I have personally heard from a bereaved person that their dream was distressing because of the feelings of guilt it brought up in waking life. Future research could look at dreams over time, together with pre and post sleep mood to better determine to what extent it is the dream and waking reflection on the dream, or both, that influences waking functioning.

**Continuing Bonds**

Greater grief intensity and less insecure attachment independently predicted experiencing internalized continuing bonds, as seen in study 1, 2, and 3. As discussed in my prior studies, the direction of causality of grief and internalized continuing bonds is problematic. Due to this correlation, it is uncertain if internalized continuing bonds cause grief or are a response to grief. It is likely that one’s personality style of attachment security is causing the bereaved person to engage in internalized continuing bonds. Such engagement may be an effective way to regulate their grief-related emotions. This is
because it is theorized that those with a secure attachment style have an inner model which seeks an internalized attachment figure as a way to reduce distress (Mikulincer & Shaver, 2010).

Additionally, this study found that experiencing internalized continuing bonds was associated with greater deliberate rumination. Bereaved persons who experience internalized continuing bonds, which are mainly deliberate acts (e.g., looking at photographs), seem more likely to be the kind of people who may deliberately ruminate. Deliberate rumination is a major predictor of posttraumatic growth (Tedeschi & Calhoun, 2004). It is understandable why internalized continuing bonds were found to predict posttraumatic growth in the study by Field and Filanosky (2010).

Greater attachment insecurity and posttraumatic symptoms independently predicted experiencing externalized continuing bonds, which partially replicated the findings of study 1, 2, and 3. Grief intensity did not independently predict experiencing continuing bonds as it did in study 1, 2, and 3. The reason for this was the added measure of posttraumatic symptoms, which took all the predictive value from grief intensity. Experiencing externalized continuing bonds would suggest that the death was traumatic. The developers of the Inventory of Traumatic Grief (Prigerson & Jacobs, 2001) appear to recognize this as they include two neutrally worded externalized continuing bond items in the measure “I hear the voice of _____ speak to me” and “I see __________ stand before me”.

13 When combining traumatic types of deaths (suicide, murder, and accident), it was found that traumatic types of death were positively associated with externalized continuing bonds, $r (189) = .19$, $p = .01$. Traumatic types of death were not significantly associated with internalized continuing bonds.
It is likely that insecure attachment plays a role in experiencing externalized continuing bonds. This may be due to those with greater insecure attachment having issues regulating their emotions (Mikulincer & Shaver, 2010). It may be that the mind may externally engage itself (e.g., hallucinations) as a way to regulate emotions (comfort and/or distress). For example, if the hallucination is comforting to the bereaved person it can provide a break from the sadness. If the hallucination is distressing for the bereaved person, this may help regulate the bereaved person’s emotions by increasing sadness if they have been avoiding grief. Due to the high correlation between attachment avoidance and attachment anxiety, the correlation could not be investigated in this study. It is reasonable to believe that it is attachment avoidance that is driving this relation of insecure attachment with externalized continuing bonds, because greater attachment avoidance predicted externalized continuing bonds in study 1, 2, and 3.

To further understand whether experiencing internalized and externalized continuing bonds are adaptive in the recovery process, posttraumatic growth was investigated. I replicated Tedeschi and Calhoun’s (2004) original finding that deliberate rumination was correlated with posttraumatic growth. In addition, as expected, deliberate rumination predicted greater internalized continuing bonds, as maintaining these internalized continuing bonds tend to be deliberate acts compared to the non-volitional experiences associated with externalized continuing bonds. Moreover, the shared variance between internalized continuing bonds and deliberate rumination eliminated the relation between internalized continuing bonds and posttraumatic growth. It is noteworthy that Field and Filanosky (2010) did not measure deliberate rumination in their study when they found internalized continuing bonds predicted posttraumatic growth.
Experiencing externalized continuing bonds predicted greater posttraumatic growth, which was not consistent with Field and Filanosky’s (2010) findings. Because deliberate rumination predicted posttraumatic growth it tells us that this sample is functioning in a way similar to other samples. These unexpected findings with externalized continuing bonds cannot be dismissed as being unique to this sample. This finding may be due to the measure used by Field and Filanosky (2010) for “externalized continuing bonds” which was different from what was used in this study. Their measure had only neutrally worded items (e.g., I actually heard the deceased speak to me), while this study’s measure had both neutral and negatively worded items (e.g., I had thoughts that the deceased was trying to punish me).

Another important difference between this study and that by Field and Filanosky (2010) was the length of time since the death. The majority of participants in the Field and Filanosky (2010) study experienced the death more than two years ago, with 42% of the sample having experienced the death over five years ago. It may be that externalized continuing bonds within the first two years is associated with posttraumatic growth, but later on (after five years) it may more reflect a failure to recover from grief and be a sign of complicated grief.
**General Discussion**

This research investigated who has dreams of the deceased, why do they have them, and are dreams of the deceased and, more generally, continuing bonds helpful for grief recovery. In terms of the first question, it was found that frequency of general dream recall (all dreams, not just dreams of the deceased) was the primary predictor in remembering dreams of the deceased. In addition, grief intensity, openness to experience, and attachment security all showed indirect effects either through dream recall (in the case of grief and openness to experience) or through grief intensity and dream recall (in the case of attachment).

In terms of the other questions, the findings support the idea that there are differing forms of dreams of the deceased, not all of which represent continuing bonds. One rather surprising finding was that positive dreams of the deceased far out number negative dreams of the deceased, regardless of the type of loss and of intensity of grief-related emotions.

As with dreams of the deceased, this data supports the argument of Field et al. (2013) that there are different forms of continuing bonds and these may have different functions. While internalized continuing bonds are associated with greater attachment security and greater grief, externalized continuing bonds are associated with greater insecure attachment and more traumatic symptoms. Both internalized and externalized continuing bonds are potentially adaptive, but it is beyond the scope of this research to definitively test that. That said, externalized continuing bonds are nevertheless worrisome due to their relation with insecure attachment and traumatic symptoms.
In this order I will discuss these findings in more detail below: dreams of the deceased, predicting dreams of the deceased, dream content in dreams of the deceased, continuing bonds, and applications and implications.

**Dreams of the Deceased**

With limited research investigating dreams of the deceased, many of those who support bereaved persons have little training or information to guide them. This is a problem because it has been shown that dreams of the deceased can have an emotional impact (Black, 2013; Field et al., 2013; Packman et al., 2011; Wright et al., 2013). While the actual prevalence of dreaming of the deceased is not known, my data here and the data of others (Field et al., 2013; Packman et al., 2011; Silverman & Nickman, 1996; Wright et al., 2013) suggest that these dreams are common. It is important to note that the study advertisements for the studies that investigated the frequency of dreams of the deceased (study 1, 2, and 3) did not mention that there would be questions about dreams. Therefore, the high numbers of participants reporting such dreams cannot be attributed to having solicited a “dream-interested” sample.

**Predicting Dreams of the Deceased**

Some bereaved persons fret about not having a dream of the deceased. Bereavement counselors have told me that the lack of understanding within this area has caused challenges for them when someone they are counseling seeks a dream and does not have one. The bereaved person may worry about the “location” of the deceased soul (e.g., wonder if they are in hell or purgatory) or wonder if the deceased may be holding back from visiting them (e.g., the deceased is angry with them). Additionally, within bereavement support groups a situation can arise where the bereaved person who has not
experienced a dream of the deceased may become envious of others who have (Moss, 2002).

Theses common concerns is why one goal of these studies was to examine what factors predict dreaming of the deceased. The findings here suggest that remembering a dream of the deceased is related most strongly to one’s tendency to remember dreams in general, and this is so whether the loss is of a romantic partner or of a companion animal. Therefore, those variables that enhance dream recall, such as those studied in our research—grief intensity, quality of attachment to the deceased, and the personality disposition of openness to experience—will also affect the likelihood of experiencing such dreams. This new knowledge on what factors predict dreaming of the deceased should make counseling bereaved persons less challenging when this question comes up.

These studies did not examine dreams of the deceased following multiple deaths. Bereaved persons have stated to me that they have had dreams of certain deceased people, but not others. Assuming that their dream recall has not changed drastically between deaths, it raises the question as to why dream of one person and not another? Future research could consider such variables as grief intensity, degree of traumatic symptoms, or relationship closeness before the loss.

The role that grief intensity and openness to experience have in recalling dreams of the deceased still remains unclear. Study 2 found both variables predicted recalling dreams of the deceased, whereas study 1 did not. The inconsistent findings may suggest that a moderating variable needs to be identified, and in this case disenfranchisement of grief may be the moderator. It could be in those who have disenfranchised grief there may be a greater relation between grief intensity and dreaming of the deceased because it
is a way for the mind to express itself in the absence of sharing with someone else. When you do not have someone to talk to the mind may produce or remember the dream as a way of talking to itself. Additionally, it could be that those who have disenfranchised grief have a greater relation between openness to experience and dreaming of the deceased because it is a creative way for the mind to problem solve in order to feel supported. When one does not feel supported in their grief, the mind may construct or remember more dreams in order for the person to feel supported (e.g., the deceased offering comforting words).

It was thought that attachment avoidance and attachment anxiety would predict dreaming of the deceased, as theoretically those greater in attachment anxiety would desire more dreams of the deceased and those greater in attachment avoidance would desire less. It now appears that attachment (anxious or avoidant) does not have any direct impact on dreaming of the deceased. Any relation attachment (anxious and avoidant) does have on dreaming of the deceased is based on its impact on grief intensity and general dream recall. Attachment (anxious and avoidant) does have an influence on the dream content though, which will be discussed below.

**Dream Content in Dreams of the Deceased**

Another common concern for the bereaved is why they have negative dreams of the deceased, whereas others report positive dreams. It may be there are different forms of dream processes in dreams of the deceased, including attempts to regulate grief-related emotions, or to maintain a continuing bond, or to process the posttraumatic symptoms.

It was surprising to find that when participants were asked to indicate which dream themes of the deceased they had experienced, they indicated predominantly
positive dreams. Reporting having only negative dreams of the deceased was rare. Furthermore, it should be highlighted that those who reported remembering a negative dream of the deceased typically reported remembering a positive one too. These findings are consistent with Wright et al. (2013) who found pleasant dreams of the deceased were the most common, and those who had disturbing dreams frequently reported pleasant dreams too. This is thought provoking because dreams in general (Van de Castle, 1994) and especially those following trauma (Hartmann et al., 2001; Najam et al., 2006) tend to be negative. It suggests that dreams of the deceased are qualitatively different from both “ordinary” dreams and from posttraumatic dreams.

It was found in study 1 and 2 that those who had greater grief intensity were the ones who reported having a negative dream theme. This was not consistent with study 3 findings, and this was likely due to the change in dream themes asked about in study 3. However, Garfield (1996) has suggested that as healing takes place, dreams of the deceased may become more positive over time. Garfield based her theory on her clinical observation, rather than on systematic research. Therefore, longitudinal research is needed to investigate dream themes over time. For example, it may also be that as healing takes place, the bereaved person may simply stop having dreams.

It may be that greater grief intensity or greater posttraumatic symptoms will predict reporting a negative themed dream, as both variables are related (as seen in study 4). In hindsight, I regret not asking about dream themes in study 4. These were not included because I was being very careful to limit the number of questionnaires participants had to complete, as additional measures and dream reports had been added to the survey.
Moreover, dreams of the deceased need to be investigated in the context of the other dreams bereaved persons are having in the same time period. It may be that while having positive-themed dreams of the deceased, the bereaved person is having a more negative experience in their other dreams (without the deceased). If this is true, it would showcase even more how “special” dreams of the deceased truly are. Conversely, maybe all recalled dreams are positive in times of marked grief.

Investigating specific dream content and waking thoughts provided further understanding of the function of dreams of the deceased. There was evidence to support the idea that different types of dreams relate to the three proposed dream theory functions: attachment theory (related to attachment style and continuing bonds), emotion regulation theory (related to the comfort versus distress they give), and theory about recovery from trauma (related to posttraumatic symptoms).

Several researchers have suggested that having dreams about the deceased can be a continuing bond experience (Black, 2013; Conant, 1996; Field et al., 2013; Packman et al., 2011; Silverman & Nickman, 1996; Tyson-Rawson, 1996). Study 4 found that some dreams provided an opportunity for the bereaved person to feel connected, which supports the idea that these dreams function from an attachment theory model. What kind of dream content leads the dreamer to feel more connected to the deceased? Dreams that have positive affective tone and function like a continuing bond, such as dreaming of a positive connection to the deceased (e.g., physical interaction with the deceased; physical affection with the deceased; deceased speaking comforting words). The dreamer is less likely to feel connected to the deceased when there is negative affective tone and when the deceased is unwell in the dream. It should be noted that feeling connected to the
deceased was associated with comforting feelings when awake in both the most memorable dream ever and in the last month.

There is evidence that some dreams function as an attempt at emotion regulation, as dreams can be seen to provide comfort and distress while awake. Comforting emotions from the dreams can provide a break from the grief-related negative emotions. Distress from dreams may aid in regulating negative emotions (such as sadness) if an individual is avoiding the reality of the death and suppressing the associated feelings of it.

What dream content do dreamers find comforting? Dreamers found dreams that have greater positive dream content (e.g., positive affective tone; pleasant interactions; deceased speaking comforting words) and less negative dream content (e.g., negative affective tone; deceased being dead, dying or ill; searching and failing to find the deceased) to be more comforting. In a state of grief it may be difficult to regulate one’s emotional distress. Comforting dreams may aid in improving one’s emotional state in order to process the death in a more effective manner. Study 4 did find that comforting emotions from the dream was associated with posttraumatic growth, which suggests these comforting thoughts about dreams of the deceased are adaptive in the recovery process.

What dream content do dreamers find to be distressing? Dreamers found dreams that have greater negative dream content (e.g., negative affective tone; deceased being dead, dying or ill; deceased is in danger) and less positive dream content (e.g., positive affective tone; pleasant interactions with the deceased; deceased speaking comforting words) to be more distressing. Negative dream content may reflect emotion regulation, but it may also instead reflect posttraumatic intrusions.
There is evidence that the function of some dreams may be best described as an expression of posttraumatic symptoms. It was found that dreams that replayed (or reminded the dreamer of) any traumatic aspects of the death were associated with greater posttraumatic symptoms and feelings of guilt/blame. Additionally, some dreams were scored by both judges as being a PTSD-like dream, because they reenacted the actual trauma “My self and partner were riding a bicycle and at a level crossing a truck hits our bicycle, unfortunately my partner got in to serious head injury and passed away. The same incident came in my dream and awakened me.” Other dreams recreated a different version of the death: “I dreamed that I was hiding in the room when she hung herself. She was in a machine shop, which isn’t where she actually did it. I remember her playing a song, but I’m not sure which, on loop. She kicked a little ladder out from under her and after about 30 seconds her arms straightened and stiffened and she was twitching. It was awful.” Other dreams can be associated with the emotions of helplessness following the trauma: “I remember walking with my partner along a nondescript city street. All of a sudden that street became a marshland of sorts...we were holding hands and after a few steps he began to stammer. He was stuck in mud that was becoming like quicksand and all of a sudden I was on the other side of the forest not able to move toward him to help, though I could see him slowly sinking. I remember the feeling of desperation and helplessness and it was a feeling that permeated my thoughts completely.” Such dreams were strongly associated with distress during and after the dream, and experiencing less comfort during and after the dream. The dreamer was less likely to feel connected with the deceased after such a dream and more likely to have aspects of the traumatic death incorporated in the imagery.
A specific type of trauma dream that Garfield (1996) pointed out in her clinical observations was when the deceased invited the dreamer to join them in the “afterlife”. She called this dream theme ‘Deadly-Invitation’. She mentioned that this dream theme is important for those who work with a bereaved person to recognize, as it is an indication of severe depression and may indicate suicidal thoughts. However, this is based on her clinical observation and therefore may not be generalizable. This dream theme was rare in our coding of dreams, as only three dreams with this theme were deemed to be present. When investigating the posttraumatic symptoms of those who had this type of dream, it was found that two participants had very high scores on posttraumatic symptoms (3.89 and 3.50 on a scale from 0 to 4). The other participant score was lower on posttraumatic symptoms (2.06), but when reading over the dream submitted by the participant it was seen that their score was probably greater at the time of the dream. The participant reported that after this dream they were very scared by it and decided to seek help from a psychologist for their grief. If this person found the psychologist effective in their grief recovery, it would have reduced their posttraumatic symptoms from what it was at the time of the dream. Here is the dream reported by that person “I have nightmares and dream about her, that she is wanting me to come with her in a paradise and living together, she was saying, ‘I need you to be with me and you have to come soon to me anyhow and I will bring you here where I am, this place is good and we can live all life after death here and no one could bother us to make apart from each other’.” Although I only have three incidences of this type of dream it does support Garfield’s (1996) concern that such dreams merit clinical attention.
It should be noted that Hollan (1995) commented on this type of theme when investigating Toraja beliefs about death and the afterlife. In this culture there is a belief that if a dreamer is joining the deceased in the afterlife or is being abducted by the deceased to go to the afterlife, that it is a sign the bereaved person will die soon. This established cultural belief may reflect the general idea that those bereaved individuals are having a difficult time in their grief recovery. Hollan (1995) does state that these dreams are rare, which we found here.

My research on dream content has strength over other articles on the same topic. The problem with Garfield’s (1996) clinical observations and the work of others (including my own MA work in 2013) was there was only a single rater. This is the reason I wrote an article testing Garfield’s (1996) dream categories of the deceased. It was found that two coders could not get acceptable reliability with her categories (Black et al., 2016). As one can notice in the inter-rater reliability frequency tables here, there were many categories that could not be coded. Even categories that I thought were obvious like the deceased being happy or animals being present in the dream could not be reliably coded at times. This is why it is always very important to have more than one rater when doing any content analysis, whether of dreams or other qualitative material.

**Continuing Bonds**

Another goal of this research was related to the broad issue of whether continuing bonds are adaptive or maladaptive. There is debate as to whether having a continuing bond with the deceased assists or impedes the recovery process. Historically, grief theorists thought such bonds impede recovery because they involve avoiding the reality of the death (Rothaupt & Becker, 2007; Silverman & Klass, 1996; Stroebe et al., 1992),
but new bereavement theory suggests that such bonds assist in recovery (Klass et al., 1996; Rothaupt & Becker, 2007; Stroebe et al., 1992; Worden, 2009; Zisook & Shear, 2009). This theory states that part of what is involved in resolving grief is developing or reworking one’s model of connection with the deceased (Rothaupt & Becker, 2007; Silverman & Klass, 1996; Stroebe et al., 1992; Worden, 2009). This connection may aid in regulating grief-related emotions, and therefore, act as a grief-specific coping strategy.

There are many different types of continuing bonds and the research findings are mixed with specific continuing bonds being sometimes associated with greater grief intensity and other times not (Boelen et al., 2006; Field & Filanosky, 2010; Field, Nichols, Holen, & Horowitz, 1999; Ho et al., 2013). A step forward in the field occurred when Field and Filanosky (2010) found continuing bonds could be separated into two groups: internalized and externalized. This provided an opportunity to better understand continuing bonds in general, and whether they are adaptive in the recovery process. In their study, both types of continuing bonds were associated with greater grief intensity, but only internalized continuing bonds were associated with posttraumatic growth. Consistent with their findings, my research found both internalized and externalized continuing bonds to be associated with greater grief intensity, and this despite the variability in measurement. There was one exception: grief intensity did not independently predict experiencing externalized continuing bonds in study 4. The reason for this may have been the added measure of posttraumatic symptoms. The associated variance between posttraumatic symptoms and grief intensity took all the predictive value from grief intensity. This is an important new development in understanding the two types of continuing bonds. If these findings are replicated then internalized continuing...
bonds seem to be related to processing grief, whereas externalized are related to traumatic reactions to bereavement.

Despite this, it is still difficult to know whether or not the associations between continuing bonds and grief or trauma are adaptive. It may be that experiencing continuing bonds increases one’s grief, or it may be that when someone is grieving they turn to continuing bonds to cope. By understanding what variables predict both types of continuing bonds, it will be possible to better understand if continuing bonds are adaptive or not.

The bereaved person’s attachment style to the deceased was found in each of the four studies to predict continuing bonds. It is likely that people who are securely attached (specifically those with less attachment avoidance) are more likely to engage in internalized continuing bonds. Such engagement may be an effective way to regulate their grief-related emotions, as many of the items within internalized continuing bonds are positive in affect, whereas insecure attachment (specifically those with more attachment avoidance) is causing the bereaved person to experience externalized continuing bonds. This may be due to those with greater insecure attachment having issues regulating their emotions (Mikulincer & Shaver, 2010). Specifically, individuals greater on avoidance would cope by trying to suppress their emotions. With these qualities they are not going to readily engage in the kinds of deliberate actions that those who experience internalized continuing bonds do like “I shared fond memories with others about the deceased.”

Additionally, openness to experience was related to experiencing internalized continuing bonds. Individuals greater on openness to experience seem to be more open to
deliberately maintaining a bond with someone dead. This probably relates to them being more creative and unconventional in their ways. Further research should explore if any other personality variables predict continuing bonds. For example, the personality variable Emotionality from the HEXACO is related to feeling emotional bonds with others (Ashton, Lee, & de Vries, 2014). Emotionality may positively correlate to experiencing internalized continuing bonds, as many internalized continuing bond items are deliberate attempts to continue a bond with the deceased. Agreeableness from the HEXACO is related to a person’s ability to forgive and not get angry (Ashton et al., 2014). Agreeableness may negatively correlate with experiencing externalized continuing bonds, as externalized continuing bonds is related to more complicated grief. It can be seen in study 4 that anger at the deceased or others may complicate grief, as the blame/regret scale had a moderate positive correlation with posttraumatic symptoms.

In understanding if either types of continuing bonds are adaptive in the grief recovery process, it was found that both types of continuing bonds seemed to be adaptive as they both predicted posttraumatic growth. It was the deliberate rumination aspect of internalized continuing bonds that aided in posttraumatic growth, which is consistent with Tedeschi and Calhoun’s (2004) findings. Experiencing externalized continuing bonds predicted greater posttraumatic growth, which was not consistent with Field and Filanosky’s (2010) findings. The important difference between this study and Field and Filanosky’s (2010) study was the length of time since the death. The majority of Field and Filanosky’s (2010) participants experienced the death over two years earlier, with 42% of their sample being having experienced the death over five years earlier. It may be that experiencing externalized continuing bonds within the first two years are adaptive in
the recovery process, as it may aid in reducing the avoidance behavior and in regulating emotions (provide comfort or discomfort as required). In contrast, five years after bereavement experiencing externalized continuing bonds may more reflect a failure to recover from grief and be a sign of complicated grief. Since experiencing externalized bonds are predicted by traumatic symptoms and avoidant attachment, they should still be considered as a “red flag” for clinicians who work with bereaved persons, even though they may be associated with posttraumatic growth for some. Future research should examine this further by doing a longitudinal study that investigates continuing bond types over time to determine when externalized continuing bonds become less adaptive in the grief recovery process.

Further Limitations and Future Directions

There are a few additional limitations that should be taken into consideration. First, the sample did not likely represent the full range of distress that exists in the population. Within the screening questions and consent form I highlighted that the study may cause distress, and cautioned participants that if they are at a point in grieving in which they feel vulnerable, it was recommended that they do not participate in the study. Each study had bereaved persons decide not to participate after these warnings. It may be that those bereaved who are in extreme distress are having more negative dream content (as suggested in study 4). Specifically there may be greater frequency of the types of dreams where the deceased wants the dreamer to join them in the afterlife.

Second, the measure of continuing bonds was different in each study here and in Field and Filanosky (2010) and Ho et al. (2013). It seems impractical to continue to use slightly different items in each type of continuing bond. There does seem to be two types
of continuing bonds that people experience. Greater consistency by using a single measure will aid in moving the research forward. Study 4’s measure seems the most promising as it incorporated neutral and affective items in each component, and it was developed from three separate studies.

A third limitation is where the participants were recruited. People on MTurk participate in research primarily as a way to make money. As discussed earlier, this may have impacted the length of the dreams reported. Future research should examine the impact online studies have in the length of dreams reported. It may be that increased dream length provides more associations between attachment (avoidance and anxiety) and positive and negative dream content. Additionally, it is possible that not all participants on MTurk were truthful because of the greater perceived anonymity. For example, people may have fraudulently endorsed inclusion criteria to make money (as was found in a couple of cases), or they may be less conscientious with their responses. That said, many of the associations found in prior research were found in each of these studies, which suggests that this data collected from MTurk was comparable to that obtained by other methods.

Applications and Implications

This research on dreaming of the deceased should help those who work with bereaved persons to discuss the topic more openly with their clients. A frequent comment I hear from counsellors is that they do not feel equipped to handle questions from the bereaved about their dreams. Because of the lack of research and training they avoid bringing up the topic with their clients. The research here provides insight into some common questions bereaved persons have. For example, “why am I not having any
dreams of the deceased?” “why am I having negative dreams of the deceased?” and “is it common to have dreams of the deceased?”. By opening up discussion on dreams of the deceased with their clients, it can help normalize these experiences for their clients.

Additionally, this research should bring the topic of dreams of the deceased to the attention of the academic community. The research in this area is very limited, and it is my hope that this work promotes other researchers to investigate this topic further.

This research on continuing bonds should also help those who work with bereaved persons to better understand continuing bonds, and how they may be adaptive in their client’s recovery process. In my experience it is common practice for those who work with bereaved persons to promote continuing bonds. This is despite the worrisome fact that continuing bonds are highly associated with grief intensity. Those who work with bereaved persons can feel a bit more confident in the promotion of internalized continuing bonds in the recovery process. More research is still needed in this area to further understand the role of externalized continuing bonds in recovery. If the finding of a correlation of externalized continuing bonds with posttraumatic growth is replicated, then they may be adaptive in the short term. Nonetheless, the presence of externalized continuing bonds is a sign that the person is either experiencing traumatic grief and/or has a problematic attachment to the deceased.
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Appendix A

Study 1 Certificate of Ethics Clearance

Brock University
Research Ethics Office
Tel: 905-688-5550 ext. 3035
Email: reb@brocku.ca

Social Science Research Ethics Board

Certificate of Ethics Clearance for Human Participant Research

DATE: 11/4/2015
PRINCIPAL INVESTIGATOR: BELICKI, Kathy - Psychology
FILE: 15-070 - BELICKI
TYPE: Ph.D.
STUDENT: Joshua Black
SUPERVISOR: Kathy Belicki
TITLE: Grief Experiences After the Death of Your Romantic Partner or Spouse

ETHICS CLEARANCE GRANTED

Type of Clearance: NEW
Expiry Date: 11/30/2016

The Brock University Social Science Research Ethics Board has reviewed the above named research proposal and considers the procedures, as described by the applicant, to conform to the University’s ethical standards and the Tri-Council Policy Statement. Clearance granted from 11/4/2015 to 11/30/2016.

The Tri-Council Policy Statement requires that ongoing research be monitored by, at a minimum, an annual report. Should your project extend beyond the expiry date, you are required to submit a Renewal form before 11/30/2016. Continued clearance is contingent on timely submission of reports.

To comply with the Tri-Council Policy Statement, you must also submit a final report upon completion of your project. All report forms can be found on the Research Ethics web page at http://www.brocku.ca/research/policies-and-forms/research-forms.

In addition, throughout your research, you must report promptly to the REB:

a) Changes increasing the risk to the participant(s) and/or affecting significantly the conduct of the study;
b) All adverse and/or unanticipated experiences or events that may have real or potential unfavourable implications for participants;
c) New information that may adversely affect the safety of the participants or the conduct of the study;
d) Any changes in your source of funding or new funding to a previously unfunded project.

We wish you success with your research.

Approved:

[Signature]
Kimberly Maich, Chair
Social Science Research Ethics Board

Note: Brock University is accountable for the research carried out in its own jurisdiction or under its auspices and may refuse certain research even though the REB has found it ethically acceptable.

If research participants are in the care of a health facility, at a school, or other institution or community organization, it is the responsibility of the Principal Investigator to ensure that the ethical guidelines and clearance of those facilities or institutions are obtained and filed with the REB prior to the initiation of research at that site.
Certificate of Ethics Clearance for Human Participant Research

DATE: December 4, 2015

PRINCIPAL INVESTIGATOR: BElecki, Kathy - Psychology

FILE: 15-070 - BElecki

TYPE: Ph. D.

STUDENT: Joshua Black

SUPERVISOR: Kathy Belicki

TITLE: Grief Experiences After the Death of Your Romantic Partner or Spouse

ETHICS CLEARANCE GRANTED

Type of Clearance: MODIFICATION

Expiry Date: 11/30/2016

The Brock University Social Sciences Research Ethics Board has reviewed the above named research proposal and considers the procedures, as described by the applicant, to conform to the University’s ethical standards and the Tri-Council Policy Statement.

Modification: Additional questions

The Tri-Council Policy Statement requires that ongoing research be monitored by, at a minimum, an annual report. Should your project extend beyond the expiry date, you are required to submit a Renewal form before 11/30/2016. Continued clearance is contingent on timely submission of reports.

To comply with the Tri-Council Policy Statement, you must also submit a final report upon completion of your project. All report forms can be found on the Research Ethics web page at http://www.brocku.ca/research/policies-and-forms/research-forms.

In addition, throughout your research, you must report promptly to the REB:

a) Changes increasing the risk to the participant(s) and/or affecting significantly the conduct of the study;

b) All adverse and/or unanticipated experiences or events that may have real or potential unfavourable implications for participants;

c) New information that may adversely affect the safety of the participants or the conduct of the study;

d) Any changes in your source of funding or new funding to a previously unfunded project.

We wish you success with your research.

Approved:

_________________________
Kimberly Maich, Chair
Social Sciences Research Ethics Board

Note: Brock University is accountable for the research carried out in its own jurisdiction or under its auspices and may refuse certain research even though the REB has found it ethically acceptable.

If research participants are in the care of a health facility, at a school, or other institution or community organization, it is the responsibility of the Principal Investigator to ensure that the ethical guidelines and clearance of those facilities or institutions are obtained and filed with the REB prior to the initiation of research at that site.
Study 2 Certificate of Ethics Clearance

Brock University
Research Ethics Office
Tel: 905-688-5550 ext. 3035
Email: reb@brocku.ca

Social Science Research Ethics Board

Certificate of Ethics Clearance for Human Participant Research

DATE: 1/14/2016
PRINCIPAL INVESTIGATOR: BELICIK, Kathy - Psychology
CO-INVESTIGATOR(S): Joshua Black
FILE: 15-175 - BELICIK
TYPE: Undergraduate STUDENT: Jessica Emberly-Ralph
SUPERVISOR: Kathy Belicki
TITLE: Grief Experiences After the Death of Your Dog [Cat]

ETHICS CLEARANCE GRANTED
Type of Clearance: NEW Expiry Date: 1/31/2017

The Brock University Social Science Research Ethics Board has reviewed the above named research proposal and considers the procedures, as described by the applicant, to conform to the University's ethical standards and the Tri-Council Policy Statement. Clearance granted from 1/14/2016 to 1/31/2017.

The Tri-Council Policy Statement requires that ongoing research be monitored by, at a minimum, an annual report. Should your project extend beyond the expiry date, you are required to submit a Renewal form before 1/31/2017. Continued clearance is contingent on timely submission of reports.

To comply with the Tri-Council Policy Statement, you must also submit a final report upon completion of your project. All report forms can be found on the Research Ethics web page at http://www.brocku.ca/research/policies-and-forms/research-forms.

In addition, throughout your research, you must report promptly to the REB:
  a) Changes increasing the risk to the participant(s) and/or affecting significantly the conduct of the study;
  b) All adverse and/or unanticipated experiences or events that may have real or potential unfavourable implications for participants;
  c) New information that may adversely affect the safety of the participants or the conduct of the study;
  d) Any changes in your source of funding or new funding to a previously unfunded project.

We wish you success with your research.

Approved: ___________________________

Kimberly Maich, Chair
Social Science Research Ethics Board

Note: Brock University is accountable for the research carried out in its own jurisdiction or under its auspices and may refuse certain research even though the REB has found it ethically acceptable.

If research participants are in the care of a health facility, at a school, or other institution or community organization, it is the responsibility of the Principal Investigator to ensure that the ethical guidelines and clearance of those facilities or institutions are obtained and filed with the REB prior to the initiation of research at that site.
### Study 3 Certificate of Ethics Clearance

#### Brock University
Research Ethics Office
Tel: 905-688-5550 ext. 3035
Email: reb@brocku.ca

Social Science Research Ethics Board

Certificate of Ethics Clearance for Human Participant Research

**DATE:** 1/9/2017

**PRINCIPAL INVESTIGATOR:** BELICKI, Kathy - Psychology

**CO-INVESTIGATOR(S):** Joshua Black (Josh.black2@brocku.ca)

**FILE:** 16-166 - BELICKI

**TYPE:** Faculty Research

**STUDENT:** Aubrey McCann

**SUPERVISOR:** Kathy Belicki

**TITLE:** Experiences After a Miscarriage

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**ETHICS CLEARANCE GRANTED**

**Type of Clearance:** NEW

**Expiry Date:** 1/31/2018

The Brock University Social Science Research Ethics Board has reviewed the above named research proposal and considers the procedures, as described by the applicant, to conform to the University’s ethical standards and the Tri-Council Policy Statement. Clearance granted from 1/9/2017 to 1/31/2018.

The Tri-Council Policy Statement requires that ongoing research be monitored by, at a minimum, an annual report. Should your project extend beyond the expiry date, you are required to submit a Renewal form before 1/31/2018. Continued clearance is contingent on timely submission of reports.

To comply with the Tri-Council Policy Statement, you must also submit a final report upon completion of your project. All report forms can be found on the Research Ethics web page at http://www.brocku.ca/research/policies-and-forms/research-forms.

In addition, throughout your research, you must report promptly to the REB:

- Changes increasing the risk to the participant(s) and/or affecting significantly the conduct of the study;
- All adverse and/or unanticipated experiences or events that may have real or potential unfavourable implications for participants;
- New information that may adversely affect the safety of the participants or the conduct of the study;
- Any changes in your source of funding or new funding to a previously unfunded project.

We wish you success with your research.

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**Approved:**

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**Ann-Marie DiBlase, Chair**
Social Science Research Ethics Board

**Note:** Brock University is accountable for the research carried out in its own jurisdiction or under its auspices and may refuse certain research even though the REB has found it ethically acceptable.

If research participants are in the care of a health facility, at a school, or other institution or community organization, it is the responsibility of the Principal Investigator to ensure that the ethical guidelines and clearance of those facilities or institutions are obtained and filed with the REB prior to the initiation of research at that site.
Study 4 Certificate of Ethics Clearance

Brock University
Research Ethics Office
Tel: 905-688-5550 ext. 3035
Email: reb@brocku.ca

Social Science Research Ethics Board

Certificate of Ethics Clearance for Human Participant Research

DATE: 11/17/2017
PRINCIPAL INVESTIGATOR: BELICKI, Kathy - Psychology
FILE: 17-106 - BELICKI
TYPE: Faculty Research
STUDENT: Joshua Black
SUPERVISOR: Kathy Belicki
TITLE: Grief and Dream Experiences After the Death of Your Romantic Partner or Spouse

ETHICS CLEARANCE GRANTED
Type of Clearance: NEW
Expiry Date: 11/1/2018

The Brock University Social Science Research Ethics Board has reviewed the above named research proposal and considers the procedures, as described by the applicant, to conform to the University's ethical standards and the Tri-Council Policy Statement. Clearance granted from 11/17/2017 to 11/1/2018.

The Tri-Council Policy Statement requires that ongoing research be monitored by, at a minimum, an annual report. Should your project extend beyond the expiry date, you are required to submit a Renewal form before 11/1/2018. Continued clearance is contingent on timely submission of reports.

To comply with the Tri-Council Policy Statement, you must also submit a final report upon completion of your project. All report forms can be found on the Research Ethics web page at http://www.brocku.ca/research/policies-and-forms/research-forms.

In addition, throughout your research, you must report promptly to the REB:
   a) Changes increasing the risk to the participant(s) and/or affecting significantly the conduct of the study;
   b) All adverse and/or unanticipated experiences or events that may have real or potential unfavourable implications for participants;
   c) New information that may adversely affect the safety of the participants or the conduct of the study;
   d) Any changes in your source of funding or new funding to a previously unfunded project.

We wish you success with your research.

Approved:

Ann-Marie DiBiase, Chair
Social Science Research Ethics Board

Note: Brock University is accountable for the research carried out in its own jurisdiction or under its auspices and may refuse certain research even though the REB has found it ethically acceptable.

If research participants are in the care of a health facility, at a school, or other institution or community organization, it is the responsibility of the Principal Investigator to ensure that the ethical guidelines and clearance of those facilities or institutions are obtained and filed with the REB prior to the initiation of research at that site.
Appendix B

Study 1 Letter of Invitation and Initial Posting

Initial MTurk Posting:

Title: Survey about the grief experiences after the death of your romantic partner or spouse

Description: Complete a psychological survey on the behaviours, emotions, thinking, and social support that is associated with loss of a spouse or romantic partner.

Letter of Invitation (This is the more detailed description of study shown to participants who indicate they want to consider accepting the HIT):

You are invited to participate in a study called “Grief Experiences After the Death of Your Romantic Partner or Spouse” that most people can complete in 15-20 minutes. This research study involves assessing the behavior, emotions, and thinking that is associated with loss. To participate you must be an English speaking individual who is 18 years or older. Additionally, you must have experienced the death of a romantic partner or spouse within the last 12 to 24 months. You will be asked to recall your relationship with your romantic partner or spouse that has passed away and answer questions about your grief experiences. If you are at a point in your grief in which you feel vulnerable, it is recommended that you do not participate in this study. If you complete the survey, payment will be $2.50 US for the HIT within 48 hours after completing the session, which gives us time to check your verification code. This code will be found at the bottom of the feedback form at the end of the survey. If you do not complete the survey we will not be able to use your data or pay you.

If you accept the HIT you will be first asked a couple of screening questions to ensure that you meet the requirements for the study. Note: You will not be paid for answering these screening questions—they should take less than a minute of your time. If you do not meet these, we will be having more studies in the future that may be of interest to you.
Study 2 Letter of Invitation and Initial Posting

Note: To simplify data collection, two separate studies will be posted on MTurk—one for death of cat, one for death of dog. Depending on which study the participant is entering the wording throughout will say either “dog” or “cat”.

**Initial MTurk Posting:**

Title: Survey about the grief experiences after the death of your dog [cat]

Description: Complete a psychological survey on the behaviours, emotions, thinking, and social support that is associated with loss of a dog [cat].

**Letter of Invitation (This is the more detailed description of study shown to participants who indicate they want to consider accepting the HIT):**

You are invited to participate in a study called “Grief Experiences After the Death of Your Dog [Cat]” that most people can complete in 20 minutes. This research study involves assessing the behavior, emotions, thinking, and social support that is associated with the loss of a dog [cat]. To participate you must be an English speaking individual who is 18 years or older. Additionally, you must have experienced the death of a dog [cat] in the past 6 months but not the last week, and not lost any other animal in the same period. You will be asked to recall your relationship with your dog [cat] that has passed away and answer questions about your grief experiences. If you are at a point in your grief in which you feel vulnerable, it is recommended that you do not participate in this study. If you complete the survey, payment will be $2.50 US for the HIT within 48 hours after completing the session, which gives us time to check your verification code. This code will be found at the bottom of the feedback form at the end of the survey. If you do not complete the survey we will not be able to use your data or pay you.

If you accept the HIT you will be first asked a couple of screening questions to ensure that you meet the requirements for the study. **Note: You will not be paid for answering these screening questions—they should take less than a minute of your time.** If you do not meet these, we will be having more studies in the future that may be of interest to you.
Initial MTurk Posting:

**Title:** Survey about the experiences of mothers who have experienced the miscarriage of a baby [Survey about the experiences of people whose wife or romantic partner has lost a baby through miscarriage]

**Description:** Complete a psychological survey on the behaviors, emotions, thoughts, social support, and dreams during sleep that are associated with miscarriage

**Letter of Invitation (This is the more detailed description of study shown to participants who indicate they want to consider accepting the HIT):**

You are invited to participate in a study called “Experiences After a Miscarriage” that most people can complete in about 20 minutes. This research study involves assessing the behavior, emotions, thinking, social support, and dreams during sleep that are associated with the experience of miscarriage. To participate you must be an English-speaking individual who is 18 years or older. Additionally, you must have experienced a miscarriage [your partner must have experienced a miscarriage] in the past year. You will be asked to answer questions about your experiences including your experience of grief.

If you are at a point in grieving in which you feel vulnerable, it is recommended that you do not participate in this study.

If you complete the survey, a payment of $2.50 US for the HIT will be made within 48 hours after completing the session, which gives us time to check your verification code. This code will be found at the bottom of the feedback form at the end of the survey. If you do not complete the survey we will not be able to use your data or pay you.

If you accept the HIT you will be first asked a couple of screening questions to ensure that you meet the requirements for the study. Note: You will not be paid for answering these screening questions—they should take less than a minute of your time. You may want to complete these before accepting the HIT.

**IMPORTANT NOTE:** To prevent the possibility that you will complete the survey and then return to find that all the HITS have been claimed, we would encourage you to accept the HIT before completing the full survey. That way you can be certain that the HIT is still available when you finish the survey. (You could also accept before even doing the screening questions, but should you not qualify, you would then have to return the HIT.) Be sure to open the survey link in a new page and leave this page open until you finish the survey and submit the confirmation code.

Make sure to leave this window open as you complete the survey. When you are finished, you will return to this page to paste the code into the box.
Study 4 Letter of Invitation and Initial Posting

Initial MTurk Posting:

Title: Survey about grief and dream experiences after the death of your romantic partner or spouse

Description: Complete a psychological survey on the behaviors, emotions, thoughts, and dreams during sleep that are associated with the death of your spouse or romantic partner (with whom you lived)

Letter of Invitation (This is the more detailed description of study shown to participants who indicate they want to consider accepting the HIT):

You are invited to participate in a study called “Grief and Dream Experiences After the Death of a Partner or Spouse” that most people can complete in about 20 minutes. This research study involves assessing the behavior, emotions, thinking, and dreams during sleep that are associated with the experience of the death of your spouse or romantic partner (with whom you lived). To participate you must be an English-speaking individual who is 18 years or older and who has experienced the death of your spouse or romantic partner (with whom you lived) within the last 6 to 24 months. Additionally, participants will need to be able to remember a dream of their romantic partner or spouse since the death. You will be asked to recall your relationship with your romantic partner or spouse that has died and answer questions about your grief experiences.

If you are at a point in grieving in which you feel vulnerable, it is recommended that you do not participate in this study.

If you complete the survey, a payment of $2.50 US for the HIT will be made within 48 hours after completing the session, which gives us time to check your verification code. This code will be found at the bottom of the feedback form at the end of the survey. If you do not complete the survey we will not be able to use your data or pay you.

If you accept the HIT you will be first asked a few short screening questions to ensure that you meet the requirements for the study. Note: You will not be paid for answering these screening questions—they should take less than a minute of your time. You may want to complete these before accepting the HIT.

IMPORTANT NOTE: To prevent the possibility that you will complete the survey and then return to find that all the HITS have been claimed, we would encourage you to accept the HIT before completing the full survey. That way you can be certain that the HIT is still available when you finish the survey. (You could also accept before even doing the screening questions, but should you not qualify, you would then have to return the HIT.) Be sure to open the survey link in a new page and leave this page open until you finish the survey and submit the confirmation code.
Make sure to leave this window open as you complete the survey. When you are finished, you will return to this page to paste the code into the box.
Appendix C

Study 1 Screening Questionnaire

Has someone(s) you know passed away in the last few years? Yes____ No _____

If they said yes, they were presented the next question; if no, they were given the following message:
Thank you for your interest in our survey. Unfortunately, you do not qualify. However, we will have more studies in the future that may be of interest to you.

What was your relation to this individual(s)? Please select the closest description and if more than one has passed away, please check all that apply.

___ Acquaintance
___ Friend
___ Romantic Partner or Spouse
___ Parent
___ Sibling
___ Child
___ Other Family Member
___ Other

If they selected romantic partner or spouse they went on to the next question; otherwise they received the message about not qualifying:
Thank you for your interest in our survey. Unfortunately, you do not qualify as this study is only investigating romantic partner or spouse relations. However, we will have more studies in the future that may be of interest to you.

In terms of the romantic partner or spouse, when did this person pass away?
___ In the last 6 months
___ More than 6 but less than 12 months
___ In the prior 12 to 24 months
___ More than 24 months ago

If they indicated 12 to 24 they were sent to the consent form; if they endorsed any other option, they received the message about not qualifying:
Thank you for your interest in our survey. Unfortunately, you do not qualify as the loss needs to be in the prior 12 to 24 months. However, we will have more studies in the future that may be of interest to you.
Study 2 Screening Questionnaire

In your life have you experienced the death of a pet? Yes_____ No _____

*If they said yes, they were presented the next question; if no, they were given the following message:*

Thank you for your interest in our survey. Unfortunately, you do not qualify as this study is only investigating pet loss. However, we will have more studies in the future that may be of interest to you.

If yes, what type(s) of pet have you lost? (Check all that apply)

___ Horse
___ Dog
___ Bird
___ Cat
___ Fish
___ Other small mammal (e.g., hamster, guinea pig, rabbit)
___ Other large mammal (e.g., goat, sheep)
___ Other

*If they selected dog or cat (depending on study) they went on to the next question; otherwise they received the message about not qualifying:*

Thank you for your interest in our survey. Unfortunately, you do not qualify as this study is only investigating the loss of a dog [cat]. However, we will have more studies in the future that may be of interest to you.

If at this time you are feeling particularly fragile about your loss, and you think it might upset you too much to answer questions about your loss, we would suggest that you do not participate in this study. In the future, there will be other studies from our research group addressing bereavement and other trauma that you can consider participating in if you so choose.

___ Upon reflection this is not a good time for me to be in the study.

___ I still would like to be in the study if I qualify.

*If they selected the second option, they went on to the next question. If they selected the first, they received the following message:*

Thank you so much for your interest in our study and our condolences on your loss. We will have more studies in the future that may be of interest to you.

If you are feeling very badly, we strongly encourage you to contact any of the community resources below:

1. 911 for immediate emergency help
2. Your local emergency department
3. Your primary health care doctor/provider
4. A local crisis counseling service to be found in the phone book or online. Many phone books include numbers for distress call-in lines on the inside cover of within a few pages of the beginning of the book.

Please focus on the death of your dog [cat]. If you have lost more than one dog [cat], please focus on the most recent loss. When did that dog [cat] die?

___ In the last week
___ In the last 1 week to 3 months
___ In the last 3 to 6 months
___ In the last 6 months to a year
___ More than a year ago

If they indicated in the last 1 week to 3 months or last 3 to 6 months, they were sent to the next question; if they endorsed any other option, they received the message about not qualifying:

Thank you for your interest in our survey. Unfortunately, you do not qualify as the loss needs to be in within 1 week to 6 months. However, we will have more studies in the future that may be of interest to you.

Have you lost any other animals in the prior year?

___ No
___ Yes, in the last week
___ Yes, in the last 1 week to 3 months
___ Yes, in the last 3 to 6 months
___ Yes, in the last 6 months to a year

If they indicated “no” or “Yes, in the last 6 months to a year”, they were sent to the consent form; if they endorsed any other option, they received the message about not qualifying:

Thank you for your interest in our survey. Unfortunately, you do not qualify as we need participants who have lost only one animal in the prior 6 months. However, we will have more studies in the future that may be of interest to you.
Study 3 Screening Questionnaire

1. Have you [has your partner] ever experienced a miscarriage? Yes___ No ___

*If they said yes, they were presented the next question; if no, they were given the following message:*
Thank you for your interest in our survey. Unfortunately, you do not qualify as this study is only investigating miscarriage.

2. When did you experience the miscarriage? If you have experienced more than one, please focus on the most recent.
   ___ In the last week
   ___ In the last 1 week to 6 months
   ___ In the last 6 months to a year
   ___ More than a year ago

*If they indicated any of the first three options, they were sent to the next question; if they endorsed “More than a year ago”, they received this message about not qualifying:*
Thank you for your interest in our survey. Unfortunately, you do not qualify as the loss needs to be within the last year.

3. If at this time, you are feeling particularly fragile about your loss, and you think it might upset you too much to answer questions about your loss, we would suggest that you do not participate in this study.
   ___ Upon reflection this is not a good time for me to be in the study.
   ___ I still would like to be in the study.

*If they selected the second option, they went on to the consent form. If they selected the first, they received the following message:*
Thank you so much for your interest in our study and our condolences on your loss.

If you are feeling very badly, we strongly encourage you to contact any of the community resources below:
1. 911 for immediate emergency help
2. Your local emergency department
3. Your primary health care doctor/provider
4. A local crisis counseling service to be found in the phone book or online. Many phone books include numbers for distress call-in lines on the inside cover of within a few pages of the beginning of the book.
Study 4 Screening Questionnaire

1. Have you ever had a spouse or romantic partner (with whom you lived) die? Yes___ No ___

*If they said yes, they were presented the next question; if no, they were given the following message:*
Thank you for your interest in our survey. Unfortunately, you do not qualify as this study is only investigating grief following the death of a spouse or romantic partner (with whom you lived).

2. When did you experience the death of your romantic partner or spouse? If you have experienced more than one, please focus on the most recent.
   ___ Less than 6 months ago
   ___ In the last 6 months to 12 months
   ___ In the last 12 months to 24 months
   ___ In the last 24 months to 48 months
   ___ More than 48 months ago

*If they indicated “in the last 6 months to 12 months” or “in the last 12 months to 24 months”, they were sent to the next question; if they endorsed “Less than 6 months ago”, “in the last 24 to 48 months”, or “More than 48 months ago”, they received this message about not qualifying:*
Thank you for your interest in our survey. Unfortunately, you do not qualify as the loss needs to be within the last 6 to 24 months.

3. Have you ever had a dream (during sleep) of your romantic partner or spouse after they died? Yes _____ No_______

*If they said yes, they were presented the next question; if no, they were given the following message:*
Thank you for your interest in our survey. Unfortunately, you do not qualify as this study is investigating dreams of your romantic partner or spouse.

4. Can you recall the details of a dream of your romantic partner or spouse after they died?
   Yes _____ No_______

Are you willing to share a description of that dream with us? Yes_____ No_______

*If they said yes to both questions, they were presented the next question; if they said no to either question, they were given the following message:*
Thank you for your interest in our survey. Unfortunately, you do not qualify for this because we need participants who are willing and able to share the details of a dream.
5. If at this time, you are feeling particularly fragile about your loss, and you think it might upset you too much to answer questions about your loss, we would suggest that you do not participate in this study.

___ Upon reflection this is *not* a good time for me to be in the study.

___ I still would like to be in the study.

*If they selected the second option, they went on to the consent form. If they selected the first, they received the following message:*  
*Thank you so much for your interest in our study and our condolences on your loss.*

If you are feeling very badly, we strongly encourage you to contact any of the community resources below:

1. 911 for immediate emergency help
2. Your local emergency department
3. Your primary health care doctor/provider
4. A local crisis counseling service to be found in the phone book or online. Many phone books include numbers for distress call-in lines on the inside cover of within a few pages of the beginning of the book.
Appendix D

Study 1 Consent Form

Please read this form carefully and then indicate at the end whether or not you consent to participate in the study.

Project Title: Grief Experiences After the Death of Your Romantic Partner or Spouse
Principal Investigator (PI): Kathy Belicki (Professor)
Principal Student Investigator: Joshua Black (PhD Student)
Department: Psychology
Brock University: 905 688 5550 Ext: 5456, Josh.black2@brocku.ca or Ext: 3873, kbelicki@brocku.ca

INVITATION
You are invited to participate in a study called “Grief Experiences After the Death of Your Romantic Partner or Spouse”. This research study involves assessing the behavior, emotions, and thinking that is associated with loss. To participate you must be an English speaking individual who is 18 years or older. Additionally, you must have experienced the death of a romantic partner or spouse within the last 12 to 24 months. You will be asked to recall your relationship with your romantic partner or spouse that has passed away and answer questions about your grief. If you are at a point in your grief in which you feel vulnerable, it is recommended that you do not participate in this study.

WHAT IS INVOLVED
As a participant, you will fill out a survey that collects data on demographic variables, grief experiences, your attachment to your partner before they died, and your personality. The time needed to answer the survey should be approximately 15-20 minutes. If you complete the survey, a payment will be made of $2.50 US for the HIT (survey) within 48 hours after completing the session, which gives us time to check your confirmation/verification code.

After you have completed the survey, you will receive your confirmation/verification code at the end of the feedback form. You will use this code to claim your payment for the HIT (survey) back on Mechanical Turk. If you withdraw from or do not complete the survey we will not be able to use your data or pay you. However, if you wish, you may contact us at Josh.black2@brocku.ca and we will send you a feedback form that further explains the purpose behind this research and some resources you might wish to use if you are feeling upset or distressed from answering the questions.

VOLUNTARY PARTICIPATION
Participation in this survey is completely voluntary, which means you may choose not to participate or withdraw at any time by closing the browser window that contains the survey. If you withdraw, your data will not be used in our analyses and they will be deleted from the database. However, as an alternative option, for any question you may check the box “Prefer Not To Say” and continue on through the survey in order to get
paid. We encourage you to choose that option if for any reason you do not want to answer a question but still want to complete the survey.

FEEDBACK

Feedback about this study will be available from Joshua Black by April 2016. If you would like feedback about the results, please email Joshua Black at Josh.black2@brocku.ca. Results of this study may be published in professional journals and presented at conferences.

POTENTIAL BENEFITS AND RISKS

The indirect benefits of participation include the experience of taking part in psychological research and knowing that you are contributing to the broader scientific community and society as a whole by helping us increase our understanding of the grieving process. The only anticipated risk associated with participation in this study is that you may feel discomfort. This discomfort may arise due to some questions focusing on remembering the relationship with your partner before they died and about your grief experience after they died. Please remember, if this should occur, you may withdraw from the study at any time or continue in the study but decline to answer questions you would rather not answer by checking the box “Prefer Not to Say”. Should you withdraw from the survey, if you contact Josh.black2@brocku.ca he will send you a feedback form that explains in more detail the purposes of the study and suggests resources you might access if you feel upset. If you complete this study, you will be given this information in the last page of the survey.

CONFIDENTIALITY

The questionnaire was created on an online survey builder called Qualtrics. Under the terms of use, the data we collect through Qualtrics will be treated with the upmost privacy and confidentiality. We also retain the ownership to all the data collected through Qualtrics. Thus, all the information you provide is considered confidential. We also will not have any identifying data because participants will be known only through their ID number assigned to them by Amazon Mechanical Turk. Although Amazon Mechanical Turk may store data that indicates whether you have completed this HIT (survey), this information is not linked to your responses. In addition, once data collection is complete and transferred to our lab, all the data that relates to this research will be purged from the Qualtrics servers.

Qualtrics is housed on a US server and is subject to Homeland Security or the Patriot Act in the United States.

The questionnaire data will be secured in our university laboratory under password-protected computers and only used for research by a doctoral student researcher (Joshua Black) who is supervised by a university professor (Kathy Belicki). The American Psychological Association guidelines require that we keep the electronic data files to permit researchers to refer back to the data if possible errors in the analyses are detected,
to reanalyze the data to gain further understanding of the variables measured, or to allow further clarification of the data if required after publication. After ten years following publication, the data will be securely wiped off the computers in our laboratory. Moreover, because our interest is in the average response of the entire group of participants, your responses will not be individually discussed in any written reports for this research. Only group data will be published and/or presented at conferences.

CONTACT INFORMATION AND ETHICS CLEARANCE
This study has received ethics clearance through the Research Ethics Board of our university. If you have any questions or concerns about this study, please email us or call us through the contact information posted at the top of this page. Participants also may contact the Research Ethics Office at Brock University at 905 688-5550 x3035 or REB@brocku.ca (REB file number 15-070 - BELICKI) if you have any questions about your rights as research participants. We urge you to print or save a copy of this consent form for your records.

If you agree to take part in this survey, please click on the “I Agree” tab at the bottom of the screen.

Thank you very much for participating in this research.
Study 2 Consent Form

You qualify to participate in this study. Please read this form carefully and then indicate at the end whether or not you consent to participate in the study.

Project Title: Grief Experiences After the Death of Your Dog [Cat]
Principal Investigator (PI): Kathy Belicki, PhD
Principal Student Investigator: Jessica Emberley-Ralph
Co-Investigator: Joshua Black, MA
Department: Psychology
Brock University: 905 688 5550 Ext: 5456, Josh.black2@brocku.ca or 905 688 5550 Ext: 3873, kbelicki@brocku.ca

INVITATION
You are invited to participate in a study called “Grief Experiences After the Death of Your Dog [Cat]”. This research study involves assessing the behavior, emotions, thinking, and social support that is associated with loss. To participate you must be an English speaking individual who is 18 years or older. Additionally, you must have experienced the death of a dog [cat] in the past 6 months but not the last week. You will be asked to recall your relationship with your dog [cat] that has passed away and answer questions about your grief. If you are at a point in your grief in which you feel vulnerable, it is recommended that you do not participate in this study.

WHAT IS INVOLVED
As a participant, you will fill out a survey that collects data on demographic variables, grief experiences, your attachment to your dog [cat] before he or she died, and your personality. The time needed to answer the survey should be approximately 20 minutes. If you complete the survey, a payment will be made of $2.50 US for the HIT (survey) within 48 hours after completing the session, which gives us time to check your confirmation/verification code.

After you have completed the survey, you will receive your confirmation/verification code at the end of the feedback form. You will use this code to claim your payment for the HIT (survey) back on Mechanical Turk. If you withdraw from or do not complete the survey we will not be able to use your data or pay you. However, if you wish, you may contact us at Josh.black2@brocku.ca and we will send you a feedback form that further explains the purpose behind this research and some resources you might wish to use if you are feeling upset or distressed from answering the questions.

VOLUNTARY PARTICIPATION
Participation in this survey is completely voluntary, which means you may choose to not participate or to withdraw at any time by closing the browser window that contains the survey. If you withdraw, your data will not be used in our analyses and they will be deleted from the database. However, as an alternative option, for any question you may check the box “Prefer Not To Say” and continue on through the survey in order to get
paid. We encourage you to choose that option if for any reason you do not want to answer a question but still want to complete the survey.

FEEDBACK

Feedback about this study will be available from Joshua Black by June 2016. If you would like feedback about the results, please email Joshua Black at Josh.black2@brocku.ca. Results of this study may be published in professional journals and presented at conferences.

POTENTIAL BENEFITS AND RISKS
The indirect benefits of participation include the experience of taking part in psychological research and knowing that you are contributing to the broader scientific community and society as a whole by helping us increase our understanding of the grieving process. The only anticipated risk associated with participation in this study is that you may feel discomfort. This discomfort may arise due to some questions focusing on remembering the relationship with your dog [cat] before they died and about your grief experience after she or he died. Please remember, if this should occur, you may withdraw from the study at any time or continue in the study but decline to answer questions you would rather not answer by checking the box “Prefer Not to Say”. Should you withdraw from the survey, if you contact Josh.black2@brocku.ca he will send you a feedback form that explains in more detail the purposes of the study and suggests resources you might access if you feel upset. If you complete this study, you will be given this information in the last page of the survey.

CONFIDENTIALITY
The questionnaire was created on an online survey builder called Qualtrics. Under the terms of use, the data we collect through Qualtrics will be treated with the upmost privacy and confidentiality. We also retain the ownership to all the data collected through Qualtrics. Thus, all the information you provide is considered confidential. We also will not have any identifying data because participants will be known only through their ID number assigned to them by Amazon Mechanical Turk. Although Amazon Mechanical Turk may store data that indicates whether you have completed this HIT (survey), this information is not linked to your responses. In addition, after data collection is complete and transferred to our lab, all the data that relates to this research will be purged from the Qualtrics servers.

Qualtrics is housed on a US server and is subject to Homeland Security or the Patriot Act in the United States.

The questionnaire data will be secured in our university laboratory under password-protected computers and only used for research by an undergraduate student researcher (Jessica Emberley-Ralph), and a doctoral student researcher (Joshua Black) who are supervised by a university professor (Kathy Belicki). The American Psychological Association guidelines require that we keep the electronic data files to permit researchers
to refer back to the data if possible errors in the analyses are detected, to reanalyze the data to gain further understanding of the variables measured, or to allow further clarification of the data if required after publication. After ten years following publication, the data will be securely wiped off the computers in our laboratory. Moreover, because our interest is in the average response of the entire group of participants, your responses will not be individually discussed in any written reports for this research. Only group data will be published and/or presented at conferences.

CONTACT INFORMATION AND ETHICS CLEARANCE
This study has received ethics clearance through the Research Ethics Board of our university. If you have any questions or concerns about this study, please email us or call us through the contact information posted at the top of this page. Participants also may contact the Research Ethics Office at Brock University at 905 688-5550 x3035 or REB@brocku.ca (REB file number # 15-175 Belicki) if you have any questions about your rights as research participants. We urge you to print or save a copy of this consent form for your records.

If you agree to take part in this survey, please click on the “I Agree” tab at the bottom of the screen.

Thank you very much for participating in this research.
Study 3 Consent Form

You qualify to participate in this study. Please read this form carefully and then indicate at the end whether or not you consent to participate in the study.

**Project Title:** Experiences After a Miscarriage

**Principal Investigator:** Kathy Belicki, PhD,  kbelicki@brocku.ca, 905 688-5550, Ext: 3873

**Student Investigator:** Joshua Black, MA, Josh.black2@brocku.ca, 905 688-5550, Ext: 5456

**Student Investigator:** Aubrey McCann, am12sr@brocku.ca, 905 688-5550, Ext: 5456

**Department:** Psychology, Brock University

**Research Ethics Office at Brock University:** a 905 688-5550 x3035 or REB@brocku.ca

REB file number = 16-166

INVITATION

You are invited to participate in a study called “Survey about the experiences of mothers who have experienced the miscarriage of a baby [Survey about the experiences of people whose wife or romantic partner has lost a baby through miscarriage]”. This research study involves assessing the behavior, emotions, thoughts, social support, and dreams during sleep that is associated with the miscarriage. This will include being asked to answer questions about any grief you are experiencing. If you are at a point in grief in which you feel vulnerable, it is recommended that you do not participate in this study.

To participate you must be an English-speaking individual who is 18 years or older. Additionally, you [your wife or romantic partner] must have experienced a miscarriage in the past year.

WHAT IS INVOLVED

As a participant, you will fill out a survey that asks questions about your experiences related to the miscarriage including any dreams you have had about the miscarried child, as well as demographic information. The time needed to answer the survey should be approximately 20 minutes. If you complete the survey, a payment of $2.50 US will be made for the HIT (survey) within 48 hours after completing the session, which gives us time to check your confirmation/verification code.

**After you have completed the survey, you will receive your confirmation/verification code at the end of the feedback form.** You will use this code to claim your payment for the HIT (survey) back on Mechanical Turk. If you withdraw from, or do not complete, the survey we will not be able to use your data or pay you. However, if you wish, you may contact us at Josh.black2@brocku.ca and we will send you a feedback form that further explains the purpose behind this research.
VOLUNTARY PARTICIPATION

Participation in this survey is completely voluntary, which means you may choose to not participate or to withdraw at any time by closing the browser window that contains the survey. If you withdraw, your data will not be used in our analyses and they will be deleted from the database. However, as an alternative option, for any question you may check the box “Prefer Not To Say” and continue on through the survey in order to get paid. We encourage you to choose that option if for any reason you do not want to answer a question but still want to complete the survey.

FEEDBACK

Feedback about this study will be available from Joshua Black by November 2017. If you would like feedback about the results, please email Joshua Black at Josh.black2@brocku.ca. Results of this study may be published in professional journals and presented at conferences.

POTENTIAL BENEFITS AND RISKS

The indirect benefits of participation include the experience of taking part in psychological research and knowing that you are contributing to the broader scientific community and, more generally, to society by helping us increase our understanding of the grieving process. In addition, many find that it can feel personally helpful to answer questions about their experiences.

One anticipated risk associated with participation in this study is that you may feel increased discomfort in the short term due to questions that bring to mind your experience of miscarriage and associated grief. Please remember, you may withdraw from the study at any time or continue in the study but decline to answer questions you would rather not answer by checking the box “Prefer Not to Say”. Should you withdraw from the survey and would like to know more, email Josh.black2@brocku.ca, Joshua Black will send you a feedback form that explains in more detail the purposes of the study. If you complete this study, you will be given this information in the last page of the survey.

There is very good research that shows that telling someone about stressful experiences can improve your emotional and physical health. Therefore, we like to remind potential participants of resources that are available in the community, both for acute emergencies, but also for when you would just like to confide in someone about your experience. Some possibilities are the following:

1. 911 for immediate emergency help
2. Your local emergency department
3. Your primary health care doctor/provider
4. A local crisis counseling service to be found in the phone book or online. Many phone books include numbers for distress call-in lines on the inside cover of within a few pages of the beginning of the book.
CONFIDENTIALITY
Your responses to the survey are anonymous. We may quote from dream reports in presentations, publications, or workshops, but if we do, any details that might reveal your identity or the identity of people you describe in the dream will be altered or removed.

How do we protect your anonymity? First, participants are known only through their ID number assigned to them by Amazon Mechanical Turk. Second, the actual questionnaire was created on an online survey builder called Qualtrics and you are not asked for your MTurk ID number in the survey itself. In addition, after data analyses are complete, all the data that relates to this research will be purged from the Qualtrics servers.

Moreover, because our interest is in the average response of the entire group of participants, your responses will not be individually discussed in any written reports for this research. Only group data will be published and/or presented at conferences. The only exception to this is that we may quote from dream reports, but we will ensure no identifying material is included in such quotations.

Qualtrics is housed on a US server and is subject to Homeland Security or the Patriot Act in the United States.

After being downloaded from Qualtrics, the questionnaire data will be secured in our university laboratory under password-protected computers and only used for research by Dr. Kathy Belicki and students working under her direct supervision.

The American Psychological Association guidelines require that we keep the electronic data files for ten years following publication, to permit researchers to refer back to the data if possible errors in the analyses are detected, to reanalyze the data to gain further understanding of the variables measured, or to allow further clarification of the data if required after publication. After ten years following publication, the data will be securely wiped off the computers in our laboratory, however, the dream reports will be kept indefinitely.

CONTACT INFORMATION AND ETHICS CLEARANCE
This study has received ethics clearance through the Research Ethics Board of our university. If you have any questions or concerns about this study, please email us or call us through the contact information posted at the top of this page. Participants also may contact the Research Ethics Office at Brock University at 905 688-5550 x3035 or REB@brocku.ca if you have any questions about your rights as research participants. We urge you to print or save a copy of this consent form for your records.

If you agree to take part in this survey, please click on the “I Agree” tab at the bottom of the screen.

Thank you very much for participating in this research.
Study 4 Consent Form

You qualify to participate in this study. Please read this form carefully and then indicate at the end whether or not you consent to participate in the study.

Project Title: Grief and Dream Experiences After the Death of a Romantic Partner or Spouse

Principal Investigator: Kathy Belicki, PhD, kbelicki@brocku.ca, 905 688-5550, Ext: 3873

Student Investigator: Joshua Black, MA, Josh.black2@brocku.ca, 905 688-5550, Ext: 5456

Department: Psychology, Brock University

Research Ethics Office at Brock University: a 905 688-5550 x3035 or REB@brocku.ca

REB file number = 17-106 - BELICKI

INVITATION

You are invited to participate in a study called “Grief and Dream Experiences After the Death of a Romantic Partner or Spouse”. This research study involves assessing the behavior, emotions, thoughts, and dreams during sleep that are associated with the experience of the death of a spouse or romantic partner (with whom you lived). This will include being asked to answer questions about any grief you are experiencing. If you are at a point in grief in which you feel vulnerable, it is recommended that you do not participate in this study.

To participate you must be an English-speaking individual who is 18 years or older. Additionally, you must have experienced the death of a spouse or romantic partner (with whom you lived) within the last 6 to 24 months.

WHAT IS INVOLVED

As a participant, you will fill out a survey that asks questions about your experiences related to the death of your romantic partner or spouse. This includes any dreams you have had of your partner, as well as demographic information. The time needed to answer the survey should be approximately 20 minutes. If you complete the survey, a payment of $2.50 US will be made for the HIT (survey) within 48 hours after completing the session, which gives us time to check your confirmation/verification code.

After you have completed the survey, you will receive your confirmation/verification code at the end of the feedback form. You will use this code to claim your payment for the HIT (survey) back on Mechanical Turk. If you withdraw from, or do not complete, the survey we will not be able to use your data or pay you. However, if you wish, you may contact us at Josh.black2@brocku.ca and we will send you a feedback form that further explains the purpose behind this research.
VOLUNTARY PARTICIPATION
Participation in this survey is completely voluntary, which means you may choose to not
participate or to withdraw at any time by closing the browser window that contains the
survey. If you withdraw, your data will not be used in our analyses and they will be
deleted from the database. However, as an alternative option, for any question you may
check the box “Prefer Not To Say” and continue on through the survey in order to get
paid. We encourage you to choose that option if for any reason you do not want to answer
a question but still want to complete the survey.

FEEDBACK

Feedback about this study will be available from Joshua Black by April 2018. If you
would like feedback about the results, please email Joshua Black at
Josh.black2@brocku.ca. Results of this study may be published in professional journals
and presented at conferences.

POTENTIAL BENEFITS AND RISKS
The indirect benefits of participation include the experience of taking part in
psychological research and knowing that you are contributing to the broader scientific
community and, more generally, to society by helping us increase our understanding of
the grieving process. In addition, many find that it can feel personally helpful to answer
questions about their experiences.

One anticipated risk associated with participation in this study is that you may feel
increased discomfort in the short term due to questions that bring to mind your
experience of the death of your partner. Please remember, you may withdraw from the
study at any time or continue in the study but decline to answer questions you would
rather not answer by checking the box “Prefer Not to Say”. Should you withdraw from
the survey and would like to know more, email Josh.black2@brocku.ca, Joshua Black
will send you a feedback form that explains in more detail the purposes of the study. If
you complete this study, you will be given this information in the last page of the survey.

There is very good research that shows that telling someone about stressful experiences
can improve your emotional and physical health. Therefore, we like to remind potential
participants of resources that are available in the community, both for acute emergencies,
but also for when you would just like to confide in someone about your experience. Some
possibilities are the following:

1. 911 for immediate emergency help
2. Your local emergency department
3. Your primary health care doctor/provider
4. A local crisis counseling service to be found in the phone book or online. Many
   phone books include numbers for distress call-in lines on the inside cover of within a
   few pages of the beginning of the book.
5. National Suicide Prevention and Crisis Lifeline (800) 273-TALK (8255) or on the
   World Wide Web http://www.suicidepreventionlifeline.org/
CONFIDENTIALITY
Your responses to the survey are anonymous. We may quote from dream reports in presentations, publications, or workshops, but if we do, any details that might reveal your identity or the identity of people you describe in the dream will be altered or removed.

How do we protect your anonymity? First, participants are known only through their ID number assigned to them by Amazon Mechanical Turk. Second, the actual questionnaire was created on an online survey builder called Qualtrics and you are not asked for your MTurk ID number in the survey itself. In addition, after data analyses are complete, all the data that relates to this research will be purged from the Qualtrics servers.

Moreover, because our interest is in the average response of the entire group of participants, your responses will not be individually discussed in any written reports for this research. Only group data will be published and/or presented at conferences. The only exception to this is that we may quote from dream reports, but we will ensure no identifying material is included in such quotations.

Qualtrics is housed on a US server and is subject to Homeland Security or the Patriot Act in the United States.

After being downloaded from Qualtrics, the questionnaire data will be secured in our university laboratory under password-protected computers and only used for research by Dr. Kathy Belicki and students working under her direct supervision.

The American Psychological Association guidelines require that we keep the electronic data files for ten years following publication, to permit researchers to refer back to the data if possible errors in the analyses are detected, to reanalyze the data to gain further understanding of the variables measured, or to allow further clarification of the data if required after publication. After ten years following publication, the data will be securely wiped off the computers in our laboratory, however, the dream reports will be kept indefinitely.

CONTACT INFORMATION AND ETHICS CLEARANCE
This study has received ethics clearance through the Research Ethics Board of our university. If you have any questions or concerns about this study, please email us or call us through the contact information posted at the top of this page. Participants also may contact the Research Ethics Office at Brock University at 905 688-5550 x3035 or REB@brocku.ca if you have any questions about your rights as research participants. We urge you to print or save a copy of this consent form for your records.

If you agree to take part in this survey, please click on the “I Agree” tab at the bottom of the screen.

Thank you very much for participating in this research.
Appendix E

Study 1 Debriefing Letter

NOTE: THE VERIFICATION CODE YOU NEED TO ENTER ON MTURK TO GET PAID WILL BE GIVEN TO YOU AT THE END OF THIS LETTER.

Project Title: Grief Experiences After the Death of Your Romantic Partner or Spouse
Principal Investigator (PI): Kathy Belicki (Professor)
Principal Student Investigator: Joshua Black (PhD Student)
Department: Psychology
Brock University: 905 688 5550 or Ext: 5456, Josh.black2@brocku.ca or Ext: 3873, kbelicki@brocku.ca
Research Ethics Office at Brock University at 905 688-5550 x3035 or REB@brocku.ca
REB file number = 15-070 - BELICKI

We would like to thank you for sharing your experiences with us and would like to take a moment to explain the general purposes of the study. In this study called “Grief Experiences After the Death of Your Romantic Partner or Spouse” you answered questions that will help us investigate two questions. The first question explores continuing bonds—the many ways that we maintain a form of contact with the deceased—and their relation to intensity of grief. One current question in the literature is when and how continuing bonds are helpful versus unhelpful. Related to this, we are interested in how dreams of the deceased relate to other continuing bond experiences after loss. The second question examines what factors predict whether or not a bereaved person will have dreams of the deceased. There is very little research on dreams of the deceased and therefore this study should provide useful information for people who are grieving, for bereavement counselors, and for the broader scientific community. Feedback about our findings will be available from Joshua Black by April 2016. If you would like feedback about the results, please email him at Josh.black2@brocku.ca.

The reason we did not spell out initially the detailed purposes of the study was because we did not want to unwittingly bias any answers to the questions. However, if you have any questions or concerns about this study, please contact us through the information posted at the top of this page. Participants also may contact the Research Ethics Office at Brock University at 905 688-5550 x3035 or REB@brocku.ca (Research Ethics Board file number: 15-070 - BELICKI) if you have any questions about your rights as research participants.

If you are feeling upset or distressed at this time, we strongly encourage you to contact any of the community resources below:
6. 911 for immediate emergency help
7. You local emergency department
8. You primary health care doctor/provider
9. A local crisis counseling service to be found in the phone book or online. Many phone books include numbers for distress call-in lines on the inside cover of within a few pages of the beginning of the book.

At the end of this page you will find a confirmation/verification code only if you have successfully completed the survey. You will use this code to claim your payment for the HIT (survey) back on Mechanical Turk. A payment will be made of $2.50 US for the HIT (survey) within 48 hours after completing the session, which gives us time to check your confirmation/verification code.

Thank you very much for taking the time to be part of this research.
NOTE: THE VERIFICATION CODE YOU NEED TO ENTER ON MTURK TO GET PAID WILL BE GIVEN TO YOU AT THE END OF THIS LETTER.

Project Title: Grief Experiences After the Death of Your Dog [Cat]
Principal Investigator (PI): Kathy Belicki, PhD
Principal Student Investigator: Jessica Emberley-Ralph
Co-Investigator: Joshua Black, MA
Department: Psychology
Brock University: 905 688 5550 or Ext: 5456, Josh.black2@brocku.ca or Ext: 3873, kbelicki@brocku.ca
Research Ethics Office at Brock University at 905 688-5550 x3035 or REB@brocku.ca
REB file #: 15-175 Belicki

We would like to thank you for sharing your experiences with us and would like to take a moment to explain the general purposes of the study. In this study called “Grief Experiences After the Death of Your Dog [Cat]” you answered questions that will help us investigate two different topics. The first topic explores “disenfranchisement”—that is the lack of social support for grieving that can occur after the death of a pet—and its relation to intensity of grief. We will be investigating when and how disenfranchisement is related to grief intensity, including how the type of pet lost (losing a dog versus losing a cat) can be related to the experienced level of disenfranchisement. Related to this, we are interested in the physical symptoms that can occur throughout the grieving process. We will be examining attachment to the deceased dog [cat], grief intensity, and disenfranchisement as predictors of physical symptoms.

The second topic this study explores is dreaming of the deceased dog [cat]. We are interested in how dreams of the deceased relate to other “continuing bond” experiences after loss. (Continuing bonds consist of the many ways that we maintain a form of contact with the deceased.) One current question in the literature is when and how continuing bonds are helpful versus unhelpful. Therefore, we will examine the extent to which continuing bonds, including dreams of the deceased dog [cat], relate to grief intensity. We will also examine what factors predict whether or not a bereaved person will have dreams of the deceased dog [cat]. There is very little research on grief experiences of bereaved pet owners and therefore this study should provide useful information for people who are grieving, for bereavement counselors, and for the broader scientific community. Feedback about our findings will be available from Joshua Black by June 2016. If you would like feedback about the results, please email him at Josh.black2@brocku.ca.

The reason we did not spell out initially the detailed purposes of the study was because we did not want to unwittingly bias any answers to the questions. However, if you have any questions or concerns about this study, please contact us through the information posted at the top of this page. Participants also may contact the Research Ethics Office at Brock University at 905 688-5550 x3035 or REB@brocku.ca (Research Ethics Board file #: 15-175 Belicki) if you have any questions about your rights as research participants.
If you are feeling upset or distressed at this time, we strongly encourage you to contact any of the community resources below:

1. 911 for immediate emergency help
2. Your local emergency department
3. Your primary health care doctor/provider
4. A local crisis counseling service to be found in the phone book or online. Many phone books include numbers for distress call-in lines on the inside cover of within a few pages of the beginning of the book.

At the end of this page you will find a confirmation/verification code only if you have successfully completed the survey. You will use this code to claim your payment for the HIT (survey) back on Mechanical Turk. A payment will be made of $2.50 US for the HIT (survey) within 48 hours after completing the session, which gives us time to check your confirmation/verification code.

Thank you very much for taking the time to be part of this research.
NOTE: THE VERIFICATION CODE YOU NEED TO ENTER ON MTURK TO GET PAID WILL BE GIVEN TO YOU AT THE END OF THIS LETTER.

Project Title: Experiences After a Miscarriage

Principal Investigator: Kathy Belicki, PhD, kbelicki@brocku.ca, 905 688-5550, Ext: 3873

Student Investigator: Joshua Black, MA, Josh.black2@brocku.ca, 905 688-5550, Ext: 5456

Student Investigator: Aubrey McCann, am12sr@brocku.ca, 905 688-5550, Ext: 5456

Department: Psychology, Brock University

Research Ethics Office at Brock University: a 905 688-5550 x3035 or REB@brocku.ca

REB file number = 16-166

We would like to thank you for sharing your experiences with us and would like to take a moment to explain the general purposes of the study. In this study called “Experiences after a Miscarriage” you answered questions that will help us investigate three different topics. The first topic explores “disenfranchisement”—that is the lack of social support for grieving that can occur after a miscarriage—and its relation to intensity of grief. We will be investigating when and how disenfranchisement is related to grief intensity.

The second topic explores “continuing bonds”. Continuing bonds consist of the many ways that we maintain a form of contact with the deceased. There is evidence that continuing bonds at least sometimes can help ease grief. There are two types of continuing bonds – internalized and externalized. Internalized continuing bonds refer to an inner connection with the deceased through memories and thoughts. Externalized continuing bonds refer to experiences of the deceased as still present through, for example, actually seeing them for a moment. We will be investigating whether or not those who experience miscarriage can have continuing bonds with their baby, and if so, how these affect the experience of grief.

The third topic this study explores is dreaming of the baby that was miscarried. We are interested in how dreams of the deceased relate to other “continuing bond” experiences after loss. Dreams of the deceased are common after other forms of loss—we are wondering whether they are also common in people who experience miscarriage. We will also examine the extent to which dreaming of the baby is related to continuing bond while awake.

There is very little research on grief experiences of those who experience miscarriage and therefore this study should provide useful information for people who are grieving, for
bereavement counselors, and for the broader scientific community. Feedback about our findings will be available from Joshua Black by November 2017. If you would like feedback about the results, please email him at Josh.black2@brocku.ca.

If you have any questions or concerns about this study, please contact us through the information posted at the top of this page. Participants also may contact the Research Ethics Office at Brock University at 905 688-5550 x3035 or REB@brocku.ca.

If you are feeling upset or distressed at this time, we strongly encourage you to contact any of the community resources below:

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4. A local crisis counseling service to be found in the phone book or online. Many phone books include numbers for distress call-in lines on the inside cover of within a few pages of the beginning of the book.

At the end of this page you will find a confirmation/verification code. You will use this code to claim your payment for the HIT (survey) back on Mechanical Turk. A payment will be made of $2.50 US for the HIT (survey) within 48 hours after completing the session, which gives us time to check your confirmation/verification code.

Thank you very much for taking the time to be part of this research.
NOTE: THE VERIFICATION CODE YOU NEED TO ENTER ON MTURK TO GET PAID WILL BE GIVEN TO YOU AT THE END OF THIS LETTER.

Project Title: Grief and Dream Experiences After the Death of a Romantic Partner or Spouse

Principal Investigator: Kathy Belicki, PhD, kbelicki@brocku.ca, 905 688-5550, Ext: 3873

Student Investigator: Joshua Black, MA, Josh.black2@brocku.ca, 905 688-5550, Ext: 5456

Department: Psychology, Brock University

Research Ethics Office at Brock University: a 905 688-5550 x3035 or REB@brocku.ca

REB file number = 17-106 - BELICKI

We would like to thank you for sharing your experiences with us and would like to take a moment to explain the general purposes of the study. In this study called “Grief and Dream Experiences After the Death of a Romantic Partner or Spouse” you answered questions that will help us investigate two different goals.

The first goal explores when “continuing bonds” are helpful and not so helpful in moving through grief. Continuing bonds consist of the many ways that we maintain a form of contact with the deceased. Research has found that it is common for the bereaved to develop a continuing bond with the deceased. Preliminary research has identified two types of continuing bonds – internalized and externalized. Internalized continuing bonds refer to an inner connection with the deceased through memories and thoughts. In contrast, externalized continuing bonds refer to experiencing the deceased as still present through hallucinations or illusions. There is some preliminary evidence that internalized bonds may be more helpful than externalized. Additionally, we will also be looking at why continuing bonds exist. Do they help maintain the emotional bond to the person who has died by giving us a sense of still being attached? Do they help us feel better? Do they relate to experiencing trauma? It may well be that there is more than one reason why we have continuing bonds, and those reasons may vary for internalized versus externalized bonds.

The second goal of this study will be to explore dreaming of the deceased spouse/partner, as part of our ongoing program to study dreams of the deceased in relation to continuing bonds. Dreams of the deceased (also know as ‘grief dreams’) have been documented to be a common experience following romantic partner bereavement, but little is known about how they function as a continuing bond. Researchers have speculated that dreams of the deceased are one type of continuing bond, without studying the relation of such dreams to other continuing bonds. Moreover, to lump all dreams of the deceased into a single “bin” called continuing bonds is overly simplistic. Past
research of ours shows that the bereaved can have dream themes that are positive (e.g., deceased comforting them) and/or negative (e.g., deceased dying again). While the former may be a type of continuing bond, the latter may well be their mind re-experiencing the trauma of the death. Therefore, we will investigate how different types of dreams of the deceased relate to the two types of continuing bonds as well as the other variables measured in the study (e.g., intensity of grief, how much you think about the deceased, and post traumatic symptoms). In so doing, we will address the question that troubles some bereaved individuals: why do some people have comforting dreams of the deceased while others have more distressing dreams?

There is very little research on dream experiences following death and therefore this study should provide useful information for people who are grieving, for bereavement counselors, and for the broader scientific community. Feedback about our findings will be available from Joshua Black by November 2018. If you would like feedback about the results, please email him at Josh.black2@brocku.ca.

If you have any questions or concerns about this study, please contact us through the information posted at the top of this page. Participants also may contact the Research Ethics Office at Brock University at 905 688-5550 x3035 or REB@brocku.ca.

If you are feeling upset or distressed at this time, we strongly encourage you to contact any of the community resources below:
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2. Your local emergency department
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Thank you very much for taking the time to be part of this research.
Appendix F

All questionnaires were formatted by Qualtrics in a more professional format than shown here. In addition, every question had as an answer option “I Prefer Not to Say”. These are not shown in the attached questionnaires.

Study 1 Demographic Questionnaire

Thank you for agreeing to participate in this research. Scientific journals require researchers to provide basic descriptions of participants so that other scientists can judge how well the results will apply to others. We would, therefore, appreciate receiving the following information about you:

Age

Sex (male, female, other)

What is your highest education level achieved?

To which ethnic, cultural, racial group do you belong?

Is English your first language? Yes or No

If no, did you learn English before the age of 8?

What is your religious affiliation? If you would describe yourself as agnostic or an atheist, please indicate that.

How many months has your romantic partner or spouse been deceased?

How long did you have a relationship with him or her, before s/he died?

How close were you and your deceased partner before they died?

1 2 3 4 5
Not very close Close Very close
Study 2 Demographic Questionnaire

Thank you for agreeing to participate in this research. Scientific journals require researchers to provide basic descriptions of participants so that other scientists can judge how well the results will apply to others. We would, therefore, appreciate receiving the following information about you:

Age

Sex (male, female, other)

What is the highest grade of school completed, or the highest degree received?

Please check the appropriate box:

<table>
<thead>
<tr>
<th>No schooling completed, or less than 1 year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nursery, kindergarten, and elementary (grades 1-8)</td>
</tr>
<tr>
<td>High school (grades 9-12, no degree)</td>
</tr>
<tr>
<td>High school graduate (or equivalent)</td>
</tr>
<tr>
<td>Some college (1-4 years, no degree)</td>
</tr>
<tr>
<td>Associate’s degree (including occupational or academic degrees)</td>
</tr>
<tr>
<td>Bachelor’s degree (BA, BS, AB, etc)</td>
</tr>
<tr>
<td>Master’s degree (MA, MS, MENG, MSW, etc)</td>
</tr>
<tr>
<td>Professional school degree (MD, DDC, JD, etc)</td>
</tr>
<tr>
<td>Doctorate degree (PhD, EdD, etc)</td>
</tr>
</tbody>
</table>

What is your race? Please check all boxes that apply

<table>
<thead>
<tr>
<th>White</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black, African American, or Negro</td>
</tr>
<tr>
<td>American Indian or Alaska Native</td>
</tr>
<tr>
<td>Asian Indian; Chinese; Filipino; Japanese; Korean; Vietnamese; Other Asian</td>
</tr>
<tr>
<td>Hispanic; Latino, or Spanish Origin: Mexican, Mexican American, Chicano; Puerto Rican; Cuban; Another Hispanic, Latino or Spanish Origin</td>
</tr>
<tr>
<td>Native Hawaiian; Guamanian or Chamorro; Samoan; Other Pacific Islander</td>
</tr>
<tr>
<td>Some Other Race</td>
</tr>
</tbody>
</table>
What is your religious affiliation? If you would describe yourself as agnostic or an atheist, please indicate that.

How long ago did your dog [cat] die? (Please be as specific as possible and indicate the number of weeks or months)

How long did you have a relationship with your dog [cat] before he or she died?

Have you acquired another dog [cat] since your pet died?

People have different types of relationships with the animals in their lives. Which of the following describe the role of your dog [cat] in your relationship?

- __Friend
- __Sister or brother
- __Worker (e.g., service animal)
- __Parent
- __Guard
- __Caregiver
- __Therapy dog [cat]
- __Status symbol
- __Possession (something I own)
- __One who loves me
- __Pet
- __Companion
- __Other (please specify)

Please read the following definitions of grief versus mourning. “Grief is the inner experience of loss. Mourning is the public expression of grief. Mourning can be shown in many ways.”

To what extent are you currently grieving the loss (have an inner experience of loss)?

1 = not at all ….7 = very intensely grieving

How often do you publically mourn, that is show others that you are grieving by your words or actions?

1= never ..... 7 = almost all the time

When you publically mourn, how intense is your expression?
1 = never show signs of mourning, 2 = low intensity 7 = extreme intensity

Do you ever think there is something wrong with you given the way you are grieving and/or mourning the loss of your dog [cat]?

☐ Never or almost never
☐ Rarely
☐ Sometimes
☐ Often
☐ Always

Do others ever think there is something wrong with you given the way you are grieving and/or mourning the loss of your dog [cat]?

☐ Never or almost never
☐ Rarely
☐ Sometimes
☐ Often
☐ Always
Study 3 Demographic Questionnaire

Thank you for agreeing to participate in this research. Scientific journals require researchers to provide basic descriptions of participants so that other scientists can judge how well the results will apply to others. Therefore, we would appreciate receiving the following information about you:

Age: ____

Gender (man, woman, other) ____

What is the highest grade of school completed, or the highest degree received? Please check the appropriate box:

<table>
<thead>
<tr>
<th>Option</th>
</tr>
</thead>
<tbody>
<tr>
<td>No schooling completed, or less than 1 year</td>
</tr>
<tr>
<td>Nursery, kindergarten, and elementary (grades 1-8)</td>
</tr>
<tr>
<td>High school (grades 9-12, no degree)</td>
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</tr>
<tr>
<td>Professional school degree (MD, DDC, JD, etc)</td>
</tr>
<tr>
<td>Doctorate degree (PhD, EdD, etc)</td>
</tr>
</tbody>
</table>

What is your race? Please check all boxes that apply.

<table>
<thead>
<tr>
<th>Race</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
</tr>
<tr>
<td>Black, African American</td>
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<tr>
<td>Native Hawaiian; Guamanian or Chamorro; Samoan; Other Pacific Islander</td>
</tr>
<tr>
<td>Other Race</td>
</tr>
</tbody>
</table>

What is your religious affiliation? If you would describe yourself as agnostic or an atheist, please indicate that. [text box provided]
What is your relationship status?

___Single
___Engaged
___Married/Common-Law/Living with partner
___Divorced/separated
___Widowed
___I have a partner but we do not live together
___Other
___Prefer not to say

How many children do you have (including stepchildren and adopted children for whom you are a parenting figure)?
Study 4 Demographic Questionnaire

Thank you for agreeing to participate in this research. Scientific journals require researchers to provide basic descriptions of participants so that other scientists can judge how well the results will apply to others. Therefore, we would appreciate receiving the following information about you:

1. Age: ____

2. Gender (woman, man, other) ____

3. What is the highest grade of school completed, or the highest degree received? Please check the appropriate box:
   - No schooling completed, or less than 1 year
   - Nursery, kindergarten, and elementary (grades 1-8)
   - High school (grades 9-12, no degree)
   - High school graduate (or equivalent)
   - Some college (1-4 years, no degree)
   - Associate’s degree (including occupational or academic degrees)
   - Bachelor’s degree (BA, BS, AB, etc)
   - Master’s degree (MA, MS, MENG, MSW, etc)
   - Professional school degree (MD, DDC, JD, etc)
   - Doctorate degree (PhD, EdD, etc)

4. What is your race? Please check all boxes that apply.
   - White
   - Black, African American
   - American Indian or Alaska Native
   - Asian Indian; Chinese; Filipino; Japanese; Korean; Vietnamese; Other Asian
   - Hispanic; Latino, or Spanish Origin: Mexican, Mexican American, Chicano; Puerto Rican; Cuban; Another Hispanic, Latino or Spanish Origin
   - Native Hawaiian; Guamanian or Chamorro; Samoan; Other Pacific Islander
   - Other Race

5. What is your religious affiliation? If you would describe yourself as agnostic or an atheist, please indicate that. [text box provided]
Questions about deceased romantic partner who died in the past 6 to 12 months

6. Approximately how many months has your romantic partner or spouse been dead?

7. Approximately how long did you have a relationship with him or her, before she/he died?

8. Please select the picture that best described your relationship with your romantic partner or spouse before they died?

9. What was the cause of death?
   ___chronic disease
   ___acute disease
   ___accident
   ___suicide
   ___homicide
   ___other cause
   ___prefer not to say

The following statement represents common feelings after a death. Rate how true the following sentences are of you:

10. I feel guilty because I think I am at least partially responsible for their death.
   1= Not at all true of me
   2= A little
3= Somewhat
4= Quite a bit
5= Very true of me

11. I feel that my spouse/romantic partner is at fault for their own death.
1= Not at all true of me
2= A little
3= Somewhat
4= Quite a bit
5= Very true of me

12. (Some people feel regret wishing they had said or done something they didn’t do OR had not said or done something they did do.) I feel some regret about my words or actions (relating to the deceased spouse/romantic partner).
1= Not at all true of me
2= A little
3= Somewhat
4= Quite a bit
5= Very true of me

13. I am angry at my spouse/romantic partner for dying.
1= Not at all true of me
2= A little
3= Somewhat
4= Quite a bit
5= Very true of me

14. I am angry at other people associated with the death of my spouse/romantic partner (such as medical staff).
1= Not at all true of me
2= A little
3= Somewhat
4= Quite a bit
5= Very true of me
Please mark the box next to the answer that best describes how you have been feeling over the past month. The blanks refer to the deceased person over whom you are grieving.

Almost never = less than once a month
Rarely = once a month or more, less than once a week
Sometimes = once a week or more, less than once a day
Often = once everyday
Always = several times every day

1. The death of __________ feels overwhelming or devastating.

☐ Almost never  ☐ Rarely  ☐ Sometimes  ☐ Often  ☐ Always

2. I think about ______________ so much that it can be hard for me to do things I normally do.

☐ Almost never  ☐ Rarely  ☐ Sometimes  ☐ Often  ☐ Always

3. Memories of __________ upset me.

☐ Almost never  ☐ Rarely  ☐ Sometimes  ☐ Often  ☐ Always
4. I feel that I have trouble accepting the death.

☐ Almost never
☐ Rarely
☐ Sometimes
☐ Often
☐ Always

5. I feel myself longing and yearning for _________.

☐ Almost never
☐ Rarely
☐ Sometimes
☐ Often
☐ Always

6. I feel drawn to places and things associated with _________.

☐ Almost never
☐ Rarely
☐ Sometimes
☐ Often
☐ Always

7. I can’t help feeling angry about ________’s death.

☐ Almost never
☐ Rarely
☐ Sometimes
☐ Often
☐ Always

8. I feel disbelief over ________’s death.

☐ Almost never
☐ Rarely
☐ Sometimes
☐ Often
☐ Always
9. I feel stunned, dazed, or shocked over ________’s death.

☐ Almost never
☐ Rarely
☐ Sometimes
☐ Often
☐ Always

10. Ever since __________ died it is hard for me to trust people.

☐ No difficulty trusting others
☐ A slight sense of difficulty
☐ Some sense
☐ A marked sense
☐ An overwhelming sense

11. Ever since __________ died I feel like I have lost the ability to care about other people or feel distant from people I care about.

☐ No difficulty feeling close or connected to others
☐ A slight sense of detachment
☐ Some sense
☐ A marked sense
☐ An overwhelming sense

12. I have pain in the same area of my body, some of the same symptoms, or have assumed some of the behaviors of characteristics of __________.

☐ Almost never
☐ Rarely
☐ Sometimes
☐ Often
☐ Always

13. I go out of my way to avoid reminders that __________ is gone.

☐ Almost never
☐ Rarely
☐ Sometimes
☐ Often
☐ Always
14. I feel that life is empty or meaningless without ______________.

☐ No sense of emptiness or meaninglessness
☐ A slight sense of emptiness or meaninglessness
☐ Some sense
☐ A marked sense
☐ An overwhelming sense

15. I hear the voice of _____ speak to me.

☐ Almost never
☐ Rarely
☐ Sometimes
☐ Often
☐ Always

16. I see __________ stand before me.

☐ Almost never
☐ Rarely
☐ Sometimes
☐ Often
☐ Always

17. I feel like I have become numb since the death of ____________.

☐ No sense of numbness
☐ A slight sense of numbness
☐ Some sense
☐ A marked sense
☐ An overwhelming sense

18. I feel that it is unfair that I should live when _______ died.

☐ No sense of guilt over surviving the deceased
☐ A slight sense of guilt
☐ Some sense
☐ A marked sense
☐ An overwhelming sense
19. I am bitter over ________’s death.
☐ No sense of bitterness
☐ A slight sense of bitterness
☐ Some sense
☐ A marked sense
☐ An overwhelming sense

20. I feel envious of others who have not lost someone close.
☐ Almost never
☐ Rarely
☐ Sometimes
☐ Often
☐ Always

21. I feel like the future holds no meaning or purpose without _________.
☐ No sense that the future holds no purpose
☐ A slight sense that the future holds no purpose
☐ Some sense
☐ A marked sense
☐ An overwhelming sense

22. I feel lonely ever since ________ died.
☐ Almost never
☐ Rarely
☐ Sometimes
☐ Often
☐ Always

23. I feel unable to imagine life being fulfilling without ________.
☐ Almost never
☐ Rarely
☐ Sometimes
☐ Often
☐ Always
24. I feel that a part of myself died along with the deceased.

☐ Almost never
☐ Rarely
☐ Sometimes
☐ Often
☐ Always

25. I feel that the death has changed my view of the world.

☐ No sense of a changed world view
☐ A slight sense of a changed world view
☐ Some sense
☐ A marked sense
☐ An overwhelming sense

26. I have lost my sense of security or safety since the death of ______.

☐ No change in feelings of security
☐ A slight sense of insecurity
☐ Some sense
☐ A marked sense
☐ An overwhelming sense

27. I have lost my sense of control since the death of ______.

☐ No change in feelings of being in control
☐ A slight sense of being out of control
☐ Some sense of being out of control
☐ A marked sense
☐ An overwhelming sense

28. I believe that my grief has resulted in significant impairment in my social, occupational or other areas of functioning.

☐ No functional impairment
☐ Mild functional impairment
☐ Moderate
☐ Severe
☐ Extreme
29. I have felt on edge, jumpy, or easily started since the death.

☐ No change in feelings of being on edge
☐ A slight sense of feeling on edge
☐ Some sense
☐ A marked sense
☐ An overwhelming sense

30. Since the death, my sleep has been…

☐ Basically okay
☐ Slightly disturbed
☐ Moderately disturbed
☐ Very disturbed
☐ Extremely disturbed
Study 4 Inventory of Traumatic Grief

Please mark the box next to the answer that best describes how you have been feeling over the past month. The blanks refer to the deceased person over whom you are grieving.

Almost never = less than once a month
Rarely = once a month or more, less than once a week
Sometimes = once a week or more, less than once a day
Often = once everyday
Always = several times every day

1. I think about deceased so much that it can be hard for me to do the things I normally do

☐ Almost never
☐ Rarely
☐ Sometimes
☐ Often
☐ Always

2. I feel myself longing and yearning for deceased

☐ Almost never
☐ Rarely
☐ Sometimes
☐ Often
☐ Always

3. I feel disbelief over deceased’s death

☐ Almost never
☐ Rarely
☐ Sometimes
☐ Often
☐ Always

4. Ever since deceased died, I feel like I have lost the ability to care about other people or I feel distant from people I care about

☐ Almost never
☐ Rarely
☐ Sometimes
☐ Often
☐ Always
5. I am bitter about deceased’s death
☐ Almost never
☐ Rarely
☐ Sometimes
☐ Often
☐ Always

6. I feel lonely ever since deceased died
☐ Almost never
☐ Rarely
☐ Sometimes
☐ Often
☐ Always

7. It is hard for me to imagine life being fulfilling without deceased
☐ Almost never
☐ Rarely
☐ Sometimes
☐ Often
☐ Always

8. I feel part of myself died along with deceased
☐ Almost never
☐ Rarely
☐ Sometimes
☐ Often
☐ Always

9. I have lost my sense of security or safety since the death of deceased.
☐ Almost never
☐ Rarely
☐ Sometimes
☐ Often
☐ Always

Study 1 Continuing Bonds Scale
Instructions: Individuals often report a continuing connection to the deceased following the death of a loved one. The items below describe different ways in which this is expressed. Please rate how often during the past month you experienced each of the following ways of having a connection with the deceased loved one who you identified on the previous page. Indicate your answer by inserting the number in the space to the left of each item that best describes your experience.

1. Not at all = never during the past month
2. Rarely = once or twice during the past month
3. Sometimes = on average, once a week during the past month
4. Often = almost every day during the past month

1. ____I felt an urge to visit places where the deceased used to go.
2. ____I focused on fond memories of the deceased.
3. ____Even if only momentarily, I have mistaken other sounds for the deceased’s voice, footsteps, or movements.
4. ____I had the feeling that the deceased was haunting me.
5. ____I felt the deceased knew what I was doing.
6. ____I was aware of not being able to remember what the deceased looked like.
7. ____I shared fond memories with others about the deceased.
8. ____I used special belongings of the deceased for comfort such as items of clothing.
9. ____I did things the way the deceased liked in order to feel closer to him or her such as prepare his or her favorite meal.
10. ____I actually heard the voice of the deceased speak to me.
11. ____I thought about the positive influence of the deceased on who I am today.
12. ____I was aware of not being able to be comforted by fond memories of the deceased.
13. ____I briefly acted as though the deceased were not dead -- such as calling out loud his or her name or preparing the table for two.
14. ____I had thoughts that the deceased was trying to punish me.
15. ____I attempted to contact the deceased through a spiritual medium or similar means.
16. ____I was aware of how I try to live my life the way the deceased would have wanted me to live.

17. ____Even if only momentarily, I have mistaken other people for the deceased.

18. ____I was aware of the absence of the deceased in my current life.

19. ____I actually felt the deceased’s physical touch.

20. ____I thought about the deceased as a role model who I try to be like.

21. ____I felt the deceased heard my prayers.

22. ____I tried to do things opposite to the way the deceased would have done.

23. ____I imagined the deceased as guiding me or watching over me as if invisibly present.

24. ____I thought of how my relationship with the deceased was completely of the past and not part of my current life.

25. ____When making important decisions, I thought about what the deceased might have done and used this in helping me make my decision.

26. ____I sometimes had such a clear image of the deceased in my “mind’s eye” as if he or she were right in front of me.

27. ____I had internal conversations with the deceased in which I was critical, blaming, or angry toward him or her.

28. ____I imagined that the deceased might suddenly appear as though still alive.

29. ____I thought about how I have become more like the deceased.

30. ____I had internal conversations with the deceased in which he or she was critical, blaming, or angry toward me.

31. ____I was aware of being unable to experience the deceased’s presence.

32. ____I actually saw the deceased stand before me.

33. ____I was aware of attempting to carry out the deceased’s wishes.

34. ____I received messages from the deceased in my dreams.
35. ____I had inner conversations with the deceased where I turned to him or her for comfort or advice.

36. ____I imagined reuniting with the deceased in heaven.

37. ____I wrote to or about the deceased.

38. ____I experienced the deceased as continuing to live on through his or her impact on who I am today.

39. ____I did things that the deceased liked to do such as watch his or her favorite TV program in order to feel closer to him or her.

40. ____I thought about how the deceased would have enjoyed something I saw or did.

41. ____In public places, my attention was drawn to persons who looked like the deceased.

42. ____I imagined sharing with the deceased something special that happened to me.

43. ____I had thoughts that the deceased would be critical of the way I was handling things or running my life.

44. ____I imagined the deceased’s voice encouraging me to keep going.

45. ____I visited the deceased’s gravesite, memorial, or shrine.

46. ____I listened to music to evoke memories of the deceased.

47. ____I attended special events or celebrations in memory of the deceased.

48. ____I looked at photographs or pictures of the deceased.

Internalized continuing bonds subscale = item numbers 1, 2, 7, 8, 9, 11, 16, 18, 20, 23, 25, 26, 33, 36, 38, 39, 40, 42, 44, 45, 46, 47, and 48

Externalized continuing bonds = item numbers 4, 6, 10, 12, 13, 14, 15, 17, 19, 22, 24, 27, 28, 30, 32, and 43

Study 2 Continuing Bonds Pet Scale
Instructions: Individuals often report a continuing connection to the deceased following the death of their pet. The items below describe different ways in which this is expressed. Please rate how often during the past month you experienced each of the following ways of having a connection with the deceased pet who you identified on the previous page.

1. Not at all = never during the past month
2. Rarely = once or twice during the past month
3. Sometimes = on average, once a week during the past month
4. Often = almost every day during the past month

1. ___ I felt an urge to visit places where the deceased and I used to go.
2. ___ I focused on fond memories of the deceased.
3. ___ Even if only momentarily, I have mistaken other sounds for the deceased’s voice, footsteps, or movements.
4. ___ I shared fond memories with others about the deceased.
5. ___ I used special belongings of the deceased for comfort (such as items of clothing, toys, etc.).
6. ___ I actually heard the voice of the deceased speak to me.
7. ___ I briefly acted as though the deceased were not dead -- such as calling out loud his or her name or preparing their food.
8. ___ Even if only momentarily, I have mistaken other animals for the deceased.
9. ___ I actually felt the deceased’s physical touch.
10. ___ I imagined that the deceased might suddenly appear as though still alive.
11. ___ I actually saw the deceased before me.
12. ___ I thought about how the deceased would have enjoyed something I saw or did.
13. ___ I imagined sharing with the deceased something special that happened to me.
14. ___ I attended special events or celebrations in memory of the deceased.
15. ___ I looked at photographs and/or video of the deceased.
16. ___ I thought about the positive influence of the deceased on who I am today.
17. ____I experienced the deceased as continuing to live on through his or her impact on who I am today.

18. ____I imagined the deceased as guiding me or watching over me as if invisibly present.

Internalized continuing bonds subscale = item numbers 1, 2, 4, 5, 12, 13, 15, 16, 17, and 18

Externalized continuing bonds subscale = item numbers 6, 7, 8, 9, 10, and 11

Study 3 Continuing Bonds Baby Scale
Instructions: Individuals often report a continuing connection to the deceased following the death of a loved one. The items below describe different ways in which this is expressed. Please rate how often during the past month you experienced each of the following ways of having a connection with your baby. If your miscarriage has occurred within the last month, then please rate the frequency of your experience to the best of your ability using the definitions (below) as a guide for the rating scale.

1. Not at all = never during the past month
2. Rarely = once or twice during the past month
3. Sometimes = on average, once a week during the past month
4. Often = almost every day during the past month

1. _____I felt an urge to visit places where I felt a connection with my baby.
2. _____I focused on fond memories of being pregnant.
3. _____I had the feeling that the baby was haunting me.
4. _____I felt my baby knew what I was doing.
5. _____I was aware of not being able to remember what being pregnant felt like.
6. _____I shared fond memories with others about the pregnancy.
7. _____I shared with others the hope and plans I had for my baby.
8. _____I used special belongings of the baby for comfort such as toys we had acquired.
9. _____I actually heard the baby speak to me.
10. _____I thought about the positive influence of being pregnant with my baby on who I am today.
11. _____I was aware of not being able to be comforted by fond memories of the pregnancy.
12. _____I briefly acted as though the baby were not dead -- such as calling aloud their name or preparing for his or her arrival.
13. _____I had thoughts that the baby was trying to punish me.
14. _____I attempted to contact the baby through a spiritual medium or similar means.
15. _____Even if only momentarily, I have mistaken other babies for my baby
16. _____I was aware of the absence of my baby in the life I am living now.
17. Although it was after the miscarriage, I actually felt my baby move in my body. [in my partner’s body.]

18. Although it was after the miscarriage, I actually felt my baby’s physical touch.

19. I felt my baby heard my prayers.

20. I imagined the baby guiding me or watching over me as if invisibly present.

21. I thought of how my relationship with the baby was completely in the past and not part of my current life.

22. I sometimes had such a clear image of the baby in my “mind’s eye,” as if they were right in front of me.

23. I had internal conversations with the baby in which I was critical, blaming, or angry toward them.

24. I had internal conversations with the baby in which she or he was critical, blaming, or angry toward me.

25. I imagined that the baby might suddenly appear as though still alive.

26. I actually saw the baby appear before me.

27. I was aware of being unable to experience the baby’s presence.

28. I was aware of attempting to carry out the baby’s wishes.

29. I received messages from the baby in my dreams.

30. I had inner conversations with my baby where I turned to him or her for comfort or advice.

31. I imagined reuniting with the baby in heaven or another form of afterlife.

32. I wrote to or about my baby.

33. I experienced my baby as continuing to live on through his or her impact on who I am today.

34. I thought about how my baby might have enjoyed something I saw or did.

35. In public places, my attention was drawn to babies and young children.
36. ___ I imagined sharing with my baby something special that happened to me.

37. ___ I had thoughts that my baby would be critical of the way I was handling things or running my life.

38. ___ I imagined my baby’s voice encouraging me to keep going.

39. ___ I visited the deceased’s gravesite, memorial, or shrine. (If there is no gravesite, memorial or shrine, just select “not at all.”)

40. ___ I listened to music to evoke memories or thoughts of my baby.

41. ___ I attended special events or celebrations in memory of my baby. (If there were no such events, just select “not at all.”)

42. ___ I looked at photographs of me pregnant [my partner pregnant] or ultrasound pictures of the baby.

Internalized continuing bonds subscale = item numbers 2, 6, 7, 10, 16, 27, 31, 32, 34, 35, 36, 39, and 42

Externalized continuing bonds subscale = item numbers 3, 5, 9, 11, 12, 13, 14, 15, 17, 18, 21, 23, 24, 25, 26, 29, and 37
Study 4 Continuing Bonds Scale

Instructions: Individuals often report a continuing connection to the deceased following the death of a loved one. The items below describe different ways in which this is expressed. Please rate how often during the past month you experienced each of the following ways of having a connection with the deceased loved one who you identified on the previous page. Indicate your answer by inserting the number in the space to the left of each item that best describes your experience.

1  Not at all       = never during the past month
2  Rarely           = once or twice during the past month
3  Sometimes        = on average, once a week during the past month
4  Often            = almost every day during the past month

1. ____I focused on fond memories of the deceased.
2. ____I shared fond memories with others about the deceased.
3. ____I thought about how the deceased would have enjoyed something I saw or did.
4. ____I used special belongings of the deceased for comfort such as items of clothing.
5. ____I was aware of the absence of the deceased in my current life.
6. ____I looked at photographs or pictures of the deceased.
7. ____I felt an urge to visit places where the deceased used to go.
8. ____I imagined sharing with the deceased something special that happened to me.
9. ____I had thoughts that the deceased was trying to punish me.
10. ____I had the feeling that the deceased was haunting me.
11. ____I had internal conversations with the deceased in which I was critical, blaming, or angry toward him or her.
12. ____I had internal conversations with the deceased in which he or she was critical, blaming, or angry toward me.
13. ____I actually heard the voice of the deceased speak to me
14. ____I actually saw the deceased stand before me.
15. ____I briefly acted as though the deceased were not dead -- such as calling out loud his or her name or preparing the table for two.

16. ____Even if only momentarily, I have mistaken other people for the deceased.

Internalized continuing bonds subscale = item numbers 1, 2, 3, 6, and 8

Externalized continuing bonds subscale = item numbers 9, 10, 11, 12, 13, 14, 15, and 16

**For each question if they respond with 2, 3, or 4 the following three questions will open in a window:**

a. How comforting was this experience was for you?

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b. How distressing was this experience was for you?

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c. How connected did you feel to your deceased spouse/partner because of this experience?

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Study 1 and 2 Experiences in Close Relationships (Specific) Questionnaire – Study 2 was reworded for a pet

The following statements concern **how you felt in your relationship with the person who died**. In your mind, please fill in that person’s name in the blank in each item. Respond to each statement by indicating how much you agree or disagree with it. Write the number in the space provided, using the following rating scale:

1 = Disagree strongly
2 = Disagree
3 = Disagree slightly
4 = Neutral/mixed
5 = Agree slightly
6 = Agree
7 = Agree strongly

___ 1. I preferred not to show _____ how I felt deep down.
___ 2. I worried about being rejected or abandoned by _____.
___ 3. I was very comfortable being close to ______.
___ 4. I worried a lot about my relationship with _____.
___ 5. Just when _____ started to get close to me I found myself pulling away.
___ 6. I worried that _____ didn’t care about me as much as I cared about him/her.
___ 7. I got uncomfortable when _____ wanted to be very close to me.
___ 8. I worried a fair amount about losing ____.
___ 9. I didn’t feel comfortable opening up to ______.
___ 10. I often wished that _____’s feelings for me were as strong as my feelings for him/her.
___ 11. I wanted to get close to _____, but I kept pulling back.
___ 12. I wanted to get very close to _____, and this sometimes scared him/her away.
___ 13. I was nervous when _____ got too close to me.
___ 14. Even when _____ was alive, I worried about being alone.
___ 15. I felt comfortable sharing my private thoughts and feelings with ______.
___ 16. My desire to be very close sometimes scared _____ away.
___ 17. I tried to avoid getting too close to ____.
___ 18. I needed a lot of reassurance that _____ really cared about me.
___ 19. I found it relatively easy to get close to _____.
___ 20. Sometimes I felt that I tried to force _____ to show more feeling and commitment to our relationship than he/she would otherwise.
___ 21. I found it difficult to allow myself to depend on _____.
___ 22. When _____ was alive, I did not often worry about being abandoned.
___ 23. I preferred not to be too close to _____.
___ 24. When I couldn’t get _____ to show interest in me, I got upset or angry.
___ 25. I told _____ just about everything.
___ 26. I found that _____ didn’t want to get as close as I would like.
___ 27. I usually discussed my problems and concerns with _____.
___ 28. When I didn’t have _____ around, I felt somewhat anxious and insecure.
___ 29. I felt comfortable depending on ______.
___ 30. I got frustrated when _____ was not around as much as I would have liked.
___ 31. I didn’t mind asking _____ for comfort, advice, or help.
___ 32. I got frustrated if _____ was not available when I needed them.
___ 33. It helped to turn to _____ in times of need.
___ 34. When _____ disapproved of me, I felt really bad about myself.
___ 35. I turned to _____ for many things, including comfort and reassurance.
___ 36. I resented it when _____ spent time away from me.
Study 4 Experiences in Close Relationships (Specific) Questionnaire

The following statements concern **how you felt in your relationship with the person who died**. In your mind, please fill in that person’s name in the blank in each item. Respond to each statement by indicating how much you agree or disagree with it. Write the number in the space provided, using the following rating scale:

1 = Disagree strongly  
2 = Disagree  
3 = Disagree slightly  
4 = Neutral/mixed  
5 = Agree slightly  
6 = Agree  
7 = Agree strongly

___ 1. Just when _____ started to get close to me I found myself pulling away.  
___ 2. I worried that _____ didn’t care about me as much as I cared about him/her.  
___ 3. I didn’t feel comfortable opening up to _____.
___ 4. Even when _____ was alive, I worried about being alone.  
___ 5. I tried to avoid getting too close to _____.
___ 6. I needed a lot of reassurance that _____ really cared about me.  
___ 7. I found it difficult to allow myself to depend on _____.
___ 8. When _____ was alive, I did not often worry about being abandoned.  
___ 9. I told _____ just about everything.  
___ 10. I often wished that _____’s feelings for me were as strong as my feelings for him/her.  
___ 11. I didn’t mind asking _____ for comfort, advice, or help.  
___ 12. I found that _____ didn’t want to get as close as I would like.
Study 1 and 2 Openness to Experience

HEXACO-PI-R
(SELF REPORT FORM)

© Kibeom Lee, Ph.D., & Michael C. Ashton, Ph.D.

DIRECTIONS

On the following pages you will find a series of statements about you. Please read each statement and decide how much you agree or disagree with that statement. Then write your response in the space next to the statement using the following scale:

5 = strongly agree
4 = agree
3 = neutral (neither agree nor disagree)
2 = disagree
1 = strongly disagree

Please answer every statement, even if you are not completely sure of your response.

1 ______ I would be quite bored by a visit to an art gallery.
2 ______ I'm interested in learning about the history and politics of other countries.
3 ______ I would like a job that requires following a routine rather than being creative.
4 ______ I think that paying attention to radical ideas is a waste of time.
5 ______ I wouldn't spend my time reading a book of poetry.
6 ______ I enjoy looking at maps of different places.
7 ______ I would enjoy creating a work of art, such as a novel, a song, or a painting.
8 ______ I like people who have unconventional views.
9. If I had the opportunity, I would like to attend a classical music concert.
10. I would be very bored by a book about the history of science and technology.
11. People have often told me that I have a good imagination.
12. I think of myself as a somewhat eccentric person.
13. Sometimes I like to just watch the wind as it blows through the trees.
15. I don’t think of myself as the artistic or creative type.
16. I find it boring to discuss philosophy.
Study 1 Dream Questionnaire

We are interested in how bereavement affects dreaming. In the following questions, when we say “partner” we are referring to the romantic partner or spouse who has passed away in the prior 12 to 24 months.

**Before** the death of your partner, how many dreams on average did you recall per week? 
_______

Some people find that the number of dreams they recall is very consistent and they remember about the same number of dreams from week to week. In contrast, others find there is a great deal of variability in their dream recall. Sometimes they have weeks without remembering any dreams and at other times they remember more than one dream a night. **Before** the death of your partner, how consistent was the number of dreams you recalled?

1 2 3 4 5
Very Variable
Variable Very Consistent

**Since** the death of your partner, how many dreams on average did you recall per week?
_______

**Since** the death of your partner, how consistent was the number of dreams you recalled?

1 2 3 4 5
Very Variable
Variable Very Consistent

Of the dreams that you have had since the loss, approximately what percentage of them were about your partner or the loss of your partner? Please express your answer as a percentage number from 0 to 100%: ____

**Before** your partner died, approximately what percentage of your dreams were about your partner (whether or not the partner actually appeared in the dream)? Please express your answer as a number from 0 to 100%: ____

**Before** your partner died, how often did your partner appear in your dreams? By “appeared” we mean that you saw or heard your partner in the dream. Include in your estimate dreams in which your partner looked or sounded differently from how they looked or sounded in real life, but in the dream you regarded them as your partner. (1 = never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always)

**Since** your partner died, in how many dreams has your partner actually appeared? It can be difficult to make these estimates so we will ask you to estimate in two different ways.
First, please express your answer as an exact number of dreams (as best as you can recall that): ____
Second, how would you rate the frequency with which your partner appeared? (1 = never, 2= Rarely, 3=Sometimes, 4= Often, 5= Always)

In how many dreams in the last month did your partner actually appear (either seen or heard)? ____

When your partner appeared, did they look (or sound) like they did in real life, or were they different in some way?

1    2    3    4    5
Always the same  Always different

Some people find dreams in which their deceased partner appears comforting; some find them troubling; some find them both comforting and troubling.

If you have had at least one dream in which your partner appeared (since they died) typically how comforting were these dreams after you awoke? Choose N/A if you have not had one of these dreams.

1    2    3    4    5    N/A
Not at all Comforting Somewhat Comforting Very Comforting

What percentage of the dreams in which your partner appeared were comforting? Please express your answer as a number from 0 to 100%: ______

If you have had at least one dream in which your partner appeared (since they died) typically how upsetting were these dreams after you awoke? Choose N/A if you have not had one of these dreams.

1    2    3    4    5    N/A
Not at all Upsetting Somewhat Upsetting Very Upsetting

What percentage of the dreams in which your partner appeared were troubling or disturbing? Please express your answer as a number from 0 to 100%: ______
Please rate how true the following statements are of you:

If I had more dreams about my partner that were positive in content, it would be comforting.

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If I had more dreams about my partner that were positive in content, it would be troubling.

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If I had fewer dreams about my partner that were negative in content, it would be comforting.

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If I had fewer dreams about my partner that were negative in content, it would be troubling.

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We would like to learn more about what dreams of the deceased mean to people and how these dreams affect them. The following are based on things that bereaved people have said to us and we are wondering how generally true they are. Please rate how true each of the following statements are for you. If you have not had dreams of your partner since they died, just select N/A.

Usually after a dream in which my partner appears I feel more connected to my partner.

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Usually after a dream in which my partner does *not* appear, but it is nonetheless a dream about my partner or the loss of my partner, I feel more connected to my partner.

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I wish I could have *more* dreams about my partner.

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I wish I could have *less* dreams about my partner.

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When my partner appears in a dream, I believe that they are actually visiting me.

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I believe that sometimes my partner is sending me a message through my dreams.

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Since the death of your partner, have you experienced any of these dream themes:

a. Seeing your partner dead, dying, or suffering from illness? Y or N

b. Seeing your partner healthy and/or happy? Y or N

c. Your partner acting or speaking in a way that was upsetting? (For example, acted in a threatening way or gave a gesture that indicated disapproval or spoke critically or made upsetting demands, etc.) Y or N

d. Your partner acting or speaking in a way that was comforting? For example your partner waved at, or hugged, or kissed you or told they are OK, they love you, forgive you, give their approval, etc. Y or N
Study 2 Dream Questionnaire

We are interested in how bereavement affects dreaming. In the following questions, when we say “dog [cat]” we are referring to the dog [cat] who has passed away in the timeframe of 1 week to 6 months.

**Before** the death of your dog [cat], how many dreams on average did you recall per week? __________

Some people find that the number of dreams they recall is very consistent and they remember about the same number of dreams from week to week. In contrast, others find there is a great deal of variability in their dream recall. Sometimes they have weeks without remembering any dreams and at other times they remember more than one dream a night. **Before** the death of your dog [cat], how consistent was the number of dreams you recalled?

1 2 3 4 5
Very Variable Very Consistent

**Since** the death of your dog [cat], how many dreams on average did you recall per week? __________

**Since** the death of your dog [cat], how consistent was the number of dreams you recalled?

1 2 3 4 5
Very Variable Very Consistent

Of the dreams that you have had **since** the loss, approximately what percentage of them were about your dog/cat or the loss of your dog [cat]? Please express your answer as a percentage number from 0 to 100%: _____

**Before** your dog [cat] died, approximately what percentage of your dreams were **about** your dog/cat (whether or not they actually appeared in the dream)? Please express your answer as a number from 0 to 100%: ______

**Before** your dog [cat] died, how often did your dog [cat] **appear** in your dreams? By “appeared” we mean that you saw or heard your dog/cat in the dream. Include in your estimate dreams in which your dog [cat] looked or sounded differently from how they looked or sounded in real life, but in the dream you regarded them as your dog [cat]. (1 = never, 2= Rarely, 3=Sometimes, 4= Often, 5= Always)
Since your dog [cat] died, in how many dreams has your dog [cat] actually appeared? It can be difficult to make these estimates so we will ask you to estimate in two different ways.

First, please express your answer as an exact number of dreams (as best as you can recall that): ____
Second, how would you rate the frequency with which your dog [cat] appeared? (1 = never, 2= Rarely, 3=Sometimes, 4= Often, 5= Always)

In how many dreams in the last month did your dog [cat] actually appear (either seen or heard)? ____

When your dog [cat] appeared, did they look (or sound) like they did in real life, or were they different in some way?

1 2 3 4 5
Always the same Always different

Some people find dreams in which their deceased dog [cat] appears comforting; some find them troubling; some find them both comforting and troubling.

If you have had at least one dream in which your dog [cat] appeared (since they died) typically how comforting were these dreams after you awoke? Choose N/A if you have not had one of these dreams.

1 2 3 4 5 N/A
Not at all Somewhat Very Comforting Comforting Comforting

What percentage of the dreams in which your dog [cat] appeared were comforting? Please express your answer as a number from 0 to 100%: ______

If you have had at least one dream in which your dog [cat] appeared (since they died) typically how upsetting were these dreams after you awoke? Choose N/A if you have not had one of these dreams.

1 2 3 4 5 N/A
Not at all Somewhat Very Upsetting Upsetting Upsetting

What percentage of the dreams in which your dog [cat] appeared were troubling or disturbing? Please express your answer as a number from 0 to 100%: ______
Please rate how true the following statements are of you:

If I had *more* dreams about my dog [cat] that were positive in content, it would be *comforting*.

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If I had *more* dreams about my dog [cat] that were positive in content, it would be *troubling*.

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If I had *fewer* dreams about my dog [cat] that were negative in content, it would be *comforting*.

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If I had *fewer* dreams about my dog [cat] that were negative in content, it would be *troubling*.

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We would like to learn more about what dreams of the deceased mean to people and how these dreams affect them. The following are based on things that bereaved people have said to us and we are wondering how generally true they are. Please rate how true each of the following statements are for you. If you have not had dreams of your dog [cat] since they died, just select N/A.

Usually after a dream in which my dog [cat] appears I feel more connected to my dog [cat].

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Usually after a dream in which my dog [cat] does not appear, but it is nonetheless a dream about my dog [cat] or the loss of my dog [cat], I feel more connected to my dog [cat].

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I wish I could have more dreams about my dog [cat].

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I wish I could have less dreams about my dog [cat].

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When my dog [cat] appears in a dream, I believe that they are actually visiting me.

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I believe that sometimes my dog [cat] is sending me a message through my dreams.

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Since the death of your dog [cat], have you experienced any of these dream themes:

a. Seeing your dog [cat] dead, dying, or suffering from illness? Y or N

b. Seeing your dog [cat] healthy and/or happy? Y or N

c. Your dog [cat] acting or speaking in a way that was upsetting? (For example, acted in a threatening way or gave a gesture that indicated disapproval, etc.) Y or N

d. Your dog [cat] acting or speaking in a way that was comforting? For example your dog [cat] snuggled or kissed you, or told you they are OK, they love you, etc. Y or N

Since the death of your dog [cat], please describe in detail the most memorable dream in which your dog [cat] appeared (if you had such a dream).

How long ago did this dream occur? Please be as specific as possible________
Study 3 Dream Questionnaire

We are interested in dreams about your baby before and after the miscarriage.

1. **Before** your miscarriage, did you ever dream about your baby? ___Yes ___No

2. If yes, **before** the miscarriage, as best as you can recall, how many dreams about your baby did you have? Please express your answer as an exact number of dreams: ____

3. **If yes,** did you experience any of these dream themes:
   a. Seeing your baby dead, dying, or suffering from illness? Y or N
   b. Seeing your baby alive and healthy? Y or N
   c. Being pregnant with your baby [Your wife or romantic partner being pregnant with your baby]? Y or N
   d. Feeling something was wrong with the baby or pregnancy? Y or N
   e. Thinking that you needed to take care of the baby? Y or N
   f. Someone in your dream talking about your baby? Y or N
   g. Having a dream that seemed to foretell the miscarriage? Y or N

4. Please describe in detail the most memorable dream about your baby you can recall having **before** the miscarriage. [Expandable textbox provided]

5. **Since** your miscarriage, how many dreams on average did you recall per week—by this we mean all dreams, not just dreams about your baby? ____

6. **Since** your miscarriage, have you had a dream about your baby? Y or N

7. Of the dreams that you have had since the loss, approximately what percentage of them were about your baby? Please express your answer as a percentage number from 0 to 100%: ______

8. **If you have dreamt about your baby since** the miscarriage, as best as you can recall, how many dreams about your baby have you had? Please express your answer as an exact number of dreams: _____
9. If you have had at least one dream about your baby since the miscarriage typically how comforting were these dreams after you awoke?

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We would like to learn more about what dreams about the deceased mean to people and how these dreams affect them. The following are based on things that bereaved people have said to us and we are wondering how generally true they are. Please rate how true each of the following statements are for you. Some questions assume you have had dreams of your baby. If you have not had such dreams just select N/A.

10. If I had more dreams about my baby, it would be comforting.

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11. Usually after a dream about my baby I feel more connected to my baby.

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12. I wish I could have more dreams about my baby.

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13. I wish I could have fewer dreams about my baby.

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14. When my baby appears in a dream, I believe that they are actually visiting me.

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15. I believe that sometimes my baby is sending me messages through my dreams.

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16. Since the miscarriage of your baby, have you experienced any of these dream themes:

a. Seeing your baby dead, dying, or suffering from illness? Y or N
b. Seeing your baby alive and healthy? Y or N
c. Being pregnant with that baby [Your wife or romantic partner being pregnant with your baby]? Y or N
d. Feeling something was wrong with the baby/pregnancy? Y or N
e. Thinking that you needed to take care of the baby? Y or N
f. Someone in your dream talking about your baby? Y or N
g. Having a dream that helped explain the miscarriage? Y or N
h. Dreaming of the miscarriage? Y or N

17. Please describe in detail the most memorable dream you can recall having about your baby since the miscarriage. [Expandable text box provided].
Study 4 Dream Questionnaire

1. How many nightmares have you had in the prior 6 months? By nightmares we mean very distressing dreams that are clearly recalled upon awakening.

2. Did you dream of your deceased spouse or partner after she or he died? Y or N

   a. Please describe in as much detail as possible the most memorable dream you can recall having about your spouse/partner after they died. Note: If there are multiple people in the dream please make clear which is your deceased partner or spouse. [Expandable text box provided].

   The next questions ask you about how you felt during the dream followed by questions about how you felt about the dream after the dream. For some people it is the same, for some it is different.

   b. How comforting was this dream for you during the dream?

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<tr>
<td>Not at all Comforting</td>
<td>Somewhat Comforting</td>
<td>Very Comforting</td>
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   c. How distressing was this dream for you during the dream?

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   d. How comforting was this dream for you after you awoke?

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   e. How distressing was this dream for you after you awoke?

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f. How connected did you feel to your deceased spouse/partner because of this dream?

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g. Did this dream replay (or remind you of) any traumatic aspects of the death?

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<td>Not at all Related</td>
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<td>Very Related</td>
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h. Approximately how many months after they died did this dream occur? ________

3. Have you had a dream of your deceased spouse or partner in the past month? Y or N

a. Please describe in as much detail as possible the most memorable dream in the past month you can recall having about your spouse/partner after they died. If it is the same as above please state so and then you need not describe it again. Note: If there are multiple people in the dream please identify which is your deceased partner or spouse.

[Expandable text box provided].

b. How comforting was this dream for you during the dream?

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h. Approximately how many months after they died did this dream occur? ________

The next two questions ask about the thoughts you have had in the past month about dreams of your partner or spouse that occurred any time after they died (not just dreams in the past month).

4. How often in the past month, have such thoughts comforted you?

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<td>Not at all</td>
<td>Rarely</td>
<td>Sometimes</td>
<td>Often</td>
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<td>= on average, once a week during the past month</td>
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5. How often in the past month, have such thoughts caused you distress?

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Study 1 and 2 Feedback Questionnaire

Research can always be improved and we have found the participants’ feedback is really helpful. We’d be grateful for any wisdom you can share with us about any aspect of this study or any of the questionnaires.

General comments: [Expandable text box provided]

I enjoyed participating in this study:
1= Not at all
2= A little
3= Somewhat
4= Quite a bit
5= A lot

I think this study may produce helpful or valuable results
1= Not at all
2= A little
3= Somewhat
4= Quite a bit
5= A lot

I found it upsetting to participate in this study
1= Not at all
2= A little
3= Somewhat
4= Quite a bit
5= A lot
Study 3 and 4 Feedback Questionnaire

Research can always be improved and we have found the participants’ feedback is really helpful. We would be grateful for any wisdom you can share with us about any aspect of this study or any of the questionnaires.

I enjoyed participating in this study:
1= Not at all
2= A little
3= Somewhat
4= Quite a bit
5= A lot

I think this study may produce helpful or valuable results
1= Not at all
2= A little
3= Somewhat
4= Quite a bit
5= A lot

I found it upsetting to participate in this study
1= Not at all
2= A little
3= Somewhat
4= Quite a bit
5= A lot

Is there anything else you would like to tell us about your experience that we did not ask about? [Expandable text box provided]

Any comments about the study? [Expandable text box provided]
Study 1 Intrinsic Religiosity Questionnaire

Please use the following scale to rate your agreement/disagreement with each statement.

1. Strongly Disagree  
2. Neither Agree Nor Disagree  
3. Agree  
4. Strongly Agree

1. I try to live all my life according to my religious beliefs.

2. I have often had a strong sense of God’s presence.

3. My whole approach to life is based on my religion.

4. My religion is important because it answers many questions about the meaning of life.

5. I enjoy reading about my religion.

6. It is important to me to spend time in private thought and prayer.
Study 3 Relationship to Baby Questionnaire

Please tell us a bit about some of your experiences during the pregnancy associated with the most upsetting miscarriage you have experienced…

How many weeks were you [was your partner or wife] pregnant before you experienced the miscarriage?

Before the miscarriage, did you know if the baby was a girl or a boy?
___ Yes, I had been told the baby’s sex
___ I had not been told, but I thought I knew or sensed the baby’s sex—and I was right
___ I had not been told, but I thought I knew or sensed the baby’s sex—but I was wrong
___ I had not been told, but I thought I knew or sensed the baby’s sex—but I never found out
___ No, I had no idea

Before the miscarriage, had you named your baby?
___ Yes (Select this if you did not know the baby’s sex and had two names—one for a boy and one for a girl)
___ I had more than one name I was trying to choose between
___ No, but I was thinking about it
___ No, I hadn’t thought about it yet

When you think of your baby now, does your baby have a name? ___ Yes   ___ No

Did you see an ultrasound picture of your baby?
___ Yes
___ No. I wished I could have, but I didn’t have an ultrasound
___ No

If yes, did you share these pictures with family or friends?
___ Yes   ___ No   ___I didn’t have pictures to share

Did you or anyone else post on social media the fact you were pregnant?
___ Yes   ___ No   ___ I don’t know

How many people had you directly told (either in person or through personal text message, etc.) that you [your partner] was pregnant?
___ None
___ A few
___ Many
___ Pretty much everyone
Did you or anyone else post on social media the fact that you [your partner] miscarried?
___ Yes   ___ No   ___ I don’t know

How many people have you told directly that you [your partner] miscarried (either in
person or through personal text message, etc.)?
___ None
___ A few
___ Many
___ Pretty much everyone

How much time had you spent preparing your home for the baby (e.g., setting up a cradle
or crib, child-proofing your home)?
___ None
___ A little
___ Quite a bit
___ A lot

How many items had you bought for the baby?
___ None—I hadn’t started buying yet
___ None, because I already had everything I needed from a prior baby or from gifts
___ A few (or a bit of what I needed to buy)
___ Quite a bit (or a lot of what I needed to buy)
___ Lots (or pretty much everything I needed to buy)

Had you received gifts for the baby?
___ No
___ A few
___ Many

While you were pregnant [While your partner was pregnant], how much did you think
about your baby’s future?
___ Not at all
___ A little
___ Quite a bit
___ A lot

While you were pregnant [While your partner was pregnant], did you imagine what your
baby’s personality would be like?
___ Not at all
___ A little
___ Quite a bit
___ A lot
While you were pregnant [While your partner was pregnant], how much did you think about how you, and the rest of your family (if you have a family), would interact with your baby?
___ Not at all
___ A little
___ Quite a bit
___ A lot

While you were pregnant [While your partner was pregnant], how much did you think about what your baby might look like as she or he grew up?
___ Not at all
___ A little
___ Quite a bit
___ A lot

Do you believe your baby has a soul or spirit?
___ Yes
___ I don’t know, but I lean toward yes
___ I don’t know
___ I don’t know, but I lean toward no
___ No

Did you have a funeral or any other formal ritual to commemorate the loss of the baby?
___ Yes, I’m glad I did
___ Yes, but I didn’t want that
___ No, I didn’t want that
___ No, but I wish I had

Is there a specific place set aside to commemorate baby such as gravesite or a shrine?
___ Yes
___ Yes, but I didn’t want that
___ No, I didn’t want that
___ No, but I wish I had

Did you receive any messages of condolence either in person or through card, letter, social media?
___ None
___ A few
___ Quite a few
___ Many

Did you receive any gifts of condolence, such as flowers or food?
___ None
___ A few
___ Quite a few
___ Many
In general, how do you feel about the amount of sympathy and support you received after the miscarriage?

___ I wish I had received much more support than I got
___ While I received some support, I wish it was more
___ I received about the right amount
___ I received more support than I actually wanted
___ I received much more support than I actually wanted

Were you carrying the baby as a surrogate for someone else? ___Yes___No

Please read the following definitions of grief versus mourning. “Grief is the inner experience of loss. Mourning is the public expression of grief. Mourning can be shown in many ways.”

To what extent are you currently grieving the loss (have an inner experience of loss)?

1 = not at all ….7 = very intensely grieving

How often do you publically mourn, that is show others that you are grieving by your words or actions?

1= never ..... 7 = almost all the time

When you publically mourn, how intense is your expression?

1 = never show signs of mourning, 2 = low intensity 7 = extreme intensity

Do you ever think you are grieving or mourning too much?
☐ Never or almost never
☐ Rarely
☐ Sometimes
☐ Often
☐ Always

Do you ever think you are grieving or mourning too little?
☐ Never or almost never
☐ Rarely
☐ Sometimes
☐ Often
☐ Always

Do others ever think you are grieving or mourning too much?
☐ Never or almost never
☐ Rarely
☐ Sometimes
☐ Often
☐ Always

Do others ever think you are grieving or mourning too little?
☐ Never or almost never
☐ Rarely
☐ Sometimes
☐ Often
☐ Always
Study 4 Impact of Event Scale – Revised

Instructions: Below is a list of difficulties people sometimes have after stressful life events. Please read each item, and then indicate how distressing each difficulty has been for you DURING THE PAST SEVEN DAYS with respect to ______________________, which occurred on _________________. How much were you distressed or bothered by these difficulties?

Item Response Anchors are 0 = Not at all; 1 = A little bit; 2 = Moderately; 3 = Quite a bit; 4 = Extremely.

1. Any reminder brought back feelings about it.
2. Other things kept making me think about it.
3. I felt irritable and angry.
4. I thought about it when I didn’t mean to.
5. I felt as if it hadn’t happened or wasn’t real.
6. I stayed away from reminders of it.
7. Pictures about it popped into my mind.
8. I was jumpy and easily startled.
9. I tried not to think about it.
10. I was aware that I still had a lot of feelings about it, but I didn’t deal with them.
11. My feelings about it were kind of numb.
12. I found myself acting or feeling like I was back at that time.
13. I had trouble falling asleep.
14. I had waves of strong feelings about it.
15. I had trouble concentrating.
16. Reminders of it caused me to have physical reactions, such as sweating, trouble breathing, nausea, or a pounding heart.
17. I felt watchful and on-guard.
18. I tried not to talk about it.
Study 4 Deliberate Rumination Questionnaire

After an experience like the one you reported, people sometimes, but not always, find themselves having thoughts about their experience even though they don’t try to think about it. Indicate for the following thoughts, how often, if at all, you had the experienced each one.

0= I never experienced this thought.
1= I rarely experienced this thought.
2= Sometimes I experienced this thought.
3= I often experienced this thought.

1. I deliberately thought about how the event had affected me.

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2. I thought about whether I have learned anything as a result of my experience.

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3. I thought about the event and tried to understand what happened.

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4. I thought about whether the experience has changed my beliefs about the world.

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5. I thought about whether I could find meaning from my experience.

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6. I thought about whether changes in my life have come from dealing with my experience.

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7. I forced myself to think about my feelings about my experience.

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8. I forced myself to deal with my feelings about the event.

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9. I thought about what the experience might mean for my future.

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10. I thought about whether my relationship with others has changed following my experience.

0 1 2 3
Study 4 Posttraumatic Growth Inventory

In terms of how the stressful event affects you currently, circle for each of the statements below the degree to which this change has occurred in your life as a result of your stressful event, using the following scale.

0= I did not experience this change as a result of my stressful event.
1= I experienced this change to a very small degree as a result of my stressful event.
2= I experienced this change to a small degree as a result of my stressful event.
3= I experienced this change to a moderate degree as a result of my stressful event.
4= I experienced this change to a great degree as a result of my stressful event.
5= I experienced this change to a very great degree as a result of my stressful event.

1. I have changed my priorities about what is important in life.
   0  1  2  3  4  5

2. I have a greater appreciation for the value of my own life.
   0  1  2  3  4  5

3. I have developed new interests.
   0  1  2  3  4  5

4. I have a greater feeling of self-reliance.
   0  1  2  3  4  5

5. I have a better understanding of spiritual matters.
   0  1  2  3  4  5

6. I more clearly see that I can count on people in times of trouble.
   0  1  2  3  4  5

7. I have established a new path for my life.
   0  1  2  3  4  5

8. I have a greater sense of closeness with others.
   0  1  2  3  4  5

9. I am more willing to express my emotions.
   0  1  2  3  4  5

10. I know better that I can handle difficulties.
    0  1  2  3  4  5

11. I am able to do better things with my life.
    0  1  2  3  4  5
12. I am better able to accept the way things work out. 
   0  1  2  3  4  5

13. I can better appreciate each day. 
   0  1  2  3  4  5

14. New opportunities are available which wouldn't have been otherwise. 
   0  1  2  3  4  5

15. I have more compassion for others. 
   0  1  2  3  4  5

16. I put more effort into my relationships. 
   0  1  2  3  4  5

17. I am more likely to try to change things that need changing. 
   0  1  2  3  4  5

18. I have a stronger religious faith. 
   0  1  2  3  4  5

19. I have discovered that I'm stronger than I thought I was. 
   0  1  2  3  4  5

20. I have learned a great deal about how wonderful people are. 
   0  1  2  3  4  5

21. I better accept needing others. 
   0  1  2  3  4  5
Appendix G

Study 2 Pet Dream Category Definitions

**Dream is a Memory** – need to be specific. Score conservatively. Dreamer needs to make clear that this dream is like a memory. It’s OK to consider commentary by the dreamer “outside” the dream account.

- Dream is a memory of prior events
- Replaying a memory
- If they were awake we would say they were reminiscing

**Animal is Doing Ordinary (Typical) Behaviours** – If not a dream this would be storytelling about what the animal used to do (e.g., routine day together); however, don’t infer this. The dreamer needs to make clear that the animal is doing things it used to do.

**Positive Affective Tone (During the dream)** – OK to make a judgment here—we don’t need explicit statements BUT the dreamer has to “convince” us. There has to be evidence of a positive tone but it doesn’t have to be an explicit statement.

**Animal is Happy, Wagging, Smiling** -

**Positive Affective Tone (After – when awake)** - Dreamer comments on the comfort they felt because of the dream when awake

**Negative Affective Tone (During)**

**Negative Affective Tone (After)** - Dreamer comments on the distress they felt because of the dream when awake

**Unfriendly Interaction** –
- Must be interaction not just parallel activity
- Then needs some descriptor or word that implies friendliness or unfriendliness (e.g., going together is but walk is not)

**Active Friendly Interaction (Playing with)** – A mutual activity that is interactive. Excludes cuddling. Playing with would be a “classic” example but there may be others

**Physical Interaction** – **Physical contact** that is intended by at least one party to be an interaction

**Physical Affection (Interactive)** – Physical affection is a sub category of physical interaction (which means if you check this, you must also check Physical Interaction). This can be one-sided—either animal being affectionate, or human being affectionate

**Physical Aggression**—Negative physical interaction. A subcategory of physical interaction.
Pet initiates interaction with dreamer—pet makes the contact first. It can be verbal, or an attempt to interact with the dreamer. The key is that the pet initiates something with the apparent intention of having an interaction.

Companionable “interaction”: Doing something together but not necessarily interacting, like walking together, watching television together. Excludes friendly & unfriendly interactions, physical interactions including physical affection. Includes watching television together.

Watching television together. A sub-type of companionable interaction. It’s not enough that just the human is watching TV. We need the idea that they are watching together.

Animal Moves Towards Dreamer - Reduction of distance between animal and dreamer (not including fetch). Can result in an interaction, but does not need to.

Animal Approaches Dreamer –
- Sub category of moves towards
- Intentional coming to the dreamer of the animal

Animal Moves Away from Dreamer – not including fetch (need to be specific)

Animal Looks at Dreamer

Animal is Just there –
- The dream isn’t about the animal, not the focus
- But that doesn’t have to be whole dream—at least for part of the dream, the dreamer indicates it is not about the animal
- Animal is in the periphery

Animal Disappears (Gone) Includes departures that are not “undone” (i.e., excludes animal leaving and returning)

Searching for Animal

Dreamer Speaks to/ Calls to Animal

Animal Verbalizes - Makes a Sound or talks telepathically

Dreamer is Acting as Caretaker (Caregiver) – e.g., feeding, Walking, day-to-day caretaking etc. but not affection Includes statement that indicates that the animal “is taken care of”. This is routine caregiving. So it excludes unusual actions of “caretaking”—like the searching for or rescue dreams. The latter will be scored separately

Animal is Making Requests or Demands (e.g., wants affection, but is not limited to affection)
Animal is Sick or injured–

Animal Dies Again

Animal is Back to Life, Resurrected The key here is that the animal is explicitly described as resurrected, e.g., “OMG you’re alive!!!! You’ve come back to life!”

Animal is not Dead – explicit mention that they are not dead. OK to make a judgment (e.g., the dreamer is surprised to see the animal) provided it is clear that the dreamer is implying that contrary to reality or expectation, the animal is not dead. This can come out in commentary about the dream “outside” the dream narrative

Animal Was Never Dead (Mistake)

Animal is Changed or Different

Animal is Younger – explicit message from the dreamer that animal looks or is younger

Animal is Healthy (In Better Shape) – explicit message from the dreamer that animal is healthy or healthier

Other People are Present –

Other Animals are Present -

Mention of Favourite Toy –

Impending Doom

Success in Looking for/ Finding, & Rescue

Failure in Looking for/Finding/& Rescue

Animal is in danger (Not Safe)

Dream is a PTSD Intrusion—Dream that appears to re-enact trauma in a fairly “representational” way

Animal is on the Couch

Animal is on the Bed

Location Outdoors, (need to specifically state) Gardens will be taken to be outdoors. Being in a vehicle like a car will be scored as outdoors.

Park
Garden
Forest
Beach
Yard
Study 3 Child Dream Category Definitions

Code 1 = yes or 0 = nor or can’t say, unless otherwise indicated. It is possible, indeed common, for a dream to have multiple scores, including contradictory scores.

Positive Affective Tone (During the dream) – OK to make a judgment here—we don’t need explicit statements BUT the dreamer has to “convince” us. There has to be evidence of a positive tone but it doesn’t have to be an explicit statement. It can also just be part of the dream.

Negative Affective Tone (During the dream) - It is possible for a dream to be scored as both positive and negative.

Dream is a PTSD Intrusion—Dream that appears to re-enact trauma in a fairly “representational” way. Doesn’t have to be literal, nor does it have to be the whole dream. Overall, this seems to be a dream that, at least in part, is an intrusive recall of the traumatic circumstances associated with the miscarriage. The “purpose” of such dreams is that broader purpose of working through trauma and revisiting it and revisiting it and revisiting it until we can make sense of it and integrate it into our sense of who we are.

- **Replaying the news or miscarriage** – seems to be replaying the news or actual miscarriage. They need to make this clear. If you code this you would code PTSD.

Child is Dead, Dying or Ill - The deceased may be dead in the dream (including miscarriage), may die in the dream, or may be suffering from physical symptoms in the dream.

Child is in danger (Not Safe)– The baby in danger (for example being chased) or for a moment in the dream is in danger of dying by external forces (for example drowning, falling from high heights, etc) (death may or may not occur after). Also, baby in danger will be if something appears wrong with the pregnancy or foretelling of miscarriage. If someone is dying in a hospital or is ill this is not the category for it.

- **Something Wrong with Pregnancy** - Also, baby in danger will be if something appears wrong with the pregnancy or foretelling of miscarriage. (if you could this you will need to say yes to baby is in danger)

Interaction: The dreamer is doing something with the deceased.

The bulleted categories are sub-categories. If a sub-category is endorsed as present, then “Interaction” should also get a score of 1. However, it is quite possible to give a 1 to Interactions, but zeroes to all sub-categories.
• **Negative Interaction** – (if you check this you would check negative affective tone). This would be an interaction that is has conflict/hostile behaviour between the two (not crying).

• **Pleasant Interaction** - (if you check this you would check positive affective tone). This can be a memory that is being replayed. There is a pleasantness to the interaction.

• **Physical Interaction** – Physical contact that is intended by at least one party to be an interaction

• **Physical Aggression** - Negative physical interaction (e.g., actually hitting or grabbing, etc). (if you check this, you must also check Physical Interaction & Negative Interaction).

• **Physical Affection (Interactive)** – This can be one-sided—either partner showing affectionate (kiss, hug, holding hands, holding child, etc.) (if you check this, you must also check Physical Interaction & Pleasant Interaction).

• **Companionable “interaction”**: Doing something together but not necessarily directly interacting, like walking together, watching television together, shopping, fishing, driving a car, cooking, etc. **Excludes pleasant & negative interactions, physical interactions including physical affection.**

**Types of interactions:**

**Feeling child in stomach**

**Being Pregnant**

**Giving birth (alive child)**

**Watching Child**

**Holding Child** – If you code this, you would also need to code physical affection and pleasant interaction

**Caring For Child** – eg. feeding, nursing, changing. If you code this, you would also need to code pleasant interaction

**Playing with Child** - If you code this, you would also need to code pleasant interaction

**Walking with Child**
**Comforting Words to the Dreamer** – The deceased utters words of comfort. Words of comfort could include telling them they are OK, they love them, forgive them, give their approval, are happy, miscarriage not your fault, etc. The deceased saying they are not dead or I’m alive does not constitute words of comfort alone. More needs to be said. Not just saying goodbye.

**Distressing Words to the Dreamer** - The deceased utters words of discomfort. These could include criticism, unreasonable or unwelcome demands, disapproval, etc.

**Crying** – The dreamer or deceased are crying in the dream

**Dissatisfying or “broken” or impaired connection.** The dreamer isn’t able to interact or connect with the deceased as they would like to because of some difficulty, which could be a physical barrier, a communication problem, or can’t move to them. (This does not get checked if someone is searching or looking for the deceased the whole dream. It can be checked if they were there and then gone as it would be a broken connection).

**Leaving/Disappearing** – The dreamer and baby are together and get separated. They could separate from each other by leaving or disappearing (either slowly or suddenly). It may also be that separation was discussed (e.g., I have to go), but the action was not fully carried out yet.

**Child Speaking** – The baby speaks sounds or full sentences (as baby or adults)

**Saying goodbye** – either the deceased or dreamer say goodbye verbally. This includes I’m going to miss you or I have to leave now, etc. which is indicating they are going away. This is a subtheme of Leaving/Disappearing (so if you check this you check that)

**Searching for Partner, Chasing Them, or trying to rescue**

- **Success in Looking for/ Finding, Helping & Rescue** – (if you check this, you must also check Searching for Partner).

- **Failure (Not Rescuing/ Finding/Helping/ & Rescue)** - (if you check this, you must also check Searching for Partner).

**Other Characters (not animals) are Present** – includes anyone (including God, Jesus, angels, demons, etc.) or group outside the dreamer and deceased. This does not include any animals.

**Animals are Present** -

**Family Members Present** – Family members (including partner) and/or family pet mentioned in the dream
Dream would be Comforting – One would say this dream would be comforting to the dreamer when they awoke

Dream would be Distressing – One would say this dream would be distressing to the dreamer when they awoke

Shift in Tone: Dream starts positive and ends negative – (both Positive and Negative Affective Tone should be marked)

Shift in Tone: Dream starts negative and ends positive - (both Positive and Negative Affective Tone should be marked)

Seeing in Utero – Seeing the baby in Utero

Resemblance – Dreamer or another character mentions how the baby looks like themselves or partner

Parenting Anxiety – Feel like they are a bad parent

Event Outing – Dreamer is at an event with the baby. This could be a social function (christening, birthday party, graduation, etc.) or a specific special destination (e.g., zoo, Disneyland, etc)

Age – it is ok to place in a category if they do not directly say the age based on the actions of the baby.

In Utero - being pregnant or seeing partner pregnant at some point in the dream

Baby –

Toddler/child – if they state child is learning to walk it goes here. Baby saying mama will also go here.

Teenager – if they state child in high school or graduation form high school it goes here.

Adult - if in university it goes here
Study 4 Partner/Spouse Dream Category Definitions Ever

Code 1 =yes or 0 = nor or can’t say, unless otherwise indicated. It is possible, indeed common, for a dream to have multiple scores, including contradictory scores.

**Dream is a Memory** – need to be specific. Score conservatively.
- Dream is a memory of prior events
- Replaying a memory
- If they were awake we would say they were reminiscing

**Part Memory/Part Dream** – Part of the dream is a memory, but not the whole dream

**Dreaming of future event** - (e.g., doing something with deceased that they had planned to do).

**Positive Affective Tone (During the dream)** – OK to make a judgment here—we don’t need explicit statements BUT the dreamer has to “convince” us. There has to be evidence of a positive tone but it doesn’t have to be an explicit statement. It can also just be part of the dream.

**Negative Affective Tone (During the dream)** - It is possible for a dream to be scored as both positive and negative

**Dream is a PTSD Intrusion**—Dream that appears to re-enact trauma in a fairly “representational” way. Doesn’t have to be literal, nor does it have to be the whole dream. Overall, this seems to be a dream that, at least in part, is an intrusive recall of the traumatic circumstances associated with the partner’s illness or death. The “purpose” of such dreams is that broader purpose of working through trauma and revisiting it and revisiting it until we can make sense of it and integrate it into our sense of who we are.

**Deceased is Dead, Dying or Ill** - The deceased may be dead in the dream, may die in the dream, or may be suffering from physical symptoms in the dream.

**Deceased is in danger (Not Safe)** – The partner in danger (for example being chased) or for a moment in the dream is in danger of dying by external forces (for example drowning, falling from high heights, getting into a car accident, etc) (death may or may not occur after). If someone is dying in a hospital or is ill this is not the category for it.

**Interaction**: The dreamer is doing something with the deceased.

The bulleted categories are sub-categories. If a sub-category is endorsed as present, then “Interaction” should also get a score of 1. However, it is quite possible to give a 1 to Interactions, but zeroes to all sub-categories.
- **Negative Interaction** – (if you check this you would check negative affective tone). This would be an interaction that is has conflict/hostile behaviour between the two (not crying).

- **Pleasant Interaction** - (if you check this you would check positive affective tone). This can be a memory that is being replayed. There is a pleasantness to the interaction.

- **Physical Interaction** – Physical contact that is intended by at least one party to be an interaction

- **Physical Aggression** - Negative physical interaction (e.g., actually hitting or grabbing, etc). (if you check this, you must also check Physical Interaction & Negative Interaction ).

- **Physical Affection (Interactive)** – This can be one-sided—either partner showing affectionate (kiss, hug, holding hands, etc.) (if you check this, you must also check Physical Interaction & Pleasant Interaction).

- **Companionable “interaction”**: Doing something together but not necessarily directly interacting, like walking together, watching television together, shopping, fishing, driving a car, cooking, etc. Excludes pleasant & negative interactions, physical interactions including physical affection.

**Not About Partner** - These are dreams in which the partner is present almost by accident. The dream doesn’t seem to be about the partner.

**Comforting words to the Dreamer** – The deceased utters words of comfort. Words of comfort could include telling them they are OK, they love them, forgive them, give their approval, are happy, etc. The deceased saying they are not dead or I’m alive does not constitute words of comfort alone. More needs to be said. Not a memory or not just saying goodbye.

**Comforting words to Deceased** -

**Distressing words to the Dreamer** - The deceased utters words of discomfort. These could include criticism, unreasonable or unwelcome demands, disapproval, etc. Not a memory.

**Distressing words to the Dreamer** -

**Telling the Deceased To Go** - either the deceased or dreamer verbally tell the other to go away. It may be out of anger (e.g., get away from me) or love (e.g., its time for you to go).
Deceased Positively Visits the Dreamer (form the ‘other side’) - The deceased has come to visit the dreamer from “the other side” or the dreamer visits the deceased on “the other side”. Typically the dreamer knows the partner is dead and visiting, usually with a message. These dreams have a definite “supernatural” feel to them and usually positive undertone.

Deceased Negatively Visits the Dreamer (form the ‘other side’) - The deceased has come to visit the dreamer from “the other side” or the dreamer visits the deceased on “the other side”. Typically the dreamer knows the partner is dead and visiting, usually with a negative message.

Deceased is Healthy - The dreamer comments on the well-being of the deceased. The dreamer may describe the deceased as being healthy (e.g., infirmities caused by illness or injury having disappeared, can perform actions not able to when ill, etc.). It is possible for the deceased to look younger or older than they did when they passed or stated as handsome or pretty, but this does not imply health.

Deceased is Happy - The dreamer may describe the deceased as happy (e.g., smiling, laughing, playing, etc.). The deceased commenting that they are OK or happy does not justify this category; that would be Words of Comfort.

Crying – The dreamer or deceased are crying in the dream

Dissatisfying or “broken” or impaired connection. The dreamer isn’t able to interact or connect with the deceased as they would like to because of some difficulty, which could be a physical barrier, a communication problem, or can’t move to them. (This does not get checked if someone is searching or looking for the deceased the whole dream. It can be checked if they were there and then gone as it would be a broken connection).

Leaving/Disappearing – The dreamer and partner are together and get separated. They could separate from each other by leaving or disappearing (either slowly or suddenly). It may also be that separation was discussed (e.g., I have to go), but the action was not fully carried out yet.

Saying Goodbye – either the deceased or dreamer say goodbye verbally. This includes I’m going to miss you or I have to leave now, etc. which is indicating they are going away. This is a subtheme of Leaving/Disappearing (so if you check this you check that)

Searching for Partner, Chasing Them, or trying to rescue

- Success in Looking for/ Finding, & Rescue – (if you check this, you must also check Searching for Partner).

- Failure (Not Rescuing/ Finding) - (if you check this, you must also check Searching for Partner).
Other Characters (not animals) are Present – includes anyone (including God, Jesus, angels, demons, etc.) or group outside the dreamer and deceased. This does not include any animals.

Animals are Present -

Deceased wants dreamer to join them -

Dreamer wants to join or follow the deceased –

Dream would be Comforting to dreamer – One would say this dream would be comforting to the dreamer when they awoke

Dream would be Distressing to dreamer – One would say this dream would be distressing to the dreamer when they awoke

Shift in Tone: Dream starts positive and ends negative – (both Positive and Negative Affective Tone should be marked)

Shift in Tone: Dream starts negative and ends positive - (both Positive and Negative Affective Tone should be marked)
Study 4 Partner/Souse Dream Category Definitions in the Last Month

Code 1 = yes or 0 = nor or can’t say, unless otherwise indicated. It is possible, indeed common, for a dream to have multiple scores, including contradictory scores.

**Dream is a Memory** – need to be specific. Score conservatively.
- Dream is a memory of prior events
- Replaying a memory
- If they were awake we would say they were reminiscing

**Dreaming of future event** - (e.g., doing something with deceased that they had planned to do).

**Positive Affective Tone (During the dream)** – OK to make a judgment here—we don’t need explicit statements BUT the dreamer has to “convince” us. There has to be evidence of a positive tone but it doesn’t have to be an explicit statement. It can also just be part of the dream.

**Negative Affective Tone (During the dream)** - It is possible for a dream to be scored as both positive and negative

**Dream is a PTSD Intrusion**—Dream that appears to re-enact trauma in a fairly “representational” way. Doesn’t have to be literal, nor does it have to be the whole dream. Overall, this seems to be a dream that, at least in part, is an intrusive recall of the traumatic circumstances associated with the partner’s illness or death. The “purpose” of such dreams is that broader purpose of working through trauma and revisiting it and revisiting it and revisiting it until we can make sense of it and integrate it into our sense of who we are.

**Deceased is Dead, Dying or Ill** - The deceased may be dead in the dream, may die in the dream, or may be suffering from physical symptoms in the dream.

**Deceased is in danger (Not Safe)**– The partner in in danger (for example being chased) or for a moment in the dream is in danger of dying by external forces (for example drowning, falling from high heights, getting into a car accident, etc) (death may or may not occur after). If someone is dying in a hospital or is ill this is not the category for it.

**Interaction:** The dreamer is doing something with the deceased.

The bulleted categories are sub-categories. If a sub-category is endorsed as present, then “Interaction” should also get a score of 1. However, it is quite possible to give a 1 to Interactions, but zeroes to all sub-categories

- **Negative Interaction** – (if you check this you would check negative affective tone). This would be an interaction that is has conflict/hostile behaviour between the two (not crying).
- **Pleasant Interaction** - (if you check this you would check positive affective tone). This can be a memory that is being replayed. There is a pleasantness to the interaction.

- **Physical Interaction** – Physical contact that is intended by at least one party to be an interaction

- **Physical Aggression** - Negative physical interaction (e.g., actually hitting or grabbing, etc). (if you check this, you must also check Physical Interaction & Negative Interaction).

- **Physical Affection (Interactive)** – This can be one-sided—either partner showing affectionate (kiss, hug, holding hands, etc.) (if you check this, you must also check Physical Interaction & Pleasant Interaction).

- **Companionable “interaction”**: Doing something together but not necessarily directly interacting, like walking together, watching television together, shopping, fishing, driving a car, cooking, etc. Excludes pleasant & negative interactions, physical interactions including physical affection.

**Comforting words to the Dreamer** – The deceased utters words of comfort. Words of comfort could include telling them they are OK, they love them, forgive them, give their approval, are happy, etc. The deceased saying they are not dead or I’m alive does not constitute words of comfort alone. More needs to be said. Not a memory or not just saying goodbye.

**Distressing words to the Dreamer** - The deceased utters words of discomfort. These could include criticism, unreasonable or unwelcome demands, disapproval, etc. Not a memory.

**Telling the Deceased To Go** - either the deceased or dreamer verbally tell the other to go away. It may be out of anger (e.g., get away from me) or love (e.g., its time for you to go).

**Deceased is Healthy** - The dreamer comments on the well-being of the deceased. The dreamer may describe the deceased as being healthy (e.g., infirmities caused by illness or injury having disappeared, can perform actions not able to when ill, etc.). It is possible for the deceased to look younger or older than they did when they passed or stated as handsome or pretty, but this does not imply health.

**Crying** – The dreamer or deceased are crying in the dream

**Dissatisfying or “broken” or impaired connection**. The dreamer isn’t able to interact or connect with the deceased as they would like to because of some difficulty, which could be a physical barrier, a communication problem, or can’t move to them. (This does
not get checked if someone is searching or looking for the deceased the whole dream. It can be checked if they were there and then gone as it would be a broken connection).

**Leaving/Disappearing** – The dreamer and partner are together and get separated. They could separate from each other by leaving or disappearing (either slowly or suddenly). It may also be that separation was discussed (e.g., I have to go), but the action was not fully carried out yet.

**Saying Goodbye** – either the deceased or dreamer say goodbye verbally. This includes I’m going to miss you or I have to leave now, etc. which is indicating they are going away. This is a subtheme of Leaving/Disappearing (so if you check this you check that)

**Searching for Partner, Chasing Them, or trying to rescue**

- **Success in Looking for/ Finding, & Rescue** – (if you check this, you must also check Searching for Partner).

- **Failure (Not Rescuing/ Finding)** - (if you check this, you must also check Searching for Partner).

**Other Characters (not animals) are Present** – includes anyone (including God, Jesus, angels, demons, etc.) or group outside the dreamer and deceased. This does not include any animals.

**Animals are Present** -

**Deceased wants dreamer to join them** -

**Dreamer wants to join or follow the deceased** –

**Dream would be Comforting to Dreamer** – One would say this dream would be comforting to the dreamer when they awoke

**Dream would be Distressing to Dreamer** – One would say this dream would be distressing to the dreamer when they awoke

**Shift in Tone: Dream starts positive and ends negative** – (both Positive and Negative Affective Tone should be marked)

**Shift in Tone: Dream starts negative and ends positive** - (both Positive and Negative Affective Tone should be marked)
Appendix H

Study 2 Pet Loss Most Memorable Dreams

Identifying words have been removed from the dreams and in the case of names it was replaced with [name].

<table>
<thead>
<tr>
<th>1</th>
<th>My most recent and memorable dream was one in which my dog and I were going together for or routine walk and doing the things we used to do in our city park. It was very consistent with what usually occurred, there were no strange or unusual events.</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>I was sitting in my house, it wasn't my house though, and this cat walks up to me and does the thing where they rub up against your legs, when I went to pet it, I noticed it was my cat [name]. He had one eye since birth, but in my dream he had both and then woke up.</td>
</tr>
<tr>
<td>3</td>
<td>He came up to me when I was gardening and wanted to be pet.</td>
</tr>
<tr>
<td>4</td>
<td>The cat was trying to wake me up</td>
</tr>
<tr>
<td>5</td>
<td>The most memorable dream was really more of a recollection of a time we spent at a park. It was a very nice day and I was going through a really tough time. Spending time with him was very therapeutic in that moment.</td>
</tr>
<tr>
<td>6</td>
<td>I had a dream we were at the park playing with a ball. He kept running towards me. It almost looked like he was smiling</td>
</tr>
<tr>
<td>7</td>
<td>It was a dream where I was playing with my dog</td>
</tr>
<tr>
<td>8</td>
<td>The most memorable dream of my cat was the most recent just last week and he was actually rainbow colored and was very sick, actually throwing up and having diarrhea to be blunt.</td>
</tr>
<tr>
<td>9</td>
<td>It was a strange dream, where some type of disaster was about to occur. I had to get my family out (from a previous home that we haven't lived in for years), and my cat was constantly there at my side. I woke up before we got out.</td>
</tr>
<tr>
<td>10</td>
<td>We were in the backyard setting up the trampoline we got for xmas and there were dogs barking non-stop. I accidentally called out for the dogs to stop barking and used my deceased dogs name and then got really sad when I realized I had just said his name. But when I did, he came dashing around the corner like he was listening and obeying me to stop barking.</td>
</tr>
<tr>
<td>11</td>
<td>My dog was back and we spent the day together.</td>
</tr>
</tbody>
</table>
My cat appeared in my room and hopped onto my bed and cuddled with me while we watched television. It was very vivid and was a very short dream.

The most detailed dream (one that I remembered very clearly after and that felt real) was that she was meowing for me like she did every time I went to sleep and she wanted attention. I actually woke up and called for her because it was so vivid.

It was just a simple dream of my cat sitting on my lap watching TV with me.

I was coming home from work and my cat ran up to me and I petted her.

The most memorable dream was the first dream I had since my dog [name] died. She was suffering from seizures during her last year of life and she was slowly deteriorating and her behavior was starting to change. She wasn't herself anymore towards the end. In my dream, she jumped on my lap and snuggled like she used to. She then got up and grabbed her favorite toy and walked out my front door with her toy in her mouth. The dream gave me a lot of comfort even though it was sad, it was very comforting for me to "see" her behave in a way she did before she had her seizures.

I had a dream last night about a group of strange cats outside a house, but my cat was inside with me. I knew she was safe and taken care of, and it made me feel happy.

We were snuggling on the couch like we had done every night during his entire life. It was very realistic and I woke up with a big smile on my face.

I had quite a few dreams about her soon after she died. They were usually just variations on the same themes of things that we did together like going to the beach, or her just being there when I knew that she was not.

He was running and playing fetch with his favorite toy.

When we were playing in the back yard and he kept looking at me with a cute puppy face.

It wasn't specifically about my cat, she just happened to be there, doing normal cat things.

In my dream it was an ordinary Sunday, we went to get takeaway margaritas and hang out in the park next to the bar. It was a nice reminder.

I was in a rainy forest and lighting was striking all around. I wandered around fearing for my life in the dark when lightning flashed and I looked up to him up on a branch in a tree. As I stared and reached for him the sun came out and the darkness melted away. Suddenly I was back in my study petting him on my lap with a cup of coffee.
<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>25</td>
<td>We were out in a field together playing with his favorite ball.</td>
</tr>
<tr>
<td>26</td>
<td>I found myself in an unfamiliar building with many people in it. It was large and maze-like, but not threatening. I realized that my recently deceased cat was on the loose in this building. I remember being concerned because my cat is an indoor cat and can’t be outside. I spent most of the dream navigating this building and trying to find him so that I could make sure I put him somewhere safe until it was time to go home. It never crossed my mind during this dream that he is no longer alive; it felt like a completely normal occurrence as I found him, pet him, and picked him up in my arms. He was silly and sweet as always.</td>
</tr>
<tr>
<td>27</td>
<td>A normal trip to the dog park, we went there at least 4 times a week for years so it was more like a memory than a ‘dream’.</td>
</tr>
<tr>
<td>28</td>
<td>I used to hold my dog on my lap while watching TV and in one dream, she was nestled on my lap again.</td>
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<tr>
<td>29</td>
<td>I had a dream of me and my dog out in the woods hunting.</td>
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<tr>
<td>30</td>
<td>I just remember them being in the room with me and jumping up to get affection as he usually would.</td>
</tr>
<tr>
<td>31</td>
<td>It was a confusing dream, a few days after my dog passed. He was alive in my dream and comforting me, laying next to me. I woke up and he wasn't there, I was confused, since I thought he was alive when I woke, but I knew he was gone. It was an awful feeling.</td>
</tr>
<tr>
<td>32</td>
<td>The most memorable one I had was which I had 2 months ago in which my dog was playing with me in a garden filled with all flowers and a river flowing on the other end of the garden.</td>
</tr>
<tr>
<td>33</td>
<td>I was sitting on the couch, and she came up and laid in my lap and purred and kneaded my legs like she used to always do, and I kept petting her and telling her she was pretty and I loved her and she looked up at me and rubbed her face against my cheek.</td>
</tr>
<tr>
<td>34</td>
<td>I dreamed I was just sitting on the couch and petting her head as she slept on my stomach like she used to.</td>
</tr>
<tr>
<td>35</td>
<td>I was on a road trip and she came with me and was in the passenger car seat enjoying herself.</td>
</tr>
<tr>
<td>36</td>
<td>It was in the backyard of a place I used to live, there was some kind of conveyer belt in the backyard. It had sharp teeth on the edges, like big sharp metal teeth, and [name] was in danger. I had to save her, and I had to put myself at risk to save her.</td>
</tr>
</tbody>
</table>
but I didn't care. I somehow managed to get on to the conveyer belt, not get sliced up by any of the giant metal teeth, pick her up, jump off of the conveyer belt, and hold her. She was finally safe, and I told her I would do anything to keep her safe. Then I woke up.

In my dream I was laying on my bed and my cat jumped on it and snuggled me. I remember asking my cat how it got here since I recalled, in my dream, that she was dead.

It was just a dream that happened to take place in my house in the morning, and I was feeding my cat. It wasn't a long or detailed dream.

I remember a dream where my dog was a puppy and back then I used to take him to my friend's house to smoke weed and we used to blow weed in his face and see him act weird afterwards so it was funny to see him eat a lot after we smoked but he acted happy and dumb at the same time where it was cute as you can imagine he had puffy hair when he was a puppy and when I dreamed with him I actually felt like I had him in my arms it was so depressing after I woke up I felt alone without my loyal dog in my life and it still hurts to this day.

In the dream my dog was in my room sleeping like he always did. Then he ran downstairs so he could use the bathroom and I let him out. When I woke up I knew something wrong because he shouldn't be around because he is dead. Everyone else in my house wasn’t’ bothered it by it though, they thought it was normal. So I said to them, I don't think he should be here, didn't he die. And they responded oh yeah, sort of like they had forgot but knew I was right when I reminded them. My dog wasn't really being friendly in the dream, nor was he being negative, he was just doing his daily routine with me, and in the morning he would need to go to the bathroom asap. The weird thing is this dream restarted 3 times with me waking up in my bed in my room, and it really felt very real.

I was outside going for a nature walk, like I always used to do with [name] back before he died. I'd grab my marijuana pipe and we'd hike through the woods for hours, lost in nature. He would always follow me no matter how long I was out or how far I would go. That is how the dream was too. It was like a memory in dream form.

He died suddenly and I frequently dream about my wife crying as we drive to the vet and he is in her arms.

[name] was running around the house happy and healthy. He was playing with the other cats.

Just seeing her. My Mom died recently as well and I see her bunch to. I love seeing them both in my dreams.
It's usually the same dream, I am taking him out for a walk and we just enjoy the weather just like when I would take him out for walks. Then we would come home and snuggle on the couch and watch TV.

My dad had bought me a new cat, but it looked exactly like my recently passed cat and I swore it was him and somehow brought back to life. He jumped on my chest and licked my face.

He was in the car with me as usually

All I remember is when I went into my bedroom, my dog [name] was on my bed looking at me and wagging her tail.

Dreamed of when I got him, and the vacation I brought him with me on just days after getting him.

I was sitting in my room like always, my cat came in the room through the door and it didn't even phase me. I just started petting him like usual, it seems like in the dreams I never know he’s really gone, it just feels like normal

It coming to get food like on a normal day

I was driving her to the park in my car like I always do.

I had a dream about my husband and I and I saw my cat sitting on the couch

My cat was alive again but needed to be put to sleep (again also). I found out the vet had not really put her to sleep and I was angry.

I have a few dreams where we were out in a field playing catch with a ball like we used to when he was much younger.

All I can remember really is a dream that is just an average moment with my car before she died. It's dinner time and she's rubbing around my legs begging for something to eat.

It was as if I witnessed the accident.

I had a dream about the day I picked him out from the animal shelter and he rolled around letting me pet his belly

Shortly after he died I had a dream that it was just all a bad dream and that he was still here. I was very happy during that dream.

My cat came to my house and we sat together on the couch and then ate lunch then went to sleep. I do not remember completely
| 61 | My dog was running away and it didn't come back to me |
| 62 | I have a recurring dream where I come home and my cat is just waiting for me by the door, staring intently. Not doing or saying much, just staring. |
| 63 | I was walking down a street along side my cat, and was talking to her. This felt really nice until she started sinking in quicksand. Then she was gone. I woke up after that. |
| 64 | He was barking in the backyard. I saw him out of the kitchen window running near the tree line. I went into the backyard to go to him. Though I could still hear him barking, he had disappeared. |
| 65 | I have a repeating dream of the day my dog died. Events are always the same and as they were that day. He died at home of old age and I comforted him all day long, gave him his favorite foods, sang to him, my dream goes over this again and again. |
| 66 | I dreamed that I was out in the woods walking, and she came out from around a tree and walked up to me. |
| 67 | My cat was just staring at me, crying. That's all I can really remember. |
| 68 | I dreamed I was at our local park and my dog sat down in the grass next to me. We sat in silence. |
| 69 | He was just playing in the front yard with my son like he always did |
| 70 | A dream where I came home from work and I was giving him a treat. I did this every day after I got home from work and he would always be there meowing when I walked in the door |
| 71 | I had a dream about my cat being ran over by a bus. It was horrible and I could not stop thinking about it for weeks. |
| 72 | My cat would like to sleep and perch on top of a tall bookcase and swat at anyone who passed by, often missing. In the dream she kept hitting my head as I looked for a book. |
| 73 | I was snuggling with my cat like old times. It was an extremely comforting and I felt so connected to my cat since the first time he passed away. |
| 74 | That they were lying next to me on my pillow about to go to bed |
| 75 | In one dream he kept getting underfoot the way he sometimes would when he was younger. |
| 76 |  |
| 77 | I dreamed about my dog and ask me to play with ball. The only dream I had where my dog was in it was very memorable. The dream was me laying in the same spot with my dog licking me in the face. It was strange because in my dream I was laying in the same exact spot. |
| 78 | Every dream is similar - just the fact that She is there and is alive is very upsetting. It always ends the same - wake up and there is nothing, like a wound being reopened for no good reasons. Hate dreams |
| 79 | Just happy memories when kitty would come and snuggle with me. |
| 80 | I had a dream of her from when she was a puppy and I was teaching her to fetch, and she was jumping with excitement every time she did something right and I praised her. |
| 81 | I had a dream recently which was a memory of a great day in that park that I had with my dog before he died. We played, and I found a stick and we played fetch. It was a comforting memory, and very realistic. |
| 82 | She was simply there, as usual, following me into the house. Coming into the kitchen and begging for something to eat. Curiously enough, both my deceased parents were also in the kitchen talking while I cooked dinner. It was just normal, a memory. |
| 83 | I was in the park and I was running with my dog. He was very happy and excited. |
| 84 | [name] walked into the bedroom, looked at me then left. In my dream I said to my husband "he's alive" I got out of bed and searched for him but he was gone. |
| 85 | She was playing in the back yard. I called her and she ran to me and I woke up. |
| 86 | I had come home from work and he was waiting for me like usual. I fed him and gave him a walk. He was really happy and looked like a younger version of himself. |
| 87 | I thought I felt my cat sleeping on my leg like she used to. |
| 88 | I was at a customer’s house and was trying to find all my stuff. My cat was there and was scared and running away from me. I couldn't find her the whole dream but could hear her meowing. |
| 89 | When I first got him |
| 90 | We were back where we grow up, in the trails behind my home, walking and running down the trails heading towards the pond. |
| 91 | Just a dream of spending time with my cat and it seeming happy and healthy and |
cuddling me.

<table>
<thead>
<tr>
<th>92</th>
<th>I was outside with my daughter playing fetch with the dog in the yard.</th>
</tr>
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<tbody>
<tr>
<td>93</td>
<td>I dreamed that my cat was in pain after a fight in the neighborhood. He would come home beat up every so often, but in my dream, he was crying and I felt like there was NOTHING I could do for him.</td>
</tr>
<tr>
<td>94</td>
<td>I dreamed that my dog [name] appeared and I was so happy and said oh my god you’re not dead after all. Me and the dog played for a while with my kids.</td>
</tr>
<tr>
<td>95</td>
<td>My dog jumped into bed with me and started to snuggle and rub her face on the pillow next to me, then began to roll around and &quot;groan&quot; which is how she talked while wagging her tail.</td>
</tr>
<tr>
<td>96</td>
<td>I dreamed of us spending time together like we did before he died. We were chilling on the sofa and he curled up on my lap and purred loudly. We were so relaxed and so happy.</td>
</tr>
<tr>
<td>97</td>
<td>[name] came to me in the night, when I was alone in my room. It all seemed normal (as it was a dream) and she came to my side and got me to follow her outside. We were then back at my old house and walking around the yard, generally being carefree and happy.</td>
</tr>
<tr>
<td>98</td>
<td>My dog was chasing rabbits in a field.</td>
</tr>
<tr>
<td>99</td>
<td>Just a normal day with my cat and I woke up forgetting for a min that my cat was gone.</td>
</tr>
<tr>
<td>100</td>
<td>My dog appeared and initially looked and acted exactly like herself, however, as the dream progressed, she began to look and act much differently and became more of a &quot;nebulous&quot; concept in my mind. She shifted shape and became a cat, became a speaking person, etc.</td>
</tr>
<tr>
<td>101</td>
<td>I don't have very vivid dreams, in the sense that they don't really seem much like real life on reflection. They're hazy and hallucinatory. That said, I think the most comforting dream was one where I was just sitting on the couch watching television (I assume football, but I couldn't tell) and my dog entered the room and sat down with me. And we watched television together, as we often did when he was still here.</td>
</tr>
<tr>
<td>102</td>
<td>The one that is the most memorable is the day he died. I can see it vividly in my dreams. I was holding him when he had the seizure out of nowhere. It was heartbreaking.</td>
</tr>
<tr>
<td>103</td>
<td>I had a dream where my fiancé and I were getting married on a beach. All of our friends and family were there and everything was going perfectly. I was in the process...</td>
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<tr>
<td>103</td>
<td>of walking down the aisle with my father when my dog came running up to me.</td>
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<tr>
<td>104</td>
<td>We were at my old house, which was a house that I had never actually lived in while I also having him, but we were playing together on the lawn in the summer and it was very nice and reminiscent of other experiences I had with him.</td>
</tr>
<tr>
<td>105</td>
<td>After my office hour evening at 6.30 I entered my home and opened the door, suddenly my Cat appeared near the door, and she saw me and meowed. I was totally upset that time.</td>
</tr>
<tr>
<td>106</td>
<td>She was kissing me</td>
</tr>
<tr>
<td>107</td>
<td>I dreamed that she had come back to life, and I had moved to a house with several cats. She was so unhappy with those cats around, but when she saw me, she leapt into my arms.</td>
</tr>
<tr>
<td>108</td>
<td>Both dreams were me walking him again</td>
</tr>
<tr>
<td>109</td>
<td>I had a dream last night that my dog and I went for a walk in his favourite spot. We were there for a while. It was comforting.</td>
</tr>
<tr>
<td>110</td>
<td>Just one dream, the only thing I remember was that we were laying on the couch together like old times.</td>
</tr>
<tr>
<td>111</td>
<td>I had a dream where she was just hanging out normally with us as she usually does following us around the house etc. I showed off her tricks as usual</td>
</tr>
<tr>
<td>112</td>
<td>I had to have her euthanized because she had inoperable cancer and she was in a lot of pain, and a couple of nights after that, I had a dream that I was sleeping and woke up with her next to me. In the dream the reality had never happened and was only a dream, and I was extremely happy until I woke up.</td>
</tr>
<tr>
<td>113</td>
<td>I was laying in bed and I woke up to my cat laying next to me on my blanket.</td>
</tr>
<tr>
<td>114</td>
<td>MY CAT WAS SITTING ON THE COCH AND STARRING AT ME LIKE IT USED TO DO IT</td>
</tr>
<tr>
<td>115</td>
<td>It was this dream she was next to me on the bed sleeping, and when I woke for a moment I had this sense of her being there and then I remembered...</td>
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<tr>
<td>116</td>
<td>He was just there, and it was a regular day, and we were playing together, and everything was normal, like it had been.</td>
</tr>
<tr>
<td>117</td>
<td>I was sitting on my couch with the dog, he was laying on my lap and just comforting me, he licked my face and I cried I woke up after that.</td>
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<td>118</td>
<td></td>
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<tr>
<td>No.</td>
<td>Description</td>
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<tr>
<td>119</td>
<td>I had a dream about hiking in a large state park with my dog. It's a place we'd gone many times over the years. It was really nice to have such a vivid, happy memory.</td>
</tr>
<tr>
<td>120</td>
<td>My cat came to me carrying his feather toy in his mouth (like he used to do when he was alive) and then he jumped up on the couch chasing a bug of some sort. He was very playful, like he was in his youth.</td>
</tr>
<tr>
<td>121</td>
<td>I had a dream that we were playing in her favorite park all alone in a big open field and she looked really happy. She tackled me and licked my face and wagged her tail and we had a great time together. It felt like I was actually there with her again.</td>
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<tr>
<td>122</td>
<td>He ran to me and jumped in my arms smiling.</td>
</tr>
<tr>
<td>123</td>
<td>She was a [name] (to give you size reference) and when I would pick her up she would sort of &quot;hug&quot; me with her head and body. In the dream, she did that. We hugged.</td>
</tr>
<tr>
<td>124</td>
<td>I guess the most memorable one was a dream that I got to go back in time, basically I knew she would die but that I would get to spend those years with her again.</td>
</tr>
<tr>
<td>125</td>
<td>I was at our lake house getting ready to fish with my son. We were heading out to the lake when [name], my pup, came running out, his ears flapping in the wind and followed us like he usually would.</td>
</tr>
<tr>
<td>126</td>
<td>[name] was on the couch and his hair kept shedding. He was losing his hair fast. When he scratched another chunk came off.</td>
</tr>
<tr>
<td>127</td>
<td>I vividly remembered a time in my life where I was in intense emotional pain and my dog coming to comfort me while I was crying on my bed.</td>
</tr>
<tr>
<td>128</td>
<td>Generally [name] just appears in passing, along with our other cats. It is as if he is still alive.</td>
</tr>
<tr>
<td>129</td>
<td>The most memorable dream that I had was that my dog, [name], a Yorkie was hurt and in pain but would not come to me. He kept running away from me and I couldn't catch him for anything. Everything seemed like it was in slow motion (or at least I was moving in slow motion). I felt very stressed and anxious and scared. I tried to catch him but never was able to. Finally he ran out into the woods and I woke up. The whole dream was very upsetting. I thought while in the dream that I was somehow...</td>
</tr>
<tr>
<td>130</td>
<td>My cat jumped on the couch with me and purred, looking at me as if to say everything is OK.</td>
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<tr>
<td>131</td>
<td>I had a dream they were laying with me while I was in bed.</td>
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<tr>
<td>132</td>
<td>I had one dream that she was alive, well, and acting completely normal but her body was kind of injured/decomposing. But she was somehow healing and back to life and acting like nothing had happened. It was both distressing and comforting in a weird way.</td>
</tr>
<tr>
<td>133</td>
<td>It's like reality where she is just running around and having fun. Like she's still alive and healthy. It's not like she's the main focus of the dream, she's just there like she used to be in my life.</td>
</tr>
<tr>
<td>134</td>
<td>I came home and was curling on the couch when he appeared and sat on my chest.</td>
</tr>
<tr>
<td>135</td>
<td>We were in this woody forested area we used to walk around in together, he ran off for a bit and when he came back his fur was full of burrs. I remember thinking when I woke up how real it felt pulling them off of him and how happy he looked.</td>
</tr>
<tr>
<td>136</td>
<td>2 weeks before in deep sleep, I have had a dream about my dog. We both were going for walk on road side. And he was not standing anywhere and just playing continuously. I was very happy.</td>
</tr>
<tr>
<td>137</td>
<td>I saw my cat playing and jumping on a beach.</td>
</tr>
<tr>
<td>138</td>
<td>I mostly have dreams that my dog is back with me at my house and we're just lounging around.</td>
</tr>
<tr>
<td>139</td>
<td>I opened the door and she walked right in. I was overjoyed and she was glad to see me. In my dream, I knew that she had died, but it was almost natural that she was back. I just kept petting her and talking to her. She kept rubbing on me. And then I woke.</td>
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<tr>
<td>140</td>
<td>She sat on my lap like she always used to. In this dream, I got home from work and saw my cat sleeping on the sofa. I was so glad to see her there that I scooped her up and cradled her in my arms. She put her paws on my face, as if to say hello. I then put her down and gave her food. As I was watching her eat, a sudden feeling of sadness overtook me. At that moment, I realized that I was actually dreaming and that my cat had already passed away. I wanted to be...</td>
</tr>
</tbody>
</table>
with her as long a possible but it wasn't meant to be as I woke up a few moments later. This was a memorable dream because it was so vivid and it seemed so real.

It seemed like just a normal day, I came home from work and my cat was there. He came up to me and rubbed up against me. I leaned down to pick him up and he was happy to see me and meowing. I pet him and talked to him as if he was still alive.

He was sleeping at my bed with me

It was him jumping into bed with me in the morning when everyone else was awake and I was the last one still in bed.

Sleeping in my bed with me and licking me on the nose to wake me up
Study 3 Prenatal Loss Most Memorable Dreams

Identifying words have been removed from the dreams and in the case of names it was replaced with [name].

<table>
<thead>
<tr>
<th>ID</th>
<th>Dream of Child (After Loss) (Birth Mother I-65)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Since the miscarriage, I don't see a baby but I experience the womb myself. It's just a black void with a cold feeling, as if nothing good can exist in there, nothing good comes from there. It's not a comforting dream about the womb as I've had before but rather claustrophobic and lonely.</td>
</tr>
<tr>
<td>2</td>
<td>I can recall the dream that I have all the time. I replay the whole miscarriage in my head and then try to figure out what happened, where did I go wrong.</td>
</tr>
<tr>
<td>3</td>
<td>i saw a little baby dead on a table in a hospital room. it bothered me greatly</td>
</tr>
<tr>
<td>4</td>
<td>Holding my baby.</td>
</tr>
<tr>
<td>5</td>
<td>My baby being pulled out at the hospital, dead.</td>
</tr>
<tr>
<td>6</td>
<td>I was talking to the doctor again and the situation was the same, it was a nightmare and I relived it again.</td>
</tr>
<tr>
<td>7</td>
<td>I had a dream of my baby. My baby crying. I felt to touch and carry my baby. I felt to hug and kiss my baby.</td>
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<tr>
<td>8</td>
<td>I get dreams about being trapped. I could dream a similar baby girl when I was in pregnant. She comes in dream not every day. She says that &quot;I didn't take care of her much&quot;. I really get depressed when she comes in my dream</td>
</tr>
<tr>
<td>9</td>
<td>The most memorable is very hard for me to describe, because it hurts a lot, but I am running down the street, I don't know why, but I feel like I am in danger. My baby is not born yet, in my mind, but I am holding it pressed against me waiting on him to be ready to be born. Its like he is incubating in my arms, not in my stomach. As i am running, he turns to liquid and splashes on the road. I woke up after that. It was horrifying.</td>
</tr>
<tr>
<td>10</td>
<td>I left my house to go for a walk. I ended up finding this building in our neighborhood that was new. I walked inside and there were cubicles from one end to the other. It was very quiet and I realized there was no one in the cubicles. I walked all around looking for someone or trying to figure out what the building was for. Suddenly one cubicle caught my eye because it was stuffed full of bags. As I walked closer I could hear a baby crying. Somehow I knew my baby was in one of those bags and I had to save him/her. I frantically started ripping through the bags trying to find my baby but I couldn't.</td>
</tr>
<tr>
<td>11</td>
<td>seeing my baby dead and feeling sick and being in the hospital for several days after the ordeal. getting counseling with myself and my partner.</td>
</tr>
<tr>
<td>12</td>
<td>Just the one dream. She came to me as a young girl to comfort me.</td>
</tr>
<tr>
<td>13</td>
<td>Just the baby and my daughter being older and running outside and playing.</td>
</tr>
<tr>
<td>14</td>
<td>when im carrying him!</td>
</tr>
<tr>
<td>15</td>
<td>My baby would become a very big person in life and I would be proud.</td>
</tr>
<tr>
<td>16</td>
<td>Her and I as well as her sibling had went to the park to play, we had a great</td>
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<tr>
<td>time, got lunch, and i remember pushing her on the swings</td>
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<tr>
<td>I dream about getting pregnant again with the same baby.</td>
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</tr>
<tr>
<td>getting pregnant with the same baby again and playing with him.</td>
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</tr>
<tr>
<td>I dreamt that my baby will become a good reputed person.</td>
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<tr>
<td>in one dream my older son had her and my other two little kids on the handlebars of his bicycle and he was riding off too fast and he got out of my sight and i guess he sold them into slavery or something. I dont remember, I had to go on medication to stop the nightmares. After having some adverse affects I quit it, however; i still don't remember my dreams very clearly.</td>
<td></td>
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<tr>
<td>Playing with siblings</td>
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</tr>
<tr>
<td>the most memorable dream is me and my baby are walking together in our home.</td>
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</tr>
<tr>
<td>Since my miscarriage, the dream that was most memorable was actually when my baby was a bit older. She was learning to walk and I was feeling extremely proud.</td>
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<tr>
<td>She came to visit me and tell me life would settle down and be okay.</td>
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<tr>
<td>I saw my baby playing in the yard. My baby was so healthy and alive. My baby was having a great time playing. I was sitting out there with my baby in the grass. My baby was full of smiles.</td>
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<td>The most memorable dream I had is when I was grieving about my loss and I felt like something is moving in my womb and it feels like i'm being pregnant again with my baby, as if my baby was alive.</td>
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<td>I dreamed that she was laughing and playing and she had blue eyes and light brown hair. I picker her up and carried her into the kitchen and told her I loved her.</td>
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<td>We are at the church and christening the baby. He is peaceful and beautiful and I see him in the priests hands. I am filled with pride and he is shown to the congregation. I wake up feeling happy and then reality sets in and I am sad.</td>
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<td>Two weeks ago, I had a dream in which I was pregnant with my baby. My husband and I were preparing the nursery, and at first, i was very visibly pregnant, and nearing the birth of the baby. My husband and I were talking about the baby, when I suddenly stated having intense contractions. All of a sudden, my husband was no longer there, in my dream, and I was alone in my room, giving birth. As soon as the baby was born, in my dream, I saw he or she was stillborn, and began to scream. I woke up immediately following this, in a panic and yelling my husbands name.</td>
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<td>I had a dream that my whole family had gone on a walk with our baby in his stroller. We were all having a great time on the walk when my oldest son suddenly announced that the baby was no longer in the stroller. Everybody seemed to understand that the baby was gone and there was no use looking for him, so we just went on having fun on our walk.</td>
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<td>My baby is falling down from my hand. everyone is looking around and i see the burial ground</td>
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<tr>
<td>I don't know that I would call it a dream so much as a sleeping flashback of</td>
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the miscarriage. I vividly recalled the miscarriage in detail, particularly the blood.

33 I was in labor and gave birth to a healthy, perfect little girl. I went to sleep and when I woke up, she was missing. No one could find her.

34 The dream was about seeing my baby after it was dead for a few weeks. It was a horrible image, because the baby had started to decompose.

35 it must be very painful to share this, i say just a line i have my baby smile on me give sound mama

36 I had a dream that my baby was crying for me and I couldn't get to him/her. I was trying, but something was holding me back and all I could do was watch my baby cry and not help.

37 I had a dream that my friend called me to gush over my baby and I realized that I had forgotten that I even had a baby, and that I had left my baby in her crib all day. And I felt devastating, crushing guilt that I was a horrible person, a horrible mother, and that everything is my fault.

38 My baby was 2 years old laughing and playing she called me mama

39 The most memorable dream was of the day I had him. I dreamt over and over about the day he arrived. So small and fragile. It was like I could hear myself scream when he came out. The pain physically and mentally was so real.

40 I can't recall the images, other than what it looked liked when I had the baby, but I remember emotions from the dream. I felt so sad for the baby, disappointed in my body, and angry with God. I had a sense of loss and it just physically hurt.

41 the baby's face must be like my husbands

42 The most memorable dream I have is one that is reoccurring. I dream that I wake up and my baby is in bed cuddled next to me. I have my arms around her and she looks right in my eyes.

43 That I was still pregnant and I could still feel him moving

44 I dreamed that I was still pregnant but further along, and that my partner and I were shopping for baby furniture. We were arguing over what color to make the nursery since we didn't know the baby's sex, and I said we should just make it yellow or a paste green to make it work for either one.

45 I just remember a baby...I don't know if it was my baby or someone else's...i just like to think it was my baby. I don't remember what happened...I just remember a baby being in the dream

46 My baby is simply calling me ma ma ma, it is a baby boy that actually comes in my dream.

47 I dreamt that my baby will become a good and honest person.

48 Having discussions about what would happen if the baby got hurt

49 I dreamed of being pregnant, and rubbing my belly and feeling a sense of urgency. It was not a long dream, but it was a vivid one.

50 I saw him healthy sleeping in my arms.

51 I was 9 months pregnant and its time for the baby to arrive in the world. I was very very excited.

52 I had a dream that might have been her as a young woman. She had long,
dark hair and was hanging out near where I went to university. That is all I remember.

53 The most memorable dream that I had is when I was walking down a flight of stairs when the baby fell out of me and started rolling down the stairs. I did my best to chase after the baby, but when I got to the bottom of the stairs my baby was dead. I cried in my dream, then woke up horrified and scared.

54 My most recent one was last night. I had a dream I my car broke down and I was stranded somewhere and it was just me and the baby. It was winter and snowing very hard. I didn't have the proper clothes or blankets so I had a hard time keeping the baby warm and he was getting very cold and getting hypothermia.

55 I relive the day when we found out about the miscarriage. I get all sad and emotional all over and have to relive the pain.

56 I dreamed a dream that she was 5 years old and we were spending time together and it was so much fun, so lovely

57 my most recent dream that I had was dreaming that the baby was still alive and we were a happy family. I could hear the baby laughing and acting sweet.

58 I recall seeing them bigger and with my mother in heaven

59 The baby came to me as a teenager and told me it wasn't my fault and to be happy.

60 I had a dream I was walking and I saw a baby. He/she was playing with Puppy's and i was enjoying a lot with my partner.

61 The most memorable one was a nightmare where my wife was pregnant but something was wrong and no matter what I did I couldn't fix it.

62 Same dream in which we all three were walking together was repeated several times

63 We were at a park, like usual families. But suddenly she started walking farther from us. We could not keep up with her. And then I woke up.

64 still i believe that my baby is alive in my dreams and i am playing with my baby.

65 I saw my wife pregnant. We were on a trip. I don't recall where, maybe in the USA or someplace that looked similar to where we are from. My wife and I were walking, we were lost. We spoke to people to ask for directions and recommendations on where to visit. To everyone we spoke about the future baby and how excited and lucky we were...

66 My partner and I went for the Doctor visit for a Prenatal check up every month. Doctor always give positive notes about the baby that My baby is very healthy and so active and I can see the baby in Ultrasound and move and floating in the water and making some noise. After that finally we are in 9th month and the baby head was down and before our last checkup we went to watch a movie in theatre and suddenly I got a pain and I was admitted in nearby hospital and I gave a Normal delivery in the hospital and the Boy was baby. This is the short thing I can explain now. But it was still more and time is not enough. This is the most memorable dream I
I had a dream that my pregnant wife and I were in a car accident and she lost the baby.

Since miscarriage I used to convince my partner that our baby will come to us very soon in the future. I hope for that and my dreams are based on that.

The baby had been born and must have been about 6 months old. It was sort of just a vignette of what life -- idealized I suppose -- would have been like.

We had sleeping together and playing together in the morning.

It was my partner leaving me because of the miscarriage.

The same dream of my wife holding it.

I dreamed of the moment my wife told me she has miscarried. I came home from work to find her crying on the sofa, then she told me. I woke up after that.

The one that was the most vivid was the simplest. I had began to make up a room for our baby. I hadn't painted it yet, but I did put a crib a few other things in there. In my dream, I was holding her and walking back and forth in her room, singing to her.

As i said before, the most memorable was holding my baby for the first time.

My baby was smiling at me in my dreams and she was most beautiful girl in the world. We use to play a lot. We went to many places and enjoyed a lot with my girl.

The most memorable dream I recall having is a somewhat recurring dream. I had in the beginning. I would dream of being told about the miscarriage at our scan over and over.

I dream that I would conceive again with the baby and he or she would grow up to be a better person.

I had an awful nightmare about my wife taking the miscarriage and pulling a... idk, a mad scientist kind of operation to bring the baby back to life. She kept it a secret from me. She concocted a monstrous womb made of animal parts and electrical components to "house" the baby and make it grow. I didn't find out until the baby was supposed to be "born". The baby looked monstrous, unnatural. More zombie than anything human. My wife was obsessed with the baby, and didn't see anything wrong with it or what she was doing. I woke up sobbing. I couldn't tell my wife about it.

It was a dream that my baby was going to be born with a severe genetic defect. He would not be able to properly use his arms and legs and felt like the miscarriage happened for a reason.

Baby should have eyes are blue; lovable face; good looking; very cute etc

He was crawling on the lounge carpet.

In the dream, the baby had been born but then died after the he was brought home from the hospital. His crib was covered in blood and he was just lying there lifeless. I screamed out to my wife but no sound came out of my mouth. I tried to turn around and run but my legs wouldn't move. I saw shadows of figures behind me but then I woke up.
<table>
<thead>
<tr>
<th>Page</th>
<th>Text</th>
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<tbody>
<tr>
<td>84</td>
<td>I remember waking up panicked. I was running towards the baby, but I never reached her. She was in danger and I couldn't help her.</td>
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<td>85</td>
<td>Was a reoccurring dream. 2 or 3 times. I hear like baby fuss, just like a normal little cry. Go in the room, see my wives back is to me and she is holding the baby. Leaning over, tending to her. As I go to face my wife holding the baby, and reach my arms out to take the baby from her. And while shes handing her to me I realize there's nothing wrapped in the blankets. Just empty. And the sounds stopped at some point and don't realize it til just then.</td>
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<td>86</td>
<td>Someone was hurting my baby on a surgical table and I kept trying to run to it and couldn't move fast enough. They were just crying and I wake up sweating.</td>
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<td>87</td>
<td>Seeing baby alive, but knowing it was just a dream was hard. Baby disappeared in the dream and it was painful looking for them.</td>
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<td>88</td>
<td>I dreamed of my baby still being alive and happy. It was as if we carried on after birth and the miscarriage never happened. The baby was wearing a white outfit that I vividly remember and my wife and I were both playing with her at home. I woke up feeling very happy about the dream and often thought about its meaning.</td>
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<td>89</td>
<td>A dream of me holding my child for the very first time in the hospital room with my wife.</td>
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<td>90</td>
<td>I could remember that in my dream, I could see my wife pregnant with our miscarried baby. I believe the setting of the dream was before we had a miscarriage. It was just a repetition of what I actually saw in real life, that my wife was seating on our couch and watching a tv.</td>
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<td>91</td>
<td>My girlfriend was extremely happy and pregnant with the baby.</td>
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### Study 4 Partner/Spouse Loss Most Memorable Dreams Ever

Identifying words have been removed from the dreams and in the case of names it was replaced with [name].

<table>
<thead>
<tr>
<th>ID</th>
<th>Dreams of deceased - Ever</th>
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<tbody>
<tr>
<td>1</td>
<td>i vividly remember of the terrible car accident we got with him as we travelled to see our kids in school. how much we talked and the many plans we had after visiting the kids</td>
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<td>2</td>
<td>In my dream I was able to recall how my spouse looks. I recall as though I had really just woken up, and greeted my spouse in the morning. Our daily activities went on as if nothing happened. I couldn’t believe what I saw but I could see myself trying to grab her hand and hold on to it. I could feel tears coming out but I was confused why as I stare at her smile. I didn't understand what I was feeling but I had a yearning feeling to protect her. It felt strange. I wanted her to sit down instead and we had a conversation about what to do in our future. At this point I could feel my heart sink, and I kept crying but I didn't understand why at all. She just looked back at me, and said everything will be okay. She said she wanted us to be a happy family, and that we could go anywhere like we always wanted to. I cupped her cheeks with my hand and brushed her hair away from her eyes and said that would be perfect. Then I watched her take my hand and wrote on my palm &quot;I love you&quot; as she slowly faded away.</td>
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<td>3</td>
<td>I was lost on a busy subway platform. I was looking for [name] so we could make the train on time. I was running around trying to find him and people were just standing there staring at me and wouldn't move so I could get by to move around.</td>
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<td>4</td>
<td>We were laying on a couch snuggling and he was holding my hand telling me that it was so tiny and cute. I could feel his beard on my neck, smell his cologne and hear his voice talking to me again.</td>
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<td>5</td>
<td>I HAVE TO DREAM IN MY PARTNER..ITS A MARRIAGE DREAM. HE IS WORKING IN A COMPANY..ONE DAY I MEET THAT PERSON..AFTER THAT HE IS INTRODUCED TO ME. THEN WE ARE CLOSE TO RELATIONSHIP AND THEN WE ARE IN A LOVEING AFTER THAT HE IS SPEAK TO OUR PARENTS THEN SOME MORE PROBELMS CREATED AFTER THAT PARENTS ARE ACCEPTING AFTER THAT I ENGAGED. THEN MARRIAGE.THAT DREAM IS REPEATED SEVERAL TIMES..</td>
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<td>6</td>
<td>He came very frequently in my dream and recall the previous memorable happiness.</td>
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<td>7</td>
<td>When i slept in deep sleep my spouse was cried and dead with lot pain and my cousins are there nearby the place. I feel lot of pain in my heart</td>
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<td>8</td>
<td>We went to the beach after work, and it was cloudy outside. It was very windy and the waves were crashing everywhere. I was getting our</td>
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<td>9</td>
<td>daughter ready, and my husband was walking to the water. As soon as his foot touched the water, he vanished. There was nothing left, and there was just a cold feeling where he was. It was a very lonely feeling.</td>
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<td>10</td>
<td>We were riding in the car with the windows down, driving down the beach, listening to the radio and singing along together, smiling and laughing like there wasn’t a care in the world. Like all was well with us and the world. He was driving and lost control of the car and flipped the car into the water. then i woke up.</td>
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<tr>
<td>11</td>
<td>The most memorable one was that he was laying next to me in my bed. I thought it was real.</td>
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<td>12</td>
<td>It was a dream about me going fishing on a boat with my friends and as I recall once we got to sea my friends had disappeared as I went to grab beer and bring it to them. I was looking at the back of my boat and heard a familiar voice called out my name, I went to the back of the boat and looked down on the water and saw a reflection of my wife and she said goodbye. I said goodbye at the end and woke up.</td>
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<td>13</td>
<td>She was still here with me and everything was normal.</td>
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<td>14</td>
<td>I remember my partner talking to me by the sink in the kitchen and explaining to me about what has to happen and basically she tells me goodbye.</td>
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<td>15</td>
<td>i had a dream of my died spouse with whom i travel to lonely beach.</td>
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<td>16</td>
<td>We had nice experience about dream in depth. at the time when we went outdoor shoot like one more honeymoon.</td>
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<td>17</td>
<td>I have children and my spouse died of cancer since 11 months ago. Now I am taking care of my children. I used to have dreams as we are discussing any problem and finding some solution to it. The next day when I think about it it will be a good solution for it. Some times in dream we used to talk about children also.</td>
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<td>18</td>
<td>I had a dream that after my partners accident that she fully recovered from her injuries and we went on a vacation. She took me to see some of her favorite places that she dreamed about seeing.</td>
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<td>19</td>
<td>Over the last three months the dreams have started. At first in the dreams I did not remember that she was supposed to be dead. We would just be out for a drive in the Kansas countryside, doing our everyday things, hanging out like we used to when we lived there.</td>
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<td>20</td>
<td>The most memorable dream would be the time when I had a dream about us in high school. It was recess time and I chilling with my friends in the 2nd floor when I see my partner walk towards me. A few senior boys were running towards her direction and in the speed that they ran they shouldered her and she fell from the second floor and I remember the fear in her eyes as she fell. I wanted to jump that second. It is extremely disturbing to see someone die in front of you knowing you cannot do anything to stop it.</td>
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<td>I had a dream about my wife that died about a year ago. She was just as lively and beautiful as ever. In the dream we were just sitting on the couch talking about something that didn't matter to us personally like we</td>
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<td><strong>21</strong></td>
<td>The dream was we were walking on road with water next to us. He was talking to me but I couldn't remember much. He said something that someone is bringing something and that it will done the correct way. We kept walking and bump into relative of his who told him the house needed fixing. I decided to help fix the house by carrying two satchel of sand, found it surprisingly light. We walked some more and he was talking to his relative while I listen on. We reach the house and he told me that &quot;this is heavy let me get it but it's easy once you start working on it&quot;. I started to tell him the sand was not heavy and woke up.</td>
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<td><strong>22</strong></td>
<td>In the dream i spent lot of time with my partner i went out and enjoyed a lot.</td>
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<td><strong>23</strong></td>
<td>We were driving in vermont were we resided and she appeared in the vehicle with me just in time to put my seat belt on and we hit a tree and she died.</td>
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<td><strong>24</strong></td>
<td>I dreamt about the day he proposed. I guess its cause that was the moment I knew he was truly the one for me and everything was going to be okay. He took me on a cruise to the Bahamas and proposed on the beach. The dream is exactly as it was then. We had this amazing dinner and he told me how much he loved me. Then he pulled out my gorgeous ring that he spent months saving for. It was so romantic and sweet. I think my mind always goes back to that day because I felt so safe and it was honestly the happiest day of my life.</td>
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<td><strong>25</strong></td>
<td>SHE TOLD ME TO COME WITH HER</td>
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<td><strong>26</strong></td>
<td>My most memorably dream was a few days after my girlfriend's death. She was in the dream, but her mind her blank. We were in my living cuddling together. I tried to respond to her, but she didn't say thing. She just stared out into space while I tried to get a response. I keep shaking her hard, but she just wouldn't reacted.</td>
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<td><strong>27</strong></td>
<td>I was at work and she appeared there wanted to spend time with me. We spoke for a while about things i can't recall but i do remember telling her to visit her mother. She said “i have to go now.” And that was it.</td>
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<td><strong>28</strong></td>
<td>I had a dream of going long distance in my bike. we were singing, dancing and etc.. we had a quality time. it was almost evening. we went to a park, that I am crying to my partner that i will not live once if you leave me. my partner too cried. suddenly i woke up.</td>
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<td><strong>29</strong></td>
<td>It happened about a month after my husband died. We were standing outside in the woods and there was someone else there but I don't know who it was. My husband and I were both young in the dream, like about 25 to 30. There were lots of trees and a campfire. We spend a lot of time camping out in our real life. In the dream, my husband apparently was talking to the other person and when the dream started, he turned from that person to me and looked at me. He raised his hands and took hold of both of my shoulders and said &quot;Listen. I still love you.&quot; and then the dream ended.</td>
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<td><strong>30</strong></td>
<td>I was with my deceased spouse having a picnic and watching our kids</td>
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<td>play. We were smiling and laughing and it was very colorful and bright. The sun was so bright.</td>
<td>It was the time we went to las vegas for our 2nd anniversary and we had a lot of fun on that trip. I remember dreaming what we did on that trip and we won a lot of money playing roulete. It was a great memory.</td>
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<td>31</td>
<td>After one month of my partner death, he appeared in my dream one day. When he appeared i was so happy</td>
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<td>She was sitting next to me on the beach while I was there to visit the two cats of ours that had passed right before her. The weird part is, she had mentioned to me that she might collect their bones so that she can carry them with her throughout her life. I was away visiting my hometown when they both passed (weird, I know) and she said that I should go sit and talk with them. Her and I used to go to the beach to swim and pick up trash, but we didn't sit on the beach much and talk.</td>
<td>We are driving down the country road. I'm in the passenger seat and she is driving. The top of the car down and the wind blowing our hair. I remember holding her hand.</td>
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<td>I have a dream that he is sitting with me on our couch, on which he passed. He's trying to tell me something in the dream but I can't hear him. It's a constant loop.</td>
<td>I had many dreams about her. I will mostly have my marriage dreams with her. I dream like going outside with her.</td>
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<td>It was about a month after I graduated from college. I had been working toward that goal, and my fiance died during the middle of my final semester and never got to see me graduate. During my dream, I walked out of the graduation arena and my family, including my fiance, were all gathered around waiting for me. He reached out and gave me a huge hug and told me he was proud of me, then posed for pictures. Then I woke up.</td>
<td>I and my partner went for a swim in our favorite lake. We were enjoying a lot when suddenly she disappeared. I desperately searched for her. After some time the whole lake turned to blood.</td>
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<td>once upon a time we went to picnic to beach side. We both were enjoyed and played in sea waves. She was very happy at that moment and she said it was very beautiful memorable for my life and want to live with me for long life. This incident was coming in my dream again and again.</td>
<td>We rented a cabin in the mountains on a lake about 3 months before [name] was killed. In the dream we leave this cabin and walk around the lake. We see a deer and a fox and also rainbow trout jumping. We hear the calls of loons. When we get about half way around the lake [name] whispers something in my ear and walks in to the woods. I don't understand what was said and try to figure it out. Then I start looking for her everywhere I can think of, but I never find her. The dream always ends when I finally get back to our cabin.</td>
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<td>I've had this dream at least twice after her death. We are driving in the</td>
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car. I think we are going to the beach, it's never been clear where we are going to me. We are talking and I look over at her. When I look over she gives me a big smile. Then she says something I can't tell what she is saying. I ask her to repeat it and look over at her again. When I look over she isn't there. I have woken up right after this both times.

I remember her falling into a dirty lake and I started running as fast as I could to save her. I stick my hand into the lake and she is already gone. I jump into the lake and she is still nowhere to be found.

I am walking and/or driving around my city looking for my husband, and can't find him. I ask everyone I see if they've seen him, but they just go on about their business and don't really even listen to me. In the dream(s) I get increasingly frantic and panicked, but nobody helps. I keep thinking I've almost found him, but then he's not there. I think he's gone out in his car, but then it turns out that the car is in the garage. I think that he might be visiting a friend from many, many years ago, but then the friend calls me out of the blue and tells me that he's not there. He's not anywhere, and I'm absolutely frantic.

The dream I remember the most is what they mostly are which is we're living up in a rural pristine environment and we're building a community. Often there is a building that is being built (don't see this but know it's happening) and then the specifics of the dream are tasking who is to do what and where to gather food and resources. The other people in the dream I don't know as deceased people but they all seem familiar and in these dreams at least everyone seems to get along and wants to create this new community.

Last month I had that dream. On the night I was slept in my bedroom. My phone rang and I pick my phone. One of my friend called me and told My partner was dead. I cannot believe that but he explain the truth. I cried in the conversation and ready to go her home. But suddenly I am wake up.

In the dream I was shortly after he died and I saw him in the dream. [name] was my everything and in the dream I knew that he was dead but my subconscious would not let me believe it. I was Unbearable and upsetting because I got to spend an entire evening with him and went to the mall we went dancing we even had a baby in the dream and at the end of the night I said goodbye and kiss his lips one last time and he admitted that he was in fact dead and they came back to see me and I cried and cried and eventually I knew that I would never see him again unless I was blessed with another dream so he proposed to me and he gave me a promise ring in the dream and he told me where I could pick up the real one when I woke up and I did and I've never taken it off since

The most recent one was where me, my boyfriend (the deceased relevant to this study), my brother, and mother (also deceased) were in the house where I grew up (which I inherited after my mother's death and where my boyfriend and I lived). My boyfriend and I were in bed, asleep, when
we were woken up by my mother and brother who had come into our room very quietly. I asked my mom what was wrong and she whispered that someone was in the house. I remember feeling this flash of terror and alarm that quickly deepened into this feeling of dread that spread through my body like the kind of cold that seeps into your bones. I remember my boyfriend and I crept out of bed really quietly. I don't remember him waking up or anyone telling him what happened. Just dream logic I guess. Anyway, we, for some reason, instinctively tried to make it back to my mom's bedroom. I can't remember if maybe because there was a phone in there? Mom and my brother were in the front, and they sneaked down the hall from my room, through the living room, and got into her bedroom okay. Then I remember I happened to look up at the doorway into the kitchen, at the back of which was the door leading to the laundry room, which in turn, had a door that lead to the backyard. But the laundry room door and the back door were open, and standing in the doorway connecting the living room and kitchen was this man. He had no discernible features. I just remember it being kind of vague. Just looming in height, and the impression of being dressed all in black, light-skinned. I don't remember anything about hair and only vaguely aware of the existence of facial features. It's like knowing without remembering. It's hard to explain. He didn't do anything; he just stood there, watching. One of my biggest fears is the idea of home invasion.

we are originally from cuba and me and my husband have always talked about going back to visit family and friends. due to our schedules, and now that he has passed that won't be possible. a few months after his passing i had a dream about going back to cuba with him. we were on our way to the airport listening to music. during the flight that would take us to florida and the cuba we kept talking to the person next to us since they were cubans as well and would be traveling with us. it was a real nice experience and it got even better once we got to cuba and were with family and friends. i was just so happy that i woke up.

The dream began with us out at a friends house. We were having a good time and laughing and enjoying each others company. We later began driving home. A driver rapidly approached us and slammed into the side of our car. It was awful we were both covered in blood and ejected from the car.

Thoroughly enjoyed an dream like a real. again we had gone out a picnic trip we went fully enjoyed a life.

I was having breakfast with my late spouse and my parents were there as well.

Two days ago I dreamed that we went to the lake like every last Sunday in the month .. it's a small lake 20 minutes far by car, we've reached the place, set the tent, kids playing around, gathered some wood and started fire to grill some fish.. One of our kids throw his ball into the lake and went down to catch it, suddenly he lost balance and was drowning, I was just staring and shocked, my wife ran into him and tried to pull him back
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<tr>
<td>53</td>
<td>but she couldn't make it so they were both drowning under my sight and was like a statue there with no clue what to do. then I woke up.</td>
</tr>
<tr>
<td>54</td>
<td>It was completely horrible. I was walking through a store and it felt like someone was following me. I felt uncomfortable, so I decided to leave the store...but still I felt like I was being followed. I turned around and it was my boyfriend, but instead of being happy to see him, I was afraid. So I started to run, and he started chasing me. I was terrified of him and tried to run as fast as I could to get away. He kept chasing me, calling me name. I woke up.</td>
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<td>55</td>
<td>I walked into this big white room which im assuming was a hospital which is where he passed away and there was one single hospital bed sitting in the middle of the room. i saw my husband sitting on the bed, completely healthy and perfect. he didn't speak he didn't say anything, just looked at me and smiled and I woke up.</td>
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<td>56</td>
<td>I had a dream that I was in a supermarket. it was after hours. I saw [name] (my husband) in the produce section. I was a few aisles away and in the dream I knew he had passed away. My heart was racing and I started running to him and tried to shout out his name but my voice wouldn't work. The closer I got to him the heavier I became and I could no longer lift my legs to run and fell to the ground. I watched him walk out the door.</td>
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<td>57</td>
<td>I am with her hiking in the mountain. It was the mountain that we first hiked together. Everything was so vivid. But in the end she told me that she had to leave and I have to climb to the top by myself. I woke up at that point crying.</td>
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<td>58</td>
<td>I was at a coffee shop with her. It was a bright breezy day and I remember she had sun glasses on and the wind was blowing her hair. I felt calm. there was a busy street next to us, but it was strange because I couldn't hear anything but the sound of the wind blowing. The gusts got really strong, and I remember gripping my hat not wanting it to blow away. She kept trying to say something to me, but I couldn't understand what she was saying. That's when I awoke.</td>
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<td>59</td>
<td>As the dream began it was evening time, almost completely dark out besides the stars. I was a couple feet away from my significant other as she was kneeled down by a giant lake. I walked up slowly and put my hand on her shoulder, and discovered that she was crying. I kept asking what was wrong but she couldn't compose herself to tell me. I woke up without her speaking a word to me.</td>
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<td>60</td>
<td>She died in a car wreck. I have been dreaming of her as a race car driver in which she wins the race. She is always wearing a blue jumpsuit. Afterwards she is walking to some place to celebrate and dies somehow, usually being hit by a vehicle. The driver always gets away somehow, and I am left with rage.</td>
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<td>339</td>
<td>about how I could I have just left him behind and go on with my life as if nothing had happened. The argument would intensify into a fight, then it would all fall apart and I would ask him to leave and never return.</td>
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<td>61</td>
<td>My ex-partner and I were drinking beer in a park in Zizkov in Prague during the summer. It's where we went on vacation every year. It's on a hill, so you can look out over Prague when the sun sets.</td>
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<td>62</td>
<td>It was a very calming and reassuring dream. He died very suddenly days after I last talked to him or saw him so I never felt I really said goodbye. But he came to me in my dream within our home and reassured me that he will always be on my side.</td>
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<td>63</td>
<td>I had a dream about my dead spouse. In the dream, my whole family and I were in this great big meadow, running around, laughing and having a picnic. I walked up to them and looked down to see this little girl with brown pigtails running towards me. &quot;Aunty [name]!&quot; she cried and smiled at me. It was my niece, but she was older, like 3-5 years old, wearing a filly pink dress. I stared at her, totally confused. &quot;But, you're dead,&quot; I said. She laughed and walked closer to me. I sat down on the ground and reached out, touching her hair, her face, her little dress, just touching her and making sure she was &quot;real&quot;. I started crying and telling her how sorry I was that her life had been so short and she had been in so much pain (she had a heart defect and her life had been very painful). She just smiled and shook her head. &quot;No, Aunty, don't be sad!&quot; she said. &quot;Don't ever be sad! I got to know what it felt like to be loved! I'm happy! Don't cry, aunty!&quot; I picked her up and hugged her, crying into her neck. &quot;Don't cry, aunty. Don't be sad. I'm happy you loved me. I'm happy you all loved me.&quot; I put her down and she took my hand, bringing me towards the rest of the family. Before I woke up, she looked at me and said, &quot;Don't worry. I'll be back.&quot;</td>
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<td>64</td>
<td>I remember one dream where my wife and I were sitting on a bench like we waiting for a bus. She had said something to me about a potato salad.</td>
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<td>65</td>
<td>My self and partner were riding a bicycle and at a level crossing a truck hits our bicycle, unfortunately my partner got in to serious head injury and passed away. The same incident came in my dream and awakened me.</td>
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<td>66</td>
<td>The dream was of a place Me and my girlfriend went frequently. Its a hill station and it has many high points as well as many deep fall points. We have fond memories of it. In fact we had been there 2 months before my girlfriend died. The dream ended with girl friend falling from one of the points in a deep gorge.</td>
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<td>67</td>
<td>I'm in a delivery room legs in stirrups he's holding my hand telling me to push come on baby push and in my sleep I'm pushing bearing down the sensation of me pushing always wakes me up. we never had kids.</td>
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<td>68</td>
<td>she is talking to me and living with me everyday in dream.</td>
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<td>69</td>
<td>my wife and I would have celebrated our anniversary in 2018. I have dreams of what we would have done for our anniversary. We would have taken an Alaska cruise and I could vividly see us on the cruise. We</td>
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<td>70</td>
<td>I was fighting with some people because they kept throwing little sticky grenades at me. I would have to quickly rip them off before they exploded on me. I realized I could eat them before they went off. Then, my deceased partner showed up and was telling me to keep going with him, that he was still alive in here.</td>
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<td>71</td>
<td>we do not have children but in the dream we did. the dream seemed to take place at the current time yet we had two kids that were maybe 5 or 6 and the other a baby. at some point [name] goes outside and begins crossing the street for something, i am not sure why but i always see a car speeding her way and i rush out to stop her but when my hand tries to grasp her arm it goes through it and right before the collision i woke up</td>
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<td>72</td>
<td>I dreamed that i was near her coffin and talking to her about our son.</td>
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<td>73</td>
<td>In life my husband was a celebrated musician. About a year after he died, I dreamt very clearly that he was playing music with his jazz trio again - this jazz trio had been a special part of his life. The dream actually took place in my bedroom (i.e. his jazz trio was playing in the corner of the room).</td>
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<td>74</td>
<td>My deceased spouse and I were in a beautiful garden(presumably heaven). We walked on and on holding our hands. We stopped at some point and kissed. Woke up at this point.</td>
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<td>75</td>
<td>In my dream, I saw my partner and was able to talk to him. I asked him why he went away, but he wasn't able to respond back to me. I tried to get him to come with me, but he faded away.</td>
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<td>76</td>
<td>once in my dream after she died she asked to come with her she was in clouds and trans passing in that situation and i suddenly woke up</td>
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<td>77</td>
<td>my partner died of a violent car crash. after reading the details in the paper, i've had at minimum 10-15 nightmares of events leading up to the crash and the actual event. i imagined myself as my partner in the dream and the anguish and horror they felt upon being stuck in the car waiting to be rescued.</td>
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<td>78</td>
<td>It was summer time and I was at the beach when I saw him walking down the beach towards me I got up and started walking towards him but it was like I was walking at a snails pace and felt like my legs were not going to make it. He got closer and I couldn't touch or hug him like a glass wall was between us. I started to talk to him about eating lunch but he just stared at me and then he whispered live your life and find happiness again. I am at peace with my death and one day I will be there to meet you. He told me he would always love me and be near when I needed him but I had to find peace with him dying and he vanished.</td>
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<td>79</td>
<td>my partner and I were taking a sailing trip to the Caribbean, something we had done before. i can clearly remember the wind blowing in her hair, and watching her hands on the wheel of the sailboat. i always loved her hands.</td>
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<td>80</td>
<td>In short, the basis of the dream from what I have tried to make sense of it, was to tell me that everything was going to be fine in my life, and that this person has moved on and will not forget about me or what we had together.</td>
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<td>81</td>
<td>In this dream I was with my ex that passed and we were being chased by a shark and then we got split up and I could not find him and I was alone.</td>
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<td>82</td>
<td>My most memorable dream I had was actually a couple of weeks ago, I was with my partner (that had passed) and we were going to the Hard Rock in Tampa. We always loved going to the beach together and this was a dream that felt so realistic. I felt like she was there with me and we were actually together again, I could smell the smoke and alcohol in the casino, I could feel the sensations like we were actually there.</td>
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<td>83</td>
<td>I am a climber. I had a dream I was doing a solo climb up a high peak and she was there with me in ghost form. I was hiking above the tree line when she appeared. Her ghost form had no feet and she was wearing a long flowing dress. She stayed with me until I reached the summit. Afterwords she vanished.</td>
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<td>84</td>
<td>The one dream that I can recall the best is seeing her at a family gathering laughing and having a good time. My heart lit up being able to see her again. I made my way to her, she started to walk into the crowd. Before I could get to her, she was gone again and I could not find her.</td>
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<td>85</td>
<td>The dream about my spouse was a very simple. We were just walking around the town looking at everything enjoying time together. We were holding hands and enjoying the nice cold winter weather.</td>
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<td>86</td>
<td>AFTER MY PARTNER DIED, HE CAME IN MY DREAM THAT HE AGAIN BORN AS A MY SON.</td>
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<td>87</td>
<td>I had a dream about [name] (deceased partner) and it was like when we met for the first time. We met through a website at a coffee shop. The dream was like that first time we met and the setting was the same (i.e., same place). The place we met was the same but it was different in that I already knew her in the dream whereas in real like it was a first meeting. Suddenly, or so it seemed in my recall, we were back at the house where we lived just doing the normal things we did. I don't recall everything in the dream but I do remember we were talking a lot and making some kind of plans for a canoe trip. I remember her college-age son in the dream as well.</td>
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<td>88</td>
<td>I had a dream in which my romantic partner suggest me that he loves me a lot and wants me to be happy, he suggests to move on and find a partner and remain happy. He told that he will be with me all the time.</td>
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| 89   | Very recently I had a dream about the first time of us meeting in person, which was about 10 years ago. It was extremely vivid and accurate to what I remembered it being like. Even the experience of seeing her for the first time felt genuine and stimulating. The only thing that was different that I remember was that I was not with the friends that I came with in real life, I was alone. And it did feel a bit windier outside than I
<p>| 90  | He died of an accident. In my dream he was discharged from hospital with one of his leg amputated. I am taking him to a family function where his favorite persons gathered. He was so eager to meet them all after long time in hospital. But he was not noticed by any of his admirers. He is trying to talk to them, but they are hesitating and ignoring him. He is feeling heart wrenched. He came with me and said, instead of facing all these, he would better be dead. I woke up after that. |
| 91  | I had a dream we were at the beach in Australia, we had just visited there not even 4 months before her death, it was her dream vacation and we had the time of our lives. We were just drinking on the beach and everything felt normal, I didn't even want to wake up from this dream just wanted to stay in there forever. It felt like it went by so fast. |
| 92  | I have a reoccurring nightmare in which I watch my wife die. It is weird because the way that she dies in the dream is unrelated to the way that she actually died. In the dream we are driving on some remote back road somewhere where we are from. At least that's where I think it is. We are laughing and having a good time listening to music. Then a deer jumps out in front of the car. I swerve to miss the deer and go over an embankment. I am not hurt at all. My wife is ejected from her seat and hits a tree. I get out and go over to her and her brains are exposed as she gurgles and tries to speak. She then dies and I usually wake up soon after. |
| 93  | I had a dream that I was a time traveler, going through places/time periods with my girlfriend. She was beautiful and the best thing any man could ever ask for. The dream seemed to go on forever as we kept jumping into different portals. After one hairy adventure, we were coming upon one portal that was closing very fast and if we didn't make it, we would be trapped in that time period forever. I jumped in first and turned around to hold out my hand to my wife. She stood there, looking at me with the saddest eyes and said, &quot;I don't want to do this any more.&quot; The portal closed and I woke up. |
| 94  | I recall it was a recap of what we were doing when she died. We were in the car driving home from a movie. We got in a car crash on the interstate, and hit a pole at 60 miles an hour. The next thing I remember is emergency services pulling us out of the car. My wife didn't make it. |
| 95  | I had a dream that I was underground in a holding spot. It was dark with a sliver of light. I felt tiny and alone. I thought I was forgotten. Then I could tell someone was opening the box and a lot of light streamed it. It was my love. He let me out. Before I could hug and embrace him, he looked at me and said, &quot;it is time!.&quot; He took off running and I was chasing behind him. The house had winding staircases and big rooms. I found him in a room that had a hug heart on the ground, but it was a contraption that you laid on. He was in it. He pressed a button, and before I could stop him, the heart lit up and began to spin, then he was gone. |</p>
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<td>96</td>
<td>I had a dream about my husband riding his motorcycle. I was with him on the back and it was a great day we had a lot of fun riding in the dream. We went to the beach and had some good food at a restaurant, that's when my kids woke me up.</td>
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<td>97</td>
<td>My husband was always well dressed in life, but in the dream, he was standing in front of me in an environment of soot and fire. He had on a suit and white shirt and tie and looked like he use to, when he was at work, but now, his clothes were dirty and he was disheveled and looked very unhappy. Then, he spoke to me. He said, &quot;Please forgive me.&quot; A lot of bad stuff went on between us during our short marriage. It was his fault. And now, he apparently regretted his choices and was looking for forgiveness in order to have peace. I thought about it for a moment because it was hard to just forgive, after what he had done to me. Then he spoke the same words to me again. Finally, I told him that I forgave him and right at that point, the dream ended and I woke up.</td>
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<td>98</td>
<td>The type of nightmare I have most often about my deceased partner is that he comes back and something had been wrong with him, like he was injured or in prison, but he finally was able to be around again. In &quot;real life&quot; I am married now and in my dreams he usually has no clue that I am married and I am wondering how to tell him, and I want to be with my husband but not hurt my deceased partner, and I feel guilty.</td>
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<td>99</td>
<td>I dreamed that my wife was lying next to me, holding me from the back, whispering something into my ear. I was trying to turn around because I didn’t know who it was. When I turned around and saw her face, she smiled, but I knew that she was gone. I was still happy to see her but then she started choking and I couldn't move to help save her. I was stuck watching her choke to death. I started crying and woke up.</td>
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<td>100</td>
<td>In that dream me and my partner went to a nice trip to celebrate our wedding day. we visited various place like museum, park, art Gallery and so then went to a movie and we finished dinner with our favorite falooda and dessert. after we reach our room he kissed in my forehead suddenly i woke up from dream.</td>
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<td>101</td>
<td>He is more lovable and caring partner. He is so kind to me.</td>
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<td>102</td>
<td>I was in high school, even though that is not where I met my partner. I had a project that was due that day I found out unexpectedly so I was having major anxiety from that realization. I was walking in the hallway and bump into my partner. I just remember feeling this warmth and a glow from my partner, kind of could see some of their face. Then it quickly disappeared and I woke up.</td>
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<td>103</td>
<td>I was walking down the street a familiar street in our neighborhood, and out of nowhere my loved one appeared on the side of the street. She offered me coffee, since we often enjoyed drinking it together. I took the coffee from her and we drank it together. After I asked her why did she do this to me, why did she left me to suffer all alone. I kept asking her the same question. But I did not receive a response, she just stood there smiling back at me. That is all I can remember.</td>
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<td>104</td>
<td>She is wanting me to come with her in a paradise and living together, she was saying &quot;I need you to be with me and you have to come soon to me anyhow and I will bring you here where I am, this place is good and we can live all life after death here and no one could bother us to make apart from each other.&quot;</td>
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<td>105</td>
<td>I had a dream that my loved one and I were driving at night in a desert somewhere unfamiliar to myself. There was a light off in the distance away from the road out in the wilderness. This light seemed to be following along with our car as we drove. I mentioned this light to my loved one as I was feeling scared that someone or something was following us. My loved one put her hand on mine and said not to worry that everything was going to be fine. As I continued to drive the light steadily got closer and brighter to us. My loved one again told me that everything was going to be fine. Suddenly we were no longer in the car or in the desert. We were sitting in the grass in a field on a warm sunny day. We were talking and laughing and my loved one said &quot;see silly I told you everything would be ok&quot;. That was when I woke up.</td>
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<td>106</td>
<td>I remember walking with my partner along a nondescript city street. All of a sudden that street became a marshland of sorts...we were holding hands and after a few steps he began to stammer. He was stuck in mud that was becoming like quicksand and all of a sudden I was on the other side of the forest not able to move toward him to help, though I could see him slowly sinking. I remember the feeling of desperation and helplessness and it was a feeling that permeated my thoughts completely.</td>
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<td>107</td>
<td>It's usually the same dream. I get nervous in my real life when I am around big groups of people. Especially parties. My girlfriend always made me feel comfortable enough to attend public gatherings. So in the dream I am in the middle of a large foyer and I am talking to a group of people, friends of mine and my girlfriend. She is right beside me until I realize that she isn't. Then I realize that I don't actually know any of the people I am talking to and as I look around I realize I don't even know where I am or who's party I am attending. The dream usually ends there.</td>
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<td>108</td>
<td>My dream involved having a conversation with this person, we were planning to take a short vacation (this was something we had both been looking forward in real life). We were planning to go to a sports game in New York, we both liked the same team and neither one of us had ever seen the team in person at their home stadium. We were discussing whether we wanted to stay for the week or just go for a weekend. We decided to go for the weekend since it was easiest way to go. The planning involved finding tickets and arranging for a hotel. In the dream the date was coming up quickly.</td>
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| 109  | My dream was about my previous husband and I, having breakfast as usual. At some point, he told me how he'd have to leave for a very long time after he finishes his meal and he'll see me "later". At the time I didn't think much of it, but at some point, I remembered he was actually
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<td>345</td>
<td>dead and that made me really sad and I started crying in my dream.</td>
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<tr>
<td>110</td>
<td>I had a dream that I came home from work and he was sitting on the couch waiting for me. I sat down next to him and he just stared down at his hands and the floor as if he knew I was going to give him bad news. I said to him &quot;[name], I think I'm falling in love&quot;. He looked at me with tears in his eyes and I began to cry heavily and beg him to forgive me. He stood up, his full 6ft 2 inches towering over me. He leaned over and picked me up with complete ease as if I were a child, and wrapped his arms around me. I buried my wet face into his white t-shirt. He never wore white when he was here on earth. Never. That stuck out to me. He whispered in my ear &quot;it's okay to love&quot;...I woke up</td>
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<td>111</td>
<td>i dream about my partner when i look into a room and she was alone, i did a short romance and i never forget the time when i was spend a time with her</td>
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<td>112</td>
<td>me and my partner where in the beach with our child. I went to nearby shop to buy some ice cream. When I came back the ice cream I saw my child and my wife drowning in the sea.</td>
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<td>113</td>
<td>It's only my spouse in my dream asking for coffee because he used to drink bed coffee soon after he wake up. I am so happy to give him a strong coffee and touching him. He told me the coffee was wonderful like me. I smiled and hugged him. The moment i give him a hug i woke up.</td>
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<td>114</td>
<td>It was a sunny day, we were out downtown and were looking for a sushi restaurant, I can still remember the way she walked in my dream, it was a bit odd and she was very annoying about finding a good sushi restaurant, the dream was nothing weird at all but it ended up abruptly, although she was wearing a lot of layers even if it was a sunny day in my dream, and it looked like she was still struggling because she looked like she was still cold, we were just walking and walking until my dream shifted to us eating something entirely different, it was a thanksgiving meal, and that was it.</td>
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<td>115</td>
<td>I had a dream about my partner in which all of the masks they wore were not there any more. Instead, what I saw was the real self that they were without all of the masks they had to put up because of the things that happened to them in this world. They showed how much they really cared.</td>
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<td>116</td>
<td>I dreamed that I was hiding in the room when she hung herself. She was in a machine shop, which isn't where she actually did it. I remember her playing a song, but I'm not sure which, on loop. She kicked a little ladder out from under her and after about 30 seconds her arms straightened and stiffened and she was twitching. It was awful.</td>
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<td>117</td>
<td>I came home after a really long day at work and everything was different. The furniture was rearranged and the house was really clean. I walked in and went to the bathroom, I had to go through the kitchen to accomplish this and I looked over and the stove was gone. I thought that I had been robbed. Then My wife came in and said she was glad I was</td>
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<td>346</td>
<td>home and that she cleaned up and finally bought a new stove and refrigerator and that it was on its way. I was so happy that she was there. I went to go and give her a big hug. She looked healthy and well, she was not skinny anymore. I went to give her a hug and a kiss but she disappeared before I could do it. Then I woke up.</td>
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<td>118</td>
<td>Our son and I were looking for his mom in various places, airports, malls, bigger areas where she might be, except instead of crowd usually, they were empty, and we were looking all over for her. Occasionally we'd then just be with her doing stuff, and then it'd go back to looking for her.</td>
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<td>119</td>
<td>I dreamed about going out with my deceased spouse. Her name is [name]. We went to Taiwan for a vacation. We went to a place called Yi Lan, and it is a pretty countryside area. I hold her hands all the time, and we went to the night market together to find something to eat. The streets are wide with relatively few cars. We stopped in front of a fried chicken booth to eat something. The food is sweet. Her smile is sweet. We then grab something to drink. It is an odd drink, I guess it is because it's just a dream. But we still enjoyed it. After the night market trip, we went back to the hotel. We showered together. We prayed before going to bed. We had a good sex that night.</td>
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<td>120</td>
<td>There have been multiple, but the most common is simply laying in bed with her, waking up the next morning together. It is the apartment we shared and similar to the bed we shared, though it appears a little larger in the dream. We are cuddled up next to each other and wake up in the morning after a long night. We decide to lay back down together, her in my arms and then go back to sleep.</td>
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<td>121</td>
<td>I keep running into him while going to work. He always smiles at me, doesn't talk and just follow me around. By the end of the dream, he tells me that he is sorry but he won't tell me why.</td>
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<td>122</td>
<td>She was in the dream but she looked different. But I didn't realize she looked different while I was having the dream. I remember feeling happy but then suddenly in distress -- maybe I was realizing she was not really here. She started to talk to a group of people and I remember feeling jealous. I had an impression, &quot;How much I've missed...&quot; -- as though she now has a life in which I am have no part of.</td>
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<td>123</td>
<td>[name] is my college mate. During the college days we are very close friends. I am silently love him. Because he is very smart and jolly. He is a gentle man. But due to some small problems we separate. After many years one day I had visited a shopping mall. I met [name]. He is working there as a sales man. I feel very happy. [name] also met me. We share our old memories. That time I think about our old love. But I still love him. He invited me for lunch. I decided to tell about my love to him after lunch. But after lunch he initially tell me that he still love me. I feel very happy. I had seen this incident in my dream.</td>
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| 124  | i remember the warmth of happiness in the dream. not wanting to lose it. then all of the sudden my gf had to go away, without an explanation. i
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<tr>
<td>125</td>
<td>Tried to stop it, then she disappeared. I couldn't find her no matter where I looked, who I asked. I kept running, then I woke up.</td>
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| 126  | My partner died of an accident when she was coming back from her office. In my dream the same thing happened again. I could see her board into the train and was part of the whole journey until that happened.  
Driving up in his old car.. looks like he is a teen again. gave me a big hug and told me he loves me and everything will be ok. took a walk with me. hand and hand. |
<p>| 127  | I remember this particular dream where I saw my partner and me walking through a beach all alone and we were holding each other's hands and we both were very happy and she was talking about our future and about our future kids, it seemed very real and then all of a sudden the whole sky went dark and someone took her away and I was not able to find her. I was only hearing her cry from a long distance and I ran behind the voice to find no one and sitting there all drenched in sweat and out of breath crying for her. |
| 128  | I recall dreaming about being in the beach with my romantic partner, she liked very much the beach and we went to the beach many times during our relationship, in the dream we were sitting in the sand with a bottle of wine contemplating the ocean and laughing, after that we entered the water in the beach and we had sex in there, my romantic partner and I were very active sexually. |
| 129  | I dreamt that I was in the hospital on my way up to see my wife. The elevator wasn't working so I took the stairs. As I climbed up the stairs I see that my wife is walking ahead of me. She is wearing a beautiful silk nightgown and it flows behind her as she ascends the stairs. I start to run after her. I ran as fast as I could and before I know it we are at the top floor. She opens the door to exit and a closes before I get to it. I could not open the door no matter how hard I tried. |
| 130  | I've woken up a couple times after dreams that involved me returning home to find my gf dead in our bedroom. She'll even appear alive in scenes set ostensibly 'after' the scene of her dying. Like she'll appear alive as a character in what sequentially speaking would be the 'mourning' period, but of course dreams aren't sequential really or make sense. |
| 131  | I felt that she is talking to me and telling me that I am not taking care properly of our child. She is not happy about this and told me to be more proactive and careful. I found her looking very sad and I found myself with her in some unknown place. I was terrified and sweat a lot. |
| 132  | In the dream, I was standing alone in the living room, looking out at my neighborhood. All of a sudden, my husband walks over to me and stands right next to me. I can't believe it and try to turn myself towards him, but my body wouldn't move. We stood like this for what felt like ages before he finally puts and arm around me. At that point, I start crying and suddenly wake up. |</p>
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<td>133</td>
<td>IN DREAM PLACE THERE IS A MULTIPLE PEOPLE IN THE DREAM MY SPOUSE PARTNER IS WAS TALKING ABOUT ME AND ASKING QUESTION IN THE DREAM I WILL SPEAKING TO MY PARTNER I WAS CRYING I CALL TO COME BACK AND LIVE TO ME</td>
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<td>134</td>
<td>Eating dinner with her. I can clearly hear her tell me how much she enjoys the basil in the homemade pasta sauce we maid. We both reach for a loaf of Italian bread. I let it go as soon as she touches it. She cuts off a piece. We weren't discussing anything in particular. Just and ordinary night.</td>
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<td>135</td>
<td>I dreamt of us having dinner at the kitchen table. I was serving his favorite dish of fried chicken. I gave him the dish to take his from and he said I'm really not feeling well today and he passed on it. He only ate mashed potatoes. I remember still feeling happy and laughing with my daughter. He then excused himself and he never returned which made me upset and I started feeling confused. I woke up soon after.</td>
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<td>136</td>
<td>The most memorable dream I had was of us meeting again for the first time, we were both in college and the first time I saw her was during a class and she arrived late. During the dream I remember watching her as she walked in the door and her walking to the front of the class, looking back and right at me. We both smiled at each other and right after I just saw a blank face on her. Then she appeared in our bed next to me, smiling as she always did and just looking at me and reaching out her hand like she always did each morning. I reached out to touch her hand and she smiled at me again and she said she loved me, and then I watched her eyes closing and then was above our bed looking down at both of us. I woke up</td>
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<td>137</td>
<td>I would have vivid dreams mostly about time we spent together like outings and events. it was always fairly pleasant just like nothing ever happened</td>
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<td>138</td>
<td>In dream, we were lovers and we have decided to do a register marriage since my dad didn't agree for my love. On day of marriage, my dad gave me some work related to our business. Even though I know that he will be waiting for me, I was ready to go with my dad's word. My plan was to finish my dad's work first instead of telling no to him, then I'll go to register office so that my dad won't get any doubt. On the way of my work I was able to see my partner, he was talking to my dad. My mind with full of confusion, what my dad is talking to him?? My mistake was I didn't go them to know what was happening there.. I was driving so fast to finish my work soon so that I can come back soon. Even my dad have noticed that I have seen both of them. Once I went, he hanged my partner.. later when I came to know that I was feeling he'll of my self.. then I got up.</td>
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<tr>
<td>139</td>
<td>My girlfriend was going to college. We were chilling out. We join our class well. But enjoying some time that cannot forget.</td>
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<tr>
<td>140</td>
<td>I have had a dream about me and my wife when we went to miami for</td>
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vacation. Everything was going great then she asked for the keys to go to the store and I get a call after about an hour where they said she was in a car accident. I go to the hospital and I see her in the room hooked to all types of machines and the doctor asks if there is nothing we can do she is on a machine. Me having to decide whether to pull the plug out and I wake up.

My partner (who had passed) took me in a luxury boat ride and told me he was sailing around the world. He spoke of many adventures he had been on and appeared to be having a really great time, with servants on his boat. I felt upset and jealous he was having such a good time without me.

The most memorable dream I can recall is taking our kids to the park together, and then him walking away randomly and just disappearing into thin air.

In the dream he came to my room and asked if everything was OK with me and our daughter.

I dream that we are in Utah and it's during late November and it's cold out. We are taking a road trip to Moab and on this trip we pull over to a rest stop and at this rest stop I walk to get a drink from the vending machine and use the bathroom. After I grab my drink and bathroom break I wait in the car for [name] to come back, after I wait for what feels like 10 mins or so I start to look for her. I panic because I can't find her, I run across an old lady outside the restrooms I ask her if she could please go in and see if [name] is in there. This woman hands me a note from [name] and the note says "[name] I love you but I need to go away for now, I will see you again, please understand I have to leave for now". Then I just wake up.

I am a huge astronomy/astrophysics admirer and a science fiction fan as well (so was my girlfriend). We used to read sci-fi books together very often and our imagination was busy with the ideas of space exploration, long distance travel, generation ships, exoplanets, other civilizations and all sorts of interesting and thought-provoking stuff. It was always very characteristic of me to have "science fictiony" dreams. The very first one I experienced soon after her death was the only one that involved her too. We (among hundreds of other people) were passengers on an interstellar spaceship, going to Alpha Centauri planetary system in order to colonize several planets in that system. Alpha Centauri is the closest star system from us and a couple of earth-like planets had been detected and studied by the drones which were sent several decades ago. The technology of our spaceship was extremely advanced and revolutionary, despite that, it was traveling at a 20% of speed of light, therefore it would require us about 20 years to reach our destination. The whole idea of spending 20 years of our lives on a spaceship, facing the interstellar darkness might have been depressing for many but for us it was encouraging and we were happy precisely because of it. The whole dream was a conversation between us. We were elaborating different
outcomes and different eventualities for the future of our species. We were talking about the fundamental ideas about life, death and the entire concept of existence itself... Then I woke up.

He came to me floating on top of some clouds. He was dressed in white and was glowing. Though he did not speak, he appeared to be content. I had the feeling that he was at peace.

I remember the dream being in a giant white endless room when I saw a figure from a very long distance, I finally realized after a while that it was my partner I hadn’t seen since she passed, I would run and run trying to get closer but never could until I sat and gave up, then she appeared next to me to tell everything is okay.

The dream that I recall the most and have had on several occasions is a dream where me and my girlfriend were on vacation in Hawaii. In the dream we check into a hotel and then head out to the beach through the patio of our hotel room. I recall in the dream being at the bar alone and hearing screaming. When I look next to me my girlfriend is not there. I quickly look to the ocean and notice she is there drowning but then I turn back to look at the bartender and she is also the bartender. Only she has a gaping hole in the middle of her neck. I always wake up at this point in the dream.

In the dream I was at a mountain house with my wife. Only we two were there. We were sitting in a room on chairs and she was talking something in a very sweet voice. But I became disinterested and started wandering here and there in the room. She left the room.

In the dream my partner is standing in a room, I can see them but every time I try to talk to them, all I hear is static. The farther I step into the room, and try to closer, the more the room grows and the farther they seem from me.

Well honestly the most vivid dream I have of her is, I remember when she was alive we went to buy a new car and she got an SUV and for some reason in the dream she ALWAYS dies in that exact SUV when in real life she actually died of an undiagnosed and well kept drug problem overdose. She always ends up rolling the SUV in my dream, and that is the cause of her death in my dream.

I dreamed about our first date and how much fun we were having. Also thought about the things I should have said to her.

One day night I am sleeping, my lover coming in my house, I try talk to my lover, but no response. Everyday day coming in my house I talk to try, but no response. One night suddenly my lover talk him. that time coming my mother in my room suddenly called to wakeup say, I drooped my dream.

There was a brook. There were so many trees and bushes like jungle. My spouse appeared from the stream of the brook and sat on a boulder near it. There were a variety of fruits and flowers scattered around my spouse. She smiled at me and walked along the riverbed and disappeared. This is my most memorable dream.
<p>| 155 | In my dream me and my wife are going in a car and we starting to talking about our marriage life. but lastly i wake up from my dream. |
| 156 | I dreamed that my dead partner was still alive. We were eating dinner together and watching TV. Everything was normal and I just remembered that something was wrong. I was worried about my partner and afraid that what I was forgetting meant something bad was going to happen to them. Then I woke up. |
| 157 | I was standing by the ocean, which I've only seen a handful of times in my life. It was quiet, the only sound was the crashing of waves as they hit the shore. No one else was in sight, I had the whole beach to myself. I recall it being warm but not uncomfortably so. As I stood there, I heard her voice. She loved to sing. I couldn't see her, but her voice echoed out in the silence, singing our song, the one we danced to at our wedding. I felt the warmth of her hand in mine even though I couldn't see her there physically. She never spoke to me directly, just sang, and it filled me with a wonderful sense of peace. |
| 158 | He was always very vocal about politics and would often argue with the television during political shows on Sunday mornings. In my dream he was arguing with the TV while I was making breakfast. He was sitting in his usual chair. I could hear his voice but his words weren't quite clear. |
| 159 | Basically I dreamed that he was still here - that he was helping me with the girls - telling me how to handle some issues we've been having. It was very comforting. |
| 160 | Well, it was a day off - [name] (my partner) and I stretched out on our living room couch and played a French movie. I was a bit lazy to keep up with the subtitles and [name] kept telling me off for that. At some point in the movie, I dozed off and when I woke up, the room was quiet. The television was switched off and the lights were out. Thinking [name] had gone to bed, I went upstairs - but she wasn’t there. At this point, I panicked and opened the front door. There was nobody on our street, but kept walking in different directions and looking for [name]. |
| 161 | My boyfriend passed away by means of suicide. I often have dreams that he is attempting to take my life as well. Usually I wake as soon as he has put the gun to my head and is about to pull the trigger. I usually have feelings of terror and total helplessness during this dream. |
| 162 | The most memorable was where I was sitting in a room and he was telling me to come with him. We were going to take a trip. I wouldn't go but he was pulling on me trying to make me go. I woke up yelling no I'm not going. |
| 163 | I remember this dream was outside at a park. My partner was picking flowers in a blue dress. She handed me one of them and said she was going to make chicken for dinner later. I did not understand what she meant because in my dream chickens had been extinct for a long time. It was a very weird dream. We then sat down at a park bench and stared at the sun for a long time. |</p>
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<td>164</td>
<td>We were sitting in a car and she looked over to me, grabbed my hand and told me everything would be okay. I instantly felt calm and knew in the dream that I could not possibly be with her any more, so it felt very lucid for a moment.</td>
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<td>165</td>
<td>The dream occurred in my high school. We were in our trigonometry teacher's classroom after school hours talking about a few nights prior at our mutual friend [name]'s house. [name] had thrown this graduation party and we were reminiscing on the past years in high school and how fast it flew by.</td>
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<td>166</td>
<td>I had a dream about the experience exactly as it happened, but this time I was at the scene. My wife died in a car crash from a drunk driver, an I had a dream of me receiving the call, but right after I received the call, I was in the car looking at my wife all bloodied up. I think I remember being in the car and going out to try and fight the drunk driver who was able to get out of his vehicle, and then the dream turned to him having kidnapped my kids as well. He got away in the car and I tried to chase him but could not find him. I called the police and they laughed at me and said I was lying, which was pretty irrational if this had not been a dream.</td>
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<td>167</td>
<td>LAST YEAR WEDDING ANNIVERSARY I HAD PRESENTED ONE GOLD AARAM TO MY PARTNER AND SHE IS VERY MUCH HAPPY TO WEAR AND I ALSO VERY HAPPY FOR THAT MOMENT. I DREAM ABOUT THE INCIDENT AND FEELING VERY MUCH</td>
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<td>168</td>
<td>My spouse and I went horseback riding on Myrtle Beach for Christmas and then rode the SkyWheel. We were on our way to the aquarium when my calf gave out in the middle of the road while crossing the street. We were holding hands and I nearly brought him down with me. He managed to keep me on my feet and push me out of the way but he got hit by a black and red '92 F-150 and died on impact.</td>
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<td>169</td>
<td>she asked me to marry another girl and live my life happily</td>
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<td>170</td>
<td>I recall my partner being with me in my dream walking with me as I walked through the park. I'd been crying asking him why he had to leave me alone with a child.</td>
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<td>171</td>
<td>In the dream I was lost in a huge vast parking lot, and couldn't find my car. I was walking up and down the rows alone, and all of a sudden I looked and he was quietly walking next to me. I asked him where he'd been, and he said, &quot;with you.&quot; And then I woke up.</td>
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<td>172</td>
<td>The last dream I remember having of my girlfriend it was a replay of the day she passed. It starts off by me being at work and she calls me to let me know she had an accident. When I arrived in the scene I saw nothing but the bow she always wore on her ponytail. When I step foot from our car she burst out if the ground screaming that she's sorry.</td>
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<td>173</td>
<td>I remember randomly being at a fair. There was a long line of people standing in line for what I believe was the Ferris wheel ride. In the Middle of that line, I saw her. Standing there all alone. Everyone else</td>
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was smiling and having a great time but her. She was standing there without a smile on her face. She had her arms crossed. I remember when I saw her I couldn't believe it. I thought everything was back to normal for some reason. It felt so real and I had no clue i was dreaming. I walked up to her and her face lit up. Like she had been waiting on me and was excited to see me. I wasn't excited but I was relieved. Relieved to see her. All we did was hug. We held each other so tight. I couldn't let her go. While hugging her I told her I thought she died and she laughed and said "what made you think that?" I didn't know how to respond. It was so real and felt real. I was so beyond relieved to know nothing had happened to her. Hugging her and refusing to let her go was all I could do and I eventually woke up.

174 a lot of times its sort of a redo of the day she died over and over again.

175 I was on some sort of stage with presents and plants in front of me. There was a door to the side of the stage and it opened. My spouse was walking out with the help of my uncle. I went up to my spouse and we hugged, it was so real I felt the feel of their hair and could actually feel the hug.

176 It was as if he was still alive. It was like a normal day for us. We were riding around, running errands. We were supposed to be going to the store, but for some reason in the dream, we went from being in Georgia (where we lived), to Connecticut (where I grew up). It's now night time and we're still riding around. We pull into a drive thru to order food. No one is inside but the lights are on. When no one comes on the speaker to take our order, we go inside. For some reason we don't get any food, we just turn around and leave. When we come back outside, it's daytime. In the dream, he keeps asking me what's wrong. I don't know why he's asking me this. I keep telling him "nothing". Next thing I know, we're walking along the riverwalk. It's a happy moment. He's poking fun at people we see. I notice that we're walking towards the water, so I stop. He keeps pulling my hand. Next thing I know we're in the water. I can't swim. I can feel myself saying "wake up!". After a while I lose sight of him in the water and I wake up.

177 I had a dream in which I visit my girlfriend in a hospital and I said, "Oh, you are alive again." She said, "Yes and we are going to attempt this one more time and see if I live once more." She then fell to the floor. I tried to revive her, but I couldn't, and I started freaking out.

178 My husband was in the hospital and he came walking out of the hospital room. He hadn't been walking in real life for the last 7 months of his life. So he was walking and I was so happy because I knew he was getting better. He looked very strong and healthy.

179 I can remember me and her sitting on the couch watching tv then all of a sudden the lights shut off. When they came back on she was gone and I woke up.

180 I dreamed that I had to watch him die again.

181 He passed away on his birthday while putting our 3 year old boy to
sleep. His mom found him dead the next morning (I had to leave early for work that day so I did not check on him). For a long time we did not know what had caused his death. They did a toxicology and we had to wait for 3 months to get the results back. A few weeks before we got the results back I had a dream about him. I actually invited him to my dream (I often find I am able to invite both the dead and those who are alive to my dreams...I know it sounds crazy but it is the truth). I asked him: "what killed you: what happened to you? [name], I need to get an answer." His face turned so pale that it was almost white. Then he told me. He named the name of the medication. Then I asked him, and "how many did you take?" his response was: "Just a couple.. like 2-3 maybe 4"... Then I woke myself up and told my mom, who was staying at my house. A few weeks later the medical examiner called me and she confirmed what I already knew. I have never heard of this medication before.. I know it sounds very bizzar. I do not like to talk about it and I never told the investigators either.

182 We met an accident while we are traveling together in a bike, she died at that moment and I face severe injuries.

183 I was sitting in a park that we used to visit regularly, I was sitting on a bench in front of a lake feeding the ducks. Suddenly he was next to me, I hugged him, told him much I loved him and that I missed him. He told me he was here with me, that he had never left and that he was very sorry. When I asked him what he was sorry about he just kept repeating it, and then I woke up.

184 We went on a vacation somewhere on a beach, and were enjoying the sun and having some drinks. She ask me to come swim and agreed to join her. We walked into the water and starting swimming out towards the deep end, she swam off and left me behind, after some time I couldn't find or see her, I started to panic and yell out for help, then I woke up.

185 I had a dream that we were both in the car listening to music. Laughing, talking about the kids. He dropped me off at work like he had always done, told me he loved me and then he left and I woke up.

186 I have recently gotten onto dating applications, and had one date with a girl ([name]) who seemed to hit it off with me. In the dream, I was still with my deceased girlfriend, but making plans to cheat on her by going to see the girl I met on Tinder. I got a ride from my sister to her house, and somewhere along the way, my intention became to move in with [name]. I made friendly conversation with her parents, and then she asked them if I could move in with her. They said no, and I made arrangements to move back with my girlfriend. When I was on the way back, in the car with my mother, I woke up.

187 in my dream at some type of really nice vacation hotel in the Caribbean some where and I was a woman whom was not partner whom recently passed and I felt like I was cheating but all of the sudden my spouse was there and I asked thought you had passed away and she assured that she
had and that she was just watching over me and checking on me to make sure that I was ok and she told me not worry that she was fine and to move on and find someone good to be with and then I woke up.

I was walking into Christmas like I do every year at my moms house. I had our two kids with me and this was the first time I did not have my husband with me. I walked in and we did Christmas dinner like we always do. I remember getting up and going to the bathroom. When I came back my husband was sitting at my mom's dinner table eating Christmas dinner, talking to my relatives. I remember thinking how strange it was that no one thought this was weird, that my husband was dead, so he couldn't actually be here. Everyone went about the night as usual as if nothing happened and nothing was weird about what was going on. I remember I actually did the same. I just pretended he was alive and had no conversation about it. I wanted it to be true so bad so I did not say anything that would make it untrue or question it.

He was still alive. We were in bed, barely stirring as we held each other. I looked up into his eyes and he flashed me his signature sleepy smile, and gave me a squeeze. I pushed my face into him. We just laid in bed for what seemed to be hours in the dream. Not talking, not moving. Just us and the silence. It seemed like the goodbye I never got to have.

They were happy to see me. And they told me that they were doing well and they miss me. And they told me that they cannot wait to see me. They are guiding me in different ways to help me with my grief and the future of my life with my children. It was a memorable dream, but it had some sad points in it.

I was with her at her mom and dad's house for a big family get together. I suddenly remembered that I had gone grocery shopping and had a full week's worth of groceries in the trunk of my car. The entire family helped me unload the food. I had bought all kinds of wonderful bakery items for my girlfriend including donuts, apple turnovers and red velvet ice cream. While outside alone, I noticed that my car was not parked correctly on the street. It took me three attempts to situate the car next to the curb. When I went back inside, the family had eaten most of the desserts and left me with very little. I didn't mind.

It's summer and we're living in our first apartment together in Saint Louis. We're making dinner, mac'n'cheese and brisket and green beans (our favorite but we're not great cooks), and she's acting completely normal but I can't stop crying. I'm crying because I'm so happy to see her again...not sad/sobbing; they're tears of joy. The dream ends when we're finishing the meal, I turn around and when I look back she's gone.

An example of a nightmare I recently had was: I was working as a sales assistant in a clothing department in a polluted coastal city, a dystopian nightmare with police and surveillance drones everywhere. Everyone I came across in my dream looked strange and gave me menacing looks. The clothing department store I worked for was responsible for selling high quality and luxury fashion items for a expensive prices. Its weird
because my wife and I do not like to visit cities and we are not materialistic. But in my dreams everything is the exact opposite, like I am in some nightmarish alternative reality. I had recently graduated with a associates degree in business administration and I was working for a group of business executives who manage vendors and retailers. I would help them with entering data and gathering records for their business ventures. I also, collected data from clients for the advertisers. Anyways, most of the staff in my dream appeared like automaton proletariat slaves and most of the customers looked like materialistic bourgeoisie zombies. However, in my reoccurring dream my deceased wife appears to play the role of a ruthless female business executive who is so rude and always harasses and verbally abuses me and she was so moody and has an attitude. Nothing like how she was when she was alive.

In my dream, my deceased fiance [name], was getting ready for our wedding and I was in the room helping her. We were laughing and joking with each other like we always would and everything was perfect. In the dream I felt like everything was perfect and that my life was going to be great with her for the rest of my time alive.

I was in a house looking for him, looking everywhere but couldn't find him. When I finally found him on the top floor the house started falling apart and I couldn't reach him. I woke up just as I was about to finally touch him.

She was getting ready for our day off together. I remember seeing her through the mirror as she was working on her makeup. Her eyes seem so focused as the light hit her at the perfect angle to amplify her morning beauty. I remember today is our anniversary, and we are going to hike up Mt Saint Helens. The scene shifts into my car as I'm driving us both on highway 5. I remember her smiling and singing in my car as something that seemed like a split second, we were trapped in the car as I opened my eyes. She had blood running down her face and her eyes wouldn't blink. I wasn't sure what was going on, and then my dream continues on, as I am crying and in shock, the car is in flames. The nothingness takes over, as pain doesn't recall any sensations. I wake up as I finally feel that I've died too. My dream ends, and I'm still alive.

Me and my x affair was going to park there I got fracture on my leg .. in that he helped a lot where I felt much love to him ... then after his death I can't forget those memories

Yes, one time my romantic partner died in my dream

We were at the park, on a nice sunny day. While we were sitting on a bench, watching my daughter play on the slides, my significant other, started to scream in pain (not sure why). The scream was so overwhelming, it immediately woke me up. I woke up sweating and in fear.

Really horrible dreams that upset me and wake me up. A dream thats hazy where i can recall every part of it. Every part of the horrific death
<table>
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<tr>
<th>Page</th>
<th>Text</th>
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<tbody>
<tr>
<td>201</td>
<td>Walking together to Church every Sunday we would always leave early and be among the first to reach and sit on the first few benches. We would pray together and hold hands sometimes.</td>
</tr>
<tr>
<td>202</td>
<td>I recall so many events and one of the time we regularly went to near by temple its a memorable.</td>
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<tr>
<td>203</td>
<td>There have been several dreams about my husband, who I’ll call &quot;[name]&quot; after he died. The most vivid one is that we were at a train station, and we had an extra-large, very heavy suitcase with us. In the dream he was sending me away from him. There was a overpass with stairs that went up really high and crossed over the train tracks to the other side. We needed to cross over to get to our platform to take our train. [name] took the suitcase from me and struggled with it up to the top of the stairs. I stayed at the bottom of the stairs, watching him go up. When he reached the top of the stairs, he lost control and fell off the stairs to the left, falling at least 20-30 feet. He just fell and died. There were a lot of other travelers waiting around and they all gasped. I actually had physical sensations in the dream; my heart dropping, feeling suddenly sick, getting the chills and an unpleasant tingling in my jaw that I usually get when I've had a bad fright or shock.</td>
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<tr>
<td>204</td>
<td>I kept having dreams of a bright light shining in my eyes and my partner was alive again and walking towards me. The dream felt like eternity as he was walking towards me. He would then disappear and then I'd wake up.</td>
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<tr>
<td>205</td>
<td>I must have been dreaming about something else and then my husband and I were together, making love. It was so realistic, I could smell him. We kissed deeply, smiling at one another. I can recall looking into his beautiful blue eyes. It was so intimate, so urgent ... somewhere in my mind I knew it wasn't real, I just never wanted to stop. Suddenly I was awake.</td>
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<tr>
<td>206</td>
<td>My girlfriend that died and I went on a camping trip with my family. Her and I got in the car to drive around I don’t know why and we had to drive through this road of grass, the grass was taller than the car but we had a clear path so we went through it. About half way through all of the Windows were rolled down and the grass started to enter the car and I couldn’t see her no more. I started driving faster to get us out of the grass and all of the grass blew out of the car and she was gone. I got out of the car to find her and I felt scared so I woke up.</td>
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<tr>
<td>207</td>
<td>SHE TOLD ME TO MARRY</td>
</tr>
<tr>
<td>208</td>
<td>It was a normal day, I had gone to work and my spouse did as well. Upon returning home I could not find him anywhere. I searched made calls I can vividly remember the feeling of panic and urgency in trying to find him.</td>
</tr>
<tr>
<td>209</td>
<td>AFTER HE DIED HE CAME IN MY DREAM THAT WHERE WE WENT TO ALL THE MEMORABLE PLACE REMEMBERS.</td>
</tr>
<tr>
<td>210</td>
<td>The most vivid dream was almost a replay of a vacation we took years ago to Disney World when our kids were six and seven years old. I was</td>
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</table>
with [name] (my late wife) and my two kids ([name] and [name]). In the dream we were walking up to the Dumbo ride. We got to the entrance of where you go on the ride after waiting in line. As I lead the kids on the ride [name] touches my shoulder and as I turn around she says, "You go on without me." I go on the ride with the kids and as the ride starts and goes around and around I see [name] smiling each time we pass. I tell the kids to wave at Mommy. She waves back. Then I hear in my head, "It's ok babe. You got this." I remember feeling fear, and as I look out where she was ... I don't see her anymore. I keep scanning the crowds on the ride and can't find here. My youngest daughter asks, "Is mommy ok?" and I hear myself respond, "It's just us now", and I start hysterically crying. I again here my wife in my head say, "It's ok babe. You got this." This is when I woke up I believe.

BEFORE ONE MONTH I HAD DREAM WITH MY SPOUSE DURING COLLEGE DAYS LOVE

at first I just heard a song playing very loud and clear. It was George Harrison's My Sweet Lord. It was beautiful. Then I saw him holding out his hands to me.
Study 4 Partner/Spouse Loss Most Memorable Dreams in the Last Month

Identifying words have been removed from the dreams and in the case of names it was replaced with [name]. There were 34 dreams that are the same from the dreams above, as their most memorable dream ever was in the last month (this is indicated with a *).

<table>
<thead>
<tr>
<th>ID</th>
<th>Dreams in the last month</th>
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<tbody>
<tr>
<td>1</td>
<td>at times i dream having the good times we had with him, we chat and laughed a lot only to wake up</td>
</tr>
<tr>
<td>2 *</td>
<td>We were laying on a couch snuggling and he was holding my hand telling me that it was so tiny and cute. I could feel his beard on my neck, smell his cologne and hear his voice talking to me again.</td>
</tr>
<tr>
<td>3</td>
<td>ITS A FUNCTION DREAM ..ONE TIME ME AND MY PARTNER GOING TO THE RELATION FUNCTION ..ITS A MARRIAGE FUNCTION ..MY WIFE WEAR THE BLUE COLOUR SAREE. ITS A VERY MEMORIAL MOMENT..THIS STORY IS AGAIN AGAIN COME TO MY DREAM</td>
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<td>4</td>
<td>He came in my dream in the past month and recall all sharing and caring happiness previously had.</td>
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<td>5</td>
<td>I enjoyed the dream because i closely spent with my partner and also it is an open place, but some of the peoples on that area, i spend with her in a romantic way</td>
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<td>6</td>
<td>After my partner dead is my dream deceased partner so i will very sad and very crying with me. I have love for my partner so continuously my dream deceased for my partner. So, i have very uncomfortable fir my life. There are some peoples very deceased in my dream for the partner.</td>
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<tr>
<td>7</td>
<td>I just had a dream that we were walking together just talking about small things. It was very realistic. I could hear his voice and see his mannerisms.</td>
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<td>8 *</td>
<td>I remember my partner talking to me by the sink in the kitchen and explaining to me about what has to happen and basically she tells me goodbye.</td>
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<tr>
<td>9 *</td>
<td>The most memorable dream would be the time when I had a dream about us in high school. It was recess time and I chilling with my friends in the 2nd floor when I see my partner walk towards me. A few senior boys were running towards her direction and in the speed that they ran they shouldered her and she fell from the second floor and I remember the fear in her eyes as she fell. I wanted to jump that second.</td>
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<td>10</td>
<td>I was sitting in a place talking to someone who was very familiar. I don't recall seeing the person face but it reminded me of him and was very comforting. I don't recall the conversation but we chatted for a while. It was pleasant and i was drinking coffee.</td>
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<td>11</td>
<td>It was a fine day when i went to cinema with him and after we came back he cooked for me and took care of me.</td>
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<tr>
<td>12 *</td>
<td>I dreamt about the day he proposed. I guess its cause that was the moment I knew he was truly the one for me and everything was going to be okay. He took me on a cruise to the Bahamas and proposed on the beach. The dream is</td>
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</table>
exactly as it was then. We had this amazing dinner and he told me how much he loved me. Then he pulled out my gorgeous ring that he spent months saving for. It was so romantic and sweet. I think my mind always goes back to that day because I felt so safe and it was honestly the happiest day of my life.

<table>
<thead>
<tr>
<th>13</th>
<th>SHE IS EAGERLY WAITING FOR ME</th>
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<tbody>
<tr>
<td>It was her and I as kids hangout with my siblings and played together in the playground. I can't remember many of the details about this dream.</td>
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<tr>
<td>I was waiting for her to call me but she never did. I spent the entire dream waiting by the phone but she never called.</td>
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<tr>
<td>I had a dream of going long distance in my bike. we were singing, dancing and etc.. we had a quality time. it was almost evening. we went to a park, that I am crying to my partner that i will not live once if you leave me. my partner too cried. suddenly i woke up.</td>
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<tr>
<td>I don't recall it that well. I was just again outside in the woods doing something like camping or something and my husband was talking to someone else across the fire and a little distance away from me. I don't think I had any actual interaction with him in the dream, he was speaking to someone else and so was I, but I saw him see me, and I think he might have been dealing with the whole situation we found ourselves in, like solving a problem or something, because he was talking to the other person but glancing at me and I was doing something like putting food on to cook or putting a tent up or something. That was it.</td>
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<tr>
<td>I dreamt of the car crash as that is how he passed. I dreamt that I was with him and I saved him.</td>
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<tr>
<th>18</th>
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<td>I will also appear in my dream along with my partner, like we are spending good time together.</td>
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<th>19</th>
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<tr>
<td>She was sitting next to me on the beach while I was there to visit the two cats of ours that had passed right before her. The weird part is, she had mentioned to me that she might collect their bones so that she can carry them with her throughout her life. I was away visiting my hometown when they both passed (weird, I know) and she said that I should go sit and talk with them. Her and I used to go to the beach to swim and pick up trash, but we didn't sit on the beach much and talk.</td>
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<tbody>
<tr>
<td>I have a dream that he is sitting with me on our couch, on which he passed. He's trying to tell me something in the dream but I can't hear him. It's a constant loop.</td>
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<th>21</th>
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<tr>
<td>I was asleep in my dream, and I heard a knock on my bedroom door. I sat up and the door opened and my fiance was there, but he was a little boy of about 5. I asked him what he was doing and he smiled and ran. I jumped out of the bed, but he was gone when I went to find him.</td>
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<tr>
<td>I dreamed as going to movie with her. She liked that movie much. I bought ice cream for her. She also liked that ice cream very much. Then we returned to home.</td>
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<th>23</th>
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<tbody>
<tr>
<td>In my dream we both are going to park and sitting in swing and enjoyed with happily.</td>
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<td>Text</td>
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<td>25</td>
<td>She was riding a motorcycle at full speed across a bridge and somehow she crashed into the railing. I tried to brake to get off my bike and help her but my motorcycle kept on going.</td>
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<td>26</td>
<td>I dreamt that I unlocked the door, and thought he was there. In the dream, I then reminded myself that he couldn't be there. But then, when I walked into the house, there he was. In the dream, he was annoyed with me for not being home which is off because nothing ever aggravated him in real life. This is when I woke up.</td>
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<tr>
<td>27</td>
<td>I haven't been writing the dreams down for detail but the last one was a variation on all the others about building/rebuilding, growing this village.</td>
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<td>28</td>
<td>The most recent dream that I have had of him was that he told me that he missed me and we went to the beach and we walked and talked and he told me that everything was serene and then we were to be together one day and he would not judge me if I moved on and I told him that I would never move on I loved him more than anything.</td>
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<td>29</td>
<td>It was my spouse's birthday last months so I dream of him and the party we would have had for him. with his favorite cake and family and friends around us celebrating another year of him.</td>
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<td>30</td>
<td>In my dream, another man tries to save me from my current boyfriend, but is unsuccessful and my boyfriend stabs me. The dream was very dark and dreary and also involved a train and a train station and skips to a party scene on the train. In his dream he was possessed and stabbed me like 20 times and after the fact that I was dead he realized what he did and started balling and hugged my dead body until the police came.</td>
</tr>
<tr>
<td>31</td>
<td>Two days ago I dreamed that we went to the lake like every last Sunday in the month.. it's a small lake 20 minutes far by car, we've reached the place, set the tent, kids playing around, gathered some wood and started fire to grill some fish.. One of our kids throw his ball into the lake and went down to catch it, suddenly he lost balance and was drowning, I was just staring and shocked, my wife ran into him and tried to pull him back but she couldn't make it so they were both drowning under my sight and was like a statue there with no clue what to do.. then I woke up</td>
</tr>
<tr>
<td>32</td>
<td>Yesterday I had a dream that it was Thanksgiving. Everything was back to normal. [name] was there. In my dream I ran to him and told him that I had a horrifying dream that he had died. He hugged me and kissed me on the forehead and told me that everything was going to be okay.</td>
</tr>
<tr>
<td>33</td>
<td>She died in a car wreck. I have been dreaming of her as a race car driver in which she wins the race. She is always wearing a blue jumpsuit. Afterwards she is walking to some place to celebrate and dies somehow, usually being hit by a vehicle. The driver always gets away somehow, and I am left with rage.</td>
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<tr>
<td>34</td>
<td>In my dream I saw her walking with my brother, it felt so real though. Then she approached me and out of the sudden he told me &quot;It's great up here, and I'm fine.&quot; He then showed me a house which he told me was his, it was big and nice. Not long after that she said goodbye.</td>
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<td>35</td>
<td>I was in a dark room or house or something. I called to her and she answered playfully. I think we were playing hide and seek or something.</td>
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<tr>
<td>36 *</td>
<td>I'm in a delivery room legs in stirrups he's holding my hand telling me to push come on baby push and in my sleep I'm pushing bearing down the sensation of me pushing always wakes me up.</td>
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<tr>
<td>37</td>
<td>I dreamed about living with her in real life with two kids as we dreamed about.</td>
</tr>
<tr>
<td>38</td>
<td>We used to travel to Florida a lot and I can see us driving in our car down 95 to the sunshine state where we used to live. We visit our family down there and then go to St. Augustine where we use to go all the time.</td>
</tr>
<tr>
<td>39</td>
<td>my spouse recall my most favourable place meeting in past years</td>
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<tr>
<td>40 *</td>
<td>My deceased spouse and I were in a beautiful garden(presumably heaven). We walked on and on holding our hands. We stopped at some point and kissed. Woke up at this point.</td>
</tr>
<tr>
<td>41</td>
<td>she wants me to come with her every morning when i wake up</td>
</tr>
<tr>
<td>42 *</td>
<td>my partner died of a violent car crash. after reading the details in the paper, i've had at minimum 10-15 nightmares of events leading up to the crash and the actual event. I imagined myself as my partner in the dream and the anguish and horror they felt upon being stuck in the car waiting to be rescued.</td>
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<td>43</td>
<td>It was around the holidays, and my spouse and I were traveling to see her family at their farmhouse where we spent many holidays. We were arguing about the radio, which she wanted to control. I don't remember much about the dream from that point, but I do remember watching her hands on the steering wheel and as she ran her hands thru her hair.</td>
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<tr>
<td>44 *</td>
<td>in this dream i was with my ex that passed and we were being chased by a shark and then we got split up and i could not find him and i was alone.</td>
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<tr>
<td>45 *</td>
<td>My most memorable dream I had was actually a couple of weeks ago, I was with my partner (that had passed) and we were going to the Hard Rock in Tampa. I felt like she was there with me and we were actually together again, I could smell the smoke and alcohol in the casino, I could feel the sensations like we were actually there.</td>
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<tr>
<td>46</td>
<td>I took a climbing fall on a big wall and she appeared below me. She attempted to catch me even though I was on a rope.</td>
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<tr>
<td>47 *</td>
<td>The dream about my spouse was a very simple. We were just walking around the town looking at everything enjoying time together. We were holding hands and enjoying the nice cold winter weather.</td>
</tr>
<tr>
<td>48</td>
<td>HE CAME IN MY DREAM AND WE WENT TO ALL THE PLACES WHERE WE WENT WHEN HE WITH ME.</td>
</tr>
<tr>
<td>49 *</td>
<td>Very recently I had a dream about the first time of us meeting in person, which was about 10 years ago. It was extremely vivid and accurate to what I remembered it being like. Even the experience of seeing her for the first time felt genuine and stimulating. The only thing that was different that I remember was that I was not with the friends that I came with in real life, I was alone. And it did feel a bit windier outside than I remembered</td>
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<tr>
<td>50</td>
<td>In my dream, It happens to be a regional festival, so we are planning to get new clothes for everyone. He told me we have to buy dresses to his father too. That's it the dream ends. His father died 12 years ago in reality.</td>
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<tr>
<td>51 *</td>
<td>I have a reoccuring nightmare in which I watch my wife die. It is weird</td>
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<td>363</td>
<td>because the way that she dies in the dream is unrelated to the way that she actually died. In the dream we are driving on some remote back road somewhere where we are from. At least that's where I think it is. We are laughing and having a good time listening to music. Then a deer jumps out in front of the car. I swerve to miss the deer and go over an embankment. I am not hurt at all. My wife is ejected from her seat and hits a tree. I get out and go over to her and her brains are exposed as she gurgles and tries to speak. She then dies and I usually wake up soon after.</td>
</tr>
<tr>
<td>52 *</td>
<td>I had a dream that I was a time traveler, going through places/time periods with my girlfriend. She was beautiful and the best thing any man could ever ask for. The dream seemed to go on forever as we kept jumping into different portals. After one hairy adventure, we were coming upon one portal that was closing very fast and if we didn't make it, we would be trapped in that time period forever. I jumped in first and turned around to hold out my hand to my wife. She stood there, looking at me with the saddest eyes and said, &quot;I don't want to do this any more.&quot; The portal closed and I woke up.</td>
</tr>
<tr>
<td>53 *</td>
<td>I recall it was a recap of what we were doing when she died. We were in the car driving home from a movie. We got in a car crash on the interstate, and hit a pole at 60 miles an hour. The next thing I remember is emergency services pulling us out of the car. My wife didn't make it.</td>
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<tr>
<td>54 *</td>
<td>The type of nightmare I have most often about my deceased partner is that he comes back and something had been wrong with him, like he was injured or in prison, but he finally was able to be around again. In &quot;real life&quot; I am married now and in my dreams he usually has no clue that I am married and I am wondering how to tell him, and I want to be with my husband but not hurt my deceased partner, and I feel guilty.</td>
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<tr>
<td>55 *</td>
<td>I dreamed that my wife was lying next to me, holding me from the back, whispering something into my ear. I was trying to turn around because I didn't know who it was. When I turned around and saw her face, she smiled, but I knew that she was gone. I was still happy to see her but then she started choking and I couldn't move to help save her. I was stuck watching her choke to death. I started crying and woke up.</td>
</tr>
<tr>
<td>56</td>
<td>one day morning he went to an office and he asked me to come for party at the evening. he remembered me at afternoon about evening party but i can't able to go for party. i called him so many times he didn't pickup the call i keep on trying but no use. i received a call from his number like that he met an accident. he left me alone in my life.</td>
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<tr>
<td>57 *</td>
<td>I was in high school, even though that is not where I met my partner. I had a project that was due that day I found out unexpectedly so I was having major anxiety from that realization. I was walking in the hallway and bump into my partner. I just remember feeling this warmth and a glow from my partner, kind of could see some of their face. Then it quickly disappeared and I woke up.</td>
</tr>
<tr>
<td>58</td>
<td>in the past month, i dream about my girlfriend, that we are going out for walk and going for movie hall, did some shopping and as we coming home back after spending whole day, we met some stranger who trying to follow us and then i woke up.</td>
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<tr>
<td>59</td>
<td>This dream was very short. We were both much older, elderly. We were sitting on a dock on a huge lake surrounded by deep green forest. It was summer and we were drinking lemonade. I noticed storm clouds getting closer and it was starting to cool off and get darker. My loved one said we better go inside before the storm. We started walking away from the lake and towards a log cabin. That's when I woke up.</td>
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<td>60</td>
<td>I had a dream we went through a breakup and at that time I couldn't reach out to him or speak to him. I would see him in passing and he wouldn't know who i was or acknowledge me. It was as though we were perfect strangers. I was desperate to reconnect in this dream...I remember feeling heartbroken in the dream as I tried reaching out to him but couldn't seem to succeed.</td>
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<tr>
<td>61 *</td>
<td>It's usually the same dream. I get nervous in my real life when I am around big groups of people. Especially parties. My girlfriend always made me feel comfortable enough to attend public gatherings. So in the dream I am in the middle of a large foyer and I am talking to a group of people, friends of mine and my girlfriend. She is right beside me until I realize that she isn't. Then I realize that I don't actually know any of the people I am talking to and as I look around I realize I don't even know where I am or who's party I am attending. The dream usually ends there.</td>
</tr>
<tr>
<td>62</td>
<td>It was just me and him walking through a park, as usual.</td>
</tr>
<tr>
<td>63</td>
<td></td>
</tr>
<tr>
<td>64</td>
<td>She told me she was still alive for me.</td>
</tr>
<tr>
<td>65</td>
<td>It was in my college. Me and my partner was in the library and we kissing. It was her birthday and gave her a gift and I gave promise to her that in every year on this day we will celebrate at any cost.</td>
</tr>
<tr>
<td>66</td>
<td>I dreamed that her parents and she visited my parents' house. We had dinner together. The food is a turkey feast, though she does not like turkey too much. We then drank some fruit punch together. We enjoyed the laughter. But somehow I was aware that she is dead when I was dreaming.</td>
</tr>
<tr>
<td>67 *</td>
<td>There have been multiple, but the most common is simply laying in bed with her, waking up the next morning together. It is the apartment we shared and similar to the bed we shared, though it appears a little larger in the dream. We are cuddled up next to each other and wake up in the morning after a long night. We decide to lay back down together, her in my arms and then go back to sleep.</td>
</tr>
<tr>
<td>68 *</td>
<td>I keep running into him while going to work. He always smiles at me, doesn't talk and just follow me around. By the end of the dream, he tells me that he is sorry but he won't tell me why.</td>
</tr>
<tr>
<td>69</td>
<td>It was a visit to the beach. we were happy.</td>
</tr>
<tr>
<td>70</td>
<td>It started in the office where she wasn't and then got somehow or other to this breakfast joint in my hometown where I had breakfast with my gf (in the dream) and then we rode in a cab and had a wild ride in the cab in Chicago and then we were at Wrigley which we did so that was from life.</td>
</tr>
<tr>
<td>71</td>
<td>I felt her beside my bed and moving her hand on my head. She was looking very beautiful. But she vanished so quickly.</td>
</tr>
</tbody>
</table>
The most memorable dream within the past month, that I've had of him, was one in which I got to hear his voice. He was talking to me, but I wasn't sure where the sound was coming from. I kept looking for him all throughout my house, but I still couldn't find him. It felt almost like we were just sharing thoughts telepathically and I wasn't really hearing his voice. After searching for him for a while, I finally gave up and, at the same time, I woke up.

IN PAST MONTH HE WAS STANDING OUT OF MY HOUSE AND HE WAS CALL ME TO COME OUT

We were riding horses in the summer time. It was on the sand by the ocean. It started off peaceful and we were feeling very free and romantic. We were going against some really heavy winds eventually as the horses ran faster. Then I felt of mine though and woke up.

It has been a recurring dream to some degree, when she was in the hospital and was getting respiratory therapy, they would put a mask over her and administer medication and there was often a mist. In the dream she is getting the therapy and telling me she is a navy pilot and try to get me to laugh, only in the dream I was not laughing but trying to reach out to her but not able to touch her or even utter any words. I kept trying to speak and move, but was frozen as she kept talking and telling me it is alright. And then I saw her take slower breaths and finally stop breathing, and I was not able to move or even make noises for the nurses or to her, that is when I usually wake up.

In dream, we were lovers and we have decided to do a register marriage since my dad didn't agree for my love. On day of marriage, my dad gave me some work related to our business. Even though I know that he will be waiting for me, I was ready to go with my dad's word. My plan was to finish my dad's work first instead of telling no to him, then I'll go to register office so that my dad won't get any doubt. On the way of my work I was able to see my partner, he was talking to my dad. My mind with full of confusion, what my dad is talking to him?? My mistake was I didn't go them to know what was happening there.. I was driving so fast to finish my work soon so that I can come back soon. Even my dad have noticed that I have seen both of them. Once I went, he hanged my partner.. later when I came to know that I was feeling he'll of my self.. then I got up.

I just remember dreaming of seeing my wife all hooked up to machines again and holding her hand trying to make contact with her while i was crying

My partner (who passed) jumped off a high building and I was looking for him, not knowing if he was dead or not. Then I did remember he was dead and I must be dreaming. I never found him in my dream.

in the past month the last dream i had of him was him taking me out on a date to our favorite restaurant.

I dream that we are in Utah and it's during late November and it’s cold out. We are taking a road trip to Moab and on this trip we pull over to a rest stop and at this rest stop I walk to get a drink from the vending machine and use the bathroom. After I grab my drink and bathroom break I wait in the car for [name] to come back, after I wait for what feels like 10 mins or so I start to look for her. I panic because I can't find her, I run across an old lady outside
<table>
<thead>
<tr>
<th>Number</th>
<th>Dream Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>81</td>
<td>He was in a garden. He showed me the beautiful flowers. He signaled for me to follow him. I did. We went to a river and we sat on the riverbank. We looked at tiny fishes swimming in the river. He held my hand. I then woke up.</td>
</tr>
<tr>
<td>82</td>
<td>The dream that I recall the most and have had on several occasions is a dream where me and my girlfriend were on vacation in Hawaii. In the dream we check into a hotel and then head out to the beach through the patio of our hotel room. I recall in the dream being at the bar alone and hearing screaming. When I look next to me my girlfriend is not there. I quickly look to the ocean and notice she is there drowning but then I turn back to look at the bartender and she is also the bartender. Only she has a gaping hole in the middle of her neck. I always wake up at this point in the dream.</td>
</tr>
<tr>
<td>83</td>
<td>In the dream I was at a mountain house with my wife. Only we two were there. We were sitting in a room on chairs and she was talking something in a very sweet voice. But I became disinterested and started wandering here and there in room. She left the room.</td>
</tr>
<tr>
<td>84</td>
<td>Well honestly the most vivid dream I have of her is, I remember when she was alive we went to buy a new car and she got an SUV and for some reason in the dream she ALWAYS dies in that exact SUV. She always ends up rolling the SUV in my dream, and that is the cause of her death in my dream.</td>
</tr>
<tr>
<td>85</td>
<td>I dreamed of a fictional date where we go to her place and I cook her favorite meal and tell her how much I love her and make her smile.</td>
</tr>
<tr>
<td>86</td>
<td>one day i am sleeping in my house. suddenly, coming lover in my dream. i am talking in. that time my mom coming, i dropped my dream.</td>
</tr>
<tr>
<td>87</td>
<td>Not clear face. just smiled and disappeared.</td>
</tr>
<tr>
<td>88</td>
<td>in my dream me and my wife are going in a car and we starting to talking about our marriage life. but lastly i wakeup from my dream.</td>
</tr>
<tr>
<td>89</td>
<td>my deceased partner is attempting to take my life by holding a gun to my head in the same manner that he used to commit suicide. The dream is very distressing and I often feel feelings of terror and helplessness.</td>
</tr>
<tr>
<td>90</td>
<td>she told she wants to meet me</td>
</tr>
<tr>
<td>91</td>
<td>The last dream I remember having of my girlfriend it was a replay of the day she passed. It starts off by me being at work and she calls me to let me know she had an accident. When I arrived in the scene I saw nothing but the bow she always wore on her ponytail. When I step foot from our car she burst out if the ground screaming that she's sorry.</td>
</tr>
<tr>
<td>92</td>
<td>one of my most recent dreams was a normal day and she was there I was aware I was dreaming in the dream.</td>
</tr>
<tr>
<td>93</td>
<td>I had a dream in which I visit my girlfriend in a hospital and I said, &quot;Oh, you are alive again.&quot; She said, &quot;Yes and we are going to attempt this one more time and see if I live once more.&quot; She then fell to the floor. I tried to revive her, but I couldn't, and I started freaking out.</td>
</tr>
</tbody>
</table>
| 94     | We were just on vacation together in Florida with my kids and having a great
<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>95</td>
<td>I had a dream he was watching over me. No mention of illness.</td>
</tr>
<tr>
<td>96</td>
<td>The accident that we met was repeatedly come as dream after she died.</td>
</tr>
<tr>
<td>97</td>
<td>This dream was that he just showed up at our son's karate class. He was watching him do karate but staying behind the desk so my son could not see him. I didn't say anything to him, I just watched him watch our son. And before karate was over, he just walked out.</td>
</tr>
<tr>
<td>98</td>
<td>I was sitting at my kitchen table and I could hear something cooking and someone singing. Then he walks in with a plate of pancakes. He kisses my lips as he places the plate on the table. We then ate breakfast together.</td>
</tr>
<tr>
<td>99</td>
<td>It was a similar dream to where I had my partner watching over me and my family from heaven. They communicated with me about different things and ideas that will guide me in the future.</td>
</tr>
<tr>
<td>100</td>
<td>I recently had a really strange dream about my wife and I fighting over keeping my cat. I love my cat! Her name was [name] or [name] for short. In my nightmare my wife made me give up my cat and relocate her to another home. I was so sad to see her go.</td>
</tr>
<tr>
<td>101</td>
<td>In my dream my fiance [name] and I were going to visit her parents for Christmas like we always would. We were driving together and listening to music with her singing along like she always would.</td>
</tr>
<tr>
<td>102</td>
<td>She was getting ready for our day off together. I remember seeing her through the mirror as she was working on her makeup. Her eyes seem so focused as the light hit her at the perfect angle to amplify her morning beauty. I remember today is our anniversary, and we are going to hike up Mt Saint Helens. The scene shifts into my car as I'm driving us both on highway 5. I remember her smiling and singing in my car as something that seemed like a split second, we were trapped in the car as I opened my eyes. She had blood running down her face and her eyes wouldn't blink. I wasn't sure what was going on, and then my dream continues on, as I am crying and in shock, the car is in flames. The nothingness takes over, as pain doesn't recall any sensations. I wake up as I finally feel that I've died too. My dream ends, and I'm still alive.</td>
</tr>
<tr>
<td>103</td>
<td>My deceased spouse came into my dream and was calling me for a walk and we went happily and enjoyed the day.</td>
</tr>
<tr>
<td>104</td>
<td>very sweet relationship to my romantic partner in dream</td>
</tr>
<tr>
<td>105</td>
<td>he got shot. That part keeps playing over and over and i feel like its my fault</td>
</tr>
<tr>
<td>106</td>
<td>its a evening time me and she were travelling in bus but which place i don't know.</td>
</tr>
<tr>
<td>107</td>
<td>in most of my dreams, not matter what the subject of the dream is, my spouse is there, even if it doesn't look like him or if he appears as someone else I know. I know that it's him.</td>
</tr>
<tr>
<td>108</td>
<td>He was sitting next to me just moving his mouth. I remember him staring at me or something behind me and then disappearing. I would start crying and be really sad.</td>
</tr>
<tr>
<td>109</td>
<td>The last dream I had was of the two of us hiking one of our favorite trails. We were talking, laughing, holding hands When the trail gets narrow he walks in</td>
</tr>
</tbody>
</table>
front, I hurry to catch up...I want to walk beside him so I can see his face. I almost feel like he is really here with me, like he's making a point to come see me, to make sure I'm alright. We stop to rest at a lean-to ... he makes a fire, just because... we smoke a little weed, have a snack and then we stretch out on the ground together & look at the clouds. We start on the trail again I lose him around a corner.

| 110 | we were at a shopping center walking around. In the dream I knew she wasn’t alive anymore so I felt happy to get to spend some time with her. She didn’t speak in the dream and we didn’t buy anything we were just walking around holding hands and she kissed me and walked away and then I woke up |
| 111 | SHE TOLD ME TO FORGET.. |
| 112 | HE BORN AS A SON TO ME. |
| 113 | It's nighttime and I am out walking in our neighborhood. I smell the hint of jasmine in the air, a scent that [name] adored. I turn around and see her standing at the end of what is my driveway waving. I see her smile and she disappears. |
| 114 | I HAD DREAM WITH MY SPOUSE DURING COLLEGE LOVE DAYS |
| 115 * | at first I just heard a song playing very loud and clear. It was George Harrison's My Sweet Lord. It was beautiful. Then I saw him holding out his hands to me. |
### Table 45

*Pregnancy Loss Dream Category Correlations (Birth Mother, n=59)*

<table>
<thead>
<tr>
<th>Dream Categories</th>
<th>Closeness</th>
<th>Inventory of Traumatic Grief</th>
<th>Internalized Continuing Bonds</th>
<th>Externalized Continuing Bonds</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Positive Dream Content</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Positive Affective Tone (During)</td>
<td>-.05</td>
<td>-.16</td>
<td>-.02</td>
<td>.08</td>
</tr>
<tr>
<td>Dream would be Comforting</td>
<td>.02</td>
<td>-.04</td>
<td>.05</td>
<td>.15</td>
</tr>
<tr>
<td>Pleasant Interaction</td>
<td>.10</td>
<td>.02</td>
<td>-.11</td>
<td>.04</td>
</tr>
<tr>
<td>Physical Affection</td>
<td>.07</td>
<td>.22</td>
<td>-.02</td>
<td>.07</td>
</tr>
<tr>
<td>Giving Birth (alive child)</td>
<td>.05</td>
<td>.02</td>
<td>.13</td>
<td>-.09</td>
</tr>
<tr>
<td>Holding Child</td>
<td>.06</td>
<td>.20</td>
<td>-.08</td>
<td>.05</td>
</tr>
<tr>
<td>Playing with Child</td>
<td>.06</td>
<td>.14</td>
<td>.07</td>
<td>.07</td>
</tr>
<tr>
<td>Walking with Child</td>
<td>.11</td>
<td>-.08</td>
<td>-.04</td>
<td>-.08</td>
</tr>
<tr>
<td>Comforting Words</td>
<td>-.01</td>
<td>-.29*</td>
<td>-.24</td>
<td>-.09</td>
</tr>
<tr>
<td><strong>Negative Dream Content</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Negative Affective Tone (During)</td>
<td>.11</td>
<td>-.02</td>
<td>-.03</td>
<td>-.20</td>
</tr>
<tr>
<td>Dream is a PTSD Intrusion</td>
<td>.09</td>
<td>-.05</td>
<td>-.03</td>
<td>-.19</td>
</tr>
<tr>
<td>Child is Dead, Dying, or Ill</td>
<td>.21</td>
<td>.03</td>
<td>.09</td>
<td>-.15</td>
</tr>
<tr>
<td>Child is in Danger</td>
<td>-.28*</td>
<td>-.07</td>
<td>-.06</td>
<td>-.05</td>
</tr>
<tr>
<td>Dream would be Distressing</td>
<td>.16</td>
<td>.18</td>
<td>.01</td>
<td>.18</td>
</tr>
<tr>
<td>Shift in Tone: Positive to Negative</td>
<td>-.11</td>
<td>-.16</td>
<td>.01</td>
<td>-.13</td>
</tr>
</tbody>
</table>

| **Other Dream Content** |           |                              |                              |                             |
| Interaction | .05 | -.01 | -.06 | .03 |
| Physical Interaction | -.13 | .10 | -.10 | .03 |
| Being Pregnant | -.02 | -.11 | -.03 | .02 |
| Crying | -.08 | -.03 | -.07 | -.06 |
| Leaving/Disappearing | -.00 | -.08 | -.04 | -.13 |
| Other Characters Present | -.05 | -.12 | -.12 | -.20 |
| Family Members Present | -.02 | -.28* | -.22 | .28* |
| Age of child – In Utero | .01 | -.08 | .01 | .02 |
| Age of child - Child | .21 | -.05 | .18 | -.00 |
| Age of child - Adult | -.21 | .03 | .15 | .35** |

*Note.* *p<.05, **p<.01
Table 46  
*Pregnancy Loss Dream Category Correlations (Partner, n=32)*

<table>
<thead>
<tr>
<th>Dream Categories</th>
<th>Closeness</th>
<th>Inventory of Traumatic Grief</th>
<th>Internalized Continuing Bonds</th>
<th>Externalized Continuing Bonds</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Positive Dream Content</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Positive Affective Tone</td>
<td>.21</td>
<td>.07</td>
<td>.40*</td>
<td>.31</td>
</tr>
<tr>
<td>(During)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dream would be</td>
<td>.07</td>
<td>.04</td>
<td>.34</td>
<td>.22</td>
</tr>
<tr>
<td>Comforting</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pleasant Interaction</td>
<td>.33</td>
<td>.04</td>
<td>.33</td>
<td>.10</td>
</tr>
<tr>
<td>Physical Affection</td>
<td>.08</td>
<td>.11</td>
<td>.12</td>
<td>-.24</td>
</tr>
<tr>
<td>Giving Birth (alive child)</td>
<td>.26</td>
<td>.19</td>
<td>.25</td>
<td>.26</td>
</tr>
<tr>
<td>Holding Child</td>
<td>.03</td>
<td>.01</td>
<td>-.02</td>
<td>.27</td>
</tr>
<tr>
<td>Playing with Child</td>
<td>.28</td>
<td>.07</td>
<td>.33</td>
<td>.20</td>
</tr>
<tr>
<td>Walking with Child</td>
<td>-.30</td>
<td>-.05</td>
<td>-.15</td>
<td>-.16</td>
</tr>
<tr>
<td>Comforting Words</td>
<td>NA</td>
<td>NA</td>
<td>NA</td>
<td>NA</td>
</tr>
<tr>
<td><strong>Negative Dream Content</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Negative Affective Tone</td>
<td>-.17</td>
<td>-.13</td>
<td>-.32</td>
<td>-.34</td>
</tr>
<tr>
<td>(During)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dream is a PTSD Intrusion</td>
<td>-.07</td>
<td>-.21</td>
<td>-.39*</td>
<td>-.44*</td>
</tr>
<tr>
<td>Child is Dead, Dying, or Ill</td>
<td>.09</td>
<td>.29</td>
<td>-.14</td>
<td>-.20</td>
</tr>
<tr>
<td>Child is in Danger</td>
<td>.12</td>
<td>-.13</td>
<td>-.11</td>
<td>-.24</td>
</tr>
<tr>
<td>Dream would be</td>
<td>-.02</td>
<td>-.20</td>
<td>-.17</td>
<td>-.16</td>
</tr>
<tr>
<td>Distressing</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shift in Tone: Positive to Negative</td>
<td>-.11</td>
<td>-.23</td>
<td>.04</td>
<td>-.11</td>
</tr>
<tr>
<td><strong>Other Dream Content</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Interaction</td>
<td>.15</td>
<td>-.04</td>
<td>.26</td>
<td>-.01</td>
</tr>
<tr>
<td>Physical Interaction</td>
<td>.03</td>
<td>.01</td>
<td>-.02</td>
<td>-.27</td>
</tr>
<tr>
<td>Being Pregnant</td>
<td>.05</td>
<td>.08</td>
<td>.20</td>
<td>.18</td>
</tr>
<tr>
<td>Crying</td>
<td>-.23</td>
<td>-.44*</td>
<td>-.41*</td>
<td>-.28</td>
</tr>
<tr>
<td>Leaving/Disappearing</td>
<td>-.33</td>
<td>-.16</td>
<td>-.11</td>
<td>.03</td>
</tr>
<tr>
<td>Other Characters Present</td>
<td>-.13</td>
<td>-.08</td>
<td>-.11</td>
<td>-.16</td>
</tr>
<tr>
<td>Family Members Present</td>
<td>-.08</td>
<td>.04</td>
<td>-.02</td>
<td>-.03</td>
</tr>
<tr>
<td>Age of child- In Utero</td>
<td>.06</td>
<td>.13</td>
<td>.03</td>
<td>.03</td>
</tr>
<tr>
<td>Age of child - Child</td>
<td>-.08</td>
<td>-.17</td>
<td>.12</td>
<td>-.01</td>
</tr>
<tr>
<td>Age of child - Adult</td>
<td>.09</td>
<td>-.02</td>
<td>-.10</td>
<td>-.14</td>
</tr>
</tbody>
</table>

*Note. *p<.05, **p<.01*
Figure 6. Study 1 dream recall frequency and dreaming of the deceased scatterplot.
Figure 7. Study 1 dreaming of the deceased and internalized continuing bonds scatterplot.
Figure 8. Study 1 attachment avoidance and any positive dream theme scatterplot.
Figure 9. Study 1 openness to experience and any positive dream theme scatterplot.
Figure 10. Study 1 Inventory of Traumatic Grief and any negative dream theme scatterplot.
Figure 11. Study 2 Dream recall frequency and dreaming of the deceased scatterplot.
Figure 12. Study 2 Inventory of Traumatic Grief and dreaming of the deceased scatterplot.
Figure 13. Study 2 openness to experience and dreaming of the deceased scatterplot.
Figure 14. Study 2 internalized continuing bonds and dreaming of the deceased scatterplot.
Figure 15. Study 2 externalized continuing bonds and dreaming of the deceased scatterplot.
Figure 16. Study 2 Inventory of Traumatic Grief and any negative dream theme scatterplot.
Figure 17. Study 2 Inventory of Traumatic Grief and internalized continuing bonds scatterplot.
Figure 18. Study 2 Inventory of Traumatic Grief and externalized continuing bonds scatterplot.
Figure 19. Study 2 openness to experience and internalized continuing bonds scatterplot.
Figure 20. Study 2 attachment avoidance and externalized continuing bonds scatterplot.
Figure 21. Study 3 Inventory of Traumatic Grief and internalized continuing bonds scatterplot.
Figure 22. Study 3 Inventory of Traumatic Grief and externalized continuing bonds scatterplot.
Figure 23. Study 3 closeness scale and internalized continuing bonds scatterplot.
Figure 24. Study 3 closeness scale and externalized continuing bonds scatterplot.
Figure 25. Study 4 Experiences in Close Relationships and positive affective tone (most memorable dream ever) scatterplot.
Figure 26. Study 4 Experiences in Close Relationships and shift in tone: negative to positive (most memorable dream ever) scatterplot.
Figure 27. Study 4 Experiences in Close Relationships and dream is likely comforting to dreamer (most memorable dream ever) scatterplot.
Figure 28. Study 4 Experiences in Close Relationships and pleasant interaction (most memorable dream ever) scatterplot.
Figure 29. Study 4 Experiences in Close Relationships and physical affection (most memorable dream ever) scatterplot.
Figure 30. Study 4 Experiences in Close Relationships and deceased speaking comforting words (most memorable dream ever) scatterplot.
Figure 31. Study 4 Inventory of Traumatic Grief and dreaming of a future event (most memorable dream ever) scatterplot.
Figure 32. Study 4 Impact of Events Scale and positive affective tone (most memorable dream ever) scatterplot.
Figure 33. Study 4 blame/regret scale and positive affective tone (most memorable dream ever) scatterplot.
Figure 34. Study 4 blame/regret scale and pleasant interaction (most memorable dream ever) scatterplot.
Figure 35. Study 4 blame/regret scale and deceased speaking words of comfort (most memorable dream ever) scatterplot.
Figure 36. Study 4 blame/regret scale and shift in tone: negative to positive (most memorable dream ever) scatterplot.
Figure 37. Study 4 Experiences in Close Relationships and positive affective tone (most memorable dream last month) scatterplot.
Figure 38. Study 4 Experiences in Close Relationships and pleasant interaction (most memorable dream last month) scatterplot.
Figure 39. Study 4 Experiences in Close Relationships and physical affection (most memorable dream last month) scatterplot.
Figure 40. Study 4 blame/regret scale and positive affective tone (most memorable dream last month) scatterplot.
Figure 41. Study 4 blame/regret scale and pleasant interaction (most memorable dream last month) scatterplot.