



Relationship between Attitude Towards Death and Psychological Consequences of Pet Loss among Adults

¹**Mantaj Brar**, M.A. Counselling Psychology Student, Amity Institute of Psychology and Allied Sciences, Amity University, Noida, Uttar Pradesh, India
mantajbrar2002@gmail.com

²**Dr. Rita Kumar**, Professor, Amity Institute of Psychology and Allied Sciences, Amity University, Noida, Uttar Pradesh, India

Abstract: The present study aimed to examine attitudes toward death and the psychological impact of pet loss among individuals aged 18 to 60 years. Although losing a pet can lead to significant emotional distress, it is often overlooked as a legitimate form of grief. The study specifically explored how pet bereavement, attitude toward death, and anxiety (state and trait) influence complicated grief. A quantitative research design was employed, and data were collected from individuals who had experienced pet loss. Standardized psychological instruments were used to measure pet bereavement, attitude toward death, anxiety, and complicated grief. Statistical analyses, including descriptive statistics, Pearson's correlation, and multiple regression, were conducted to examine the relationships among variables. The findings revealed that complicated grief was significantly associated with pet bereavement and attitude toward death. Individuals with stronger emotional attachment to their pets and more intense or negative beliefs about death were more likely to experience prolonged grief. State anxiety showed a small positive effect, while trait anxiety was not a strong predictor when other variables were considered. Overall, the study highlights that pet loss can result in meaningful psychological distress and should be recognized as a valid form of grief. The findings emphasize the importance of addressing emotional attachment and death-related beliefs in grief counselling, contributing to a better understanding of complicated grief following pet loss.

Keywords: Death, Pet Loss, Emotional Attachment, Grief

1. Introduction

1.1 *Attitude Towards Death and Psychological Consequences of Pet Loss*

Death is one of the most inevitable yet emotionally and psychologically challenging realities of human existence (Becker, 1973). Despite its universality, individuals differ significantly in how they perceive and respond to death. These differences are shaped by cultural beliefs, personal experiences, and psychological frameworks related to loss and meaning (Neimeyer, 2001). While death has traditionally been studied in the context of human relationships, increasing attention has been given to the emotional impact of losing companion animals (Adams et al., 2000).

In contemporary society, pets are often regarded as integral members of the family, providing companionship, emotional support, and unconditional acceptance (Fine, 2015). As a result, the loss of a pet can evoke grief responses comparable to the loss of a close human relationship (Archer & Winchester, 1994). However, such grief is frequently underestimated or dismissed, making it an important area of psychological study.

1.2 *Understanding Attitude Toward Death*

Attitude toward death refers to an individual's emotional, cognitive, and behavioral orientation toward mortality, including fear, acceptance, avoidance, and beliefs about the afterlife (Wong et al., 2007). Death anxiety has long been recognized as a central psychological concern influencing emotional well-being (Becker, 1973).

Early psychological theories emphasized unconscious fear of death. Freud (1915) suggested that while individuals consciously acknowledge death, the unconscious mind resists accepting personal mortality. Later theorists highlighted the importance of meaning-making, spirituality, and cultural context in shaping death attitudes (Neimeyer, 2001).

A significant contribution was made by Kübler-Ross (1969), who proposed the five stages of grief—denial, anger, bargaining, depression, and acceptance. Although originally applied to terminal illness, these stages are widely used to understand bereavement, including pet loss. Individuals who perceive death as a natural process tend to cope more effectively, whereas those who view it as threatening or unjust often experience greater distress.

1.3 *The Human–Pet Bond*

The bond between humans and pets has become increasingly significant in modern society. Pets provide emotional security, companionship, and psychological comfort, often reducing stress and enhancing overall well-being (Allen et al., 2002).

According to attachment theory proposed by Bowlby (1969), humans have an innate need to form emotional bonds. This theory has been extended to human–animal relationships,

where pets function as attachment figures (Zilcha-Mano et al., 2011). They often serve as sources of stability, especially during times of stress, loneliness, or emotional difficulty.

Consequently, the loss of a pet represents not only the death of an animal but also the loss of companionship, routine, emotional support, and identity, making the grieving process deeply significant.

1.4 Psychological Consequences of Pet Loss

Pet loss can lead to a wide range of emotional and psychological reactions, including sadness, loneliness, guilt, anger, anxiety, and depression (Packman et al., 2011). In some cases, individuals may develop complicated grief, where emotional distress persists and interferes with daily functioning.

Grief following pet loss is often comparable in intensity to human bereavement (Archer & Winchester, 1994). However, societal attitudes frequently invalidate this experience. Statements such as “it was just an animal” minimize the loss, leading to emotional suppression and prolonged distress (Doka, 1989).

Common psychological consequences include:

- Persistent sadness
- Social withdrawal
- Sleep disturbances
- Feelings of guilt and self-blame
- Anxiety and depressive symptoms

Such reactions highlight the need to recognize pet loss as a legitimate psychological experience.

1.5 Relationship Between Death Attitudes and Pet Loss Grief

Attitudes toward death play a crucial role in shaping grief responses. Individuals with acceptance-based beliefs tend to adapt more effectively, viewing death as a natural life event (Wong et al., 2007). In contrast, those with high death anxiety often experience intensified grief, intrusive thoughts, and difficulty coping (Neimeyer, 2001).

Beliefs about the afterlife can also influence adjustment. Individuals who believe in spiritual continuity may find comfort, whereas those who view death as final may struggle with despair and hopelessness.

Cultural perspectives further shape grief expression. Societies that recognize pets as family members provide greater emotional validation, while others may minimize grief, increasing psychological burden (Doka, 1989).

1.6 Disenfranchised Grief in Pet Loss

Disenfranchised grief refers to losses that are not socially acknowledged or validated (Doka, 1989). Pet loss commonly falls into this category despite its emotional significance.

This lack of recognition can result in:

- Emotional suppression
- Increased loneliness
- Prolonged grief
- Higher levels of anxiety and depression

Individuals may feel their grief is unjustified, which complicates emotional healing and delays recovery.

1.7 Guilt and Emotional Responses in Pet Bereavement

Guilt is one of the most intense emotions associated with pet loss (Adams et al., 2000). Pet owners often blame themselves for decisions related to treatment, euthanasia, or perceived neglect.

This sense of responsibility can lead to:

- Persistent sadness
- Rumination
- Sleep disturbances
- Reduced self-esteem

Individuals who view death as preventable are more likely to experience intense guilt compared to those who accept it as a natural process (Neimeyer, 2001).

1.8 Rationale of the Present Study

Although grief has been widely studied in human contexts, the psychological impact of pet loss has received relatively limited attention. Emerging research suggests that pets function as attachment figures, making their loss a significant emotional event (Bowlby, 1969).

Pet loss is often categorized as disenfranchised grief, leading to a lack of social validation and increased emotional distress (Doka, 1989). Additionally, attitudes toward death and anxiety levels may significantly influence grief responses. However, limited research has examined these variables together.

Therefore, the present study aims to examine the combined role of:

- Pet bereavement
- Attitude toward death
- State anxiety
- Trait anxiety

in predicting complicated grief among individuals who have experienced pet loss.

1.9 Significance of the Study

This study contributes to counselling psychology by expanding the understanding of grief beyond human loss. It highlights that pet loss can result in significant psychological distress influenced by emotional attachment, cognitive beliefs, and anxiety levels.

The study is important because:

- It validates pet loss as a serious psychological experience
- It emphasizes the role of death attitudes in grief processing
- It supports the need for targeted counselling interventions
- It highlights the importance of addressing disenfranchised grief

The findings can help counsellors develop effective therapeutic approaches, including cognitive-behavioral, existential, and attachment-based interventions for individuals experiencing prolonged grief after pet loss.

2. Review of Literature

Hyland (2026) found that a significant percentage of individuals grieving the death of a pet exhibited symptoms of prolonged grief disorder (PGD), with patterns similar to those observed in human bereavement. The study reported that approximately 7.5% of participants met the criteria for PGD, with symptom structures comparable to human mourning, thereby highlighting that pet loss can lead to clinically significant prolonged grief reactions.

Wu and Song (2025) examined the relationship between disenfranchised grief, ongoing bonds, intentional rumination, pet attachment, and pet loss grief among Chinese undergraduates. The findings revealed that higher levels of grief were associated with stronger attachment to pets. Disenfranchised grief and continuing bonds moderated this relationship, while intentional rumination mediated the intensity of grief. The study emphasized that rumination significantly intensified grief responses and highlighted cultural variations in pet bereavement.

Silva et al. (2025) found that prolonged grief symptoms among pet owners were significantly predicted by guilt related to euthanasia decisions. The study also revealed that empathetic communication and emotional support from veterinarians played a crucial role in reducing psychological distress, indicating that guilt is a strong predictor of prolonged grief in pet loss.

Rahman (2025) reported that individuals with acceptance-based attitudes toward death demonstrated better emotional adjustment following pet loss. In contrast, individuals with fear-

based perceptions of death experienced greater emotional distress. The findings suggest that death acceptance facilitates healthier grief adaptation.

Sawyer (2025) examined the influence of grief-related beliefs on complicated grief and death anxiety among college students. The study found that maladaptive beliefs and misconceptions about grief significantly predicted higher levels of death anxiety and more severe complicated grief symptoms.

Eisma et al. (2025) investigated behavioral patterns associated with prolonged grief using attentional tasks and survey methods. The findings indicated that individuals with higher levels of prolonged grief showed increased attentional focus toward reminders of the deceased, suggesting that persistent cognitive engagement may characterize prolonged grief.

3. Methodology

3.1 Aim of the Study

The present study aimed to examine the relationship between pet bereavement, attitude toward death, anxiety (state and trait), and complicated grief among individuals who have experienced the loss of a pet.

3.2 Research Objectives

To investigate the association between pet bereavement and complicated grief.

To examine the relationship between attitude toward death and complicated grief.

To assess the relationship between anxiety (state and trait) and complicated grief.

To evaluate whether pet bereavement, attitude toward death, and anxiety (state and trait) significantly predict complicated grief.

3.3 Hypotheses

H1: Pet bereavement and complicated grief are significantly positively correlated.

H2: Attitude toward death is significantly correlated with complicated grief.

H3: Anxiety (state and trait) is significantly correlated with complicated grief.

H4: Pet bereavement, attitude toward death, and anxiety (state and trait) significantly predict complicated grief.

3.4 Description of the Sample

The present study employed a non-probability convenience sampling technique. A total of 208 participants who had experienced the loss of a pet were selected based on availability and willingness to participate.

Participants were drawn from the general population and were required to be at least 18 years of age. All participants provided informed consent prior to participation, and confidentiality of their responses was ensured.

3.5 Measures

3.5.1 The Complicated Grief Scale

The Complicated Grief Scale is a standardized self-report instrument designed to assess symptoms of prolonged or complicated grief. It evaluates persistent and intense grief reactions that interfere with daily functioning beyond the normal bereavement period.

The scale assesses symptoms such as longing for the deceased, difficulty accepting the loss, emotional pain, feelings of emptiness, and preoccupation with the loss. Items are rated on a Likert-type scale, with higher scores indicating greater severity of complicated grief. The scale has demonstrated good reliability and validity in bereavement research.

3.5.2 The Pet Bereavement Scale

The Pet Bereavement Scale is designed to measure grief experienced after the loss of a companion animal. It captures emotional responses such as sadness, loneliness, guilt, anger, and difficulty adjusting to the loss.

Participants respond to items reflecting their emotional experiences using a Likert scale. Higher scores indicate more intense grief reactions. The scale is useful in understanding the psychological impact of pet loss and its relationship with other variables such as anxiety and attitudes toward death.

3.5.3 Scale of Attitude Toward Death

The Scale of Attitude Toward Death assesses an individual's beliefs, perceptions, and emotional responses related to death. It includes dimensions such as fear of death, death avoidance, neutral acceptance, approach acceptance, and escape acceptance.

Participants rate their agreement with statements on a Likert scale. The scale helps in understanding how individuals perceive death and how these attitudes influence their grieving process.

3.5.4 State-Trait Anxiety Inventory (STAI)

The State-Trait Anxiety Inventory (STAI), developed by Spielberger, measures two dimensions of anxiety: state anxiety and trait anxiety.

- **State Anxiety (S-Anxiety):** Refers to a temporary emotional condition characterized by tension, nervousness, and heightened arousal in response to specific situations.
- **Trait Anxiety (T-Anxiety):** Refers to a stable tendency to perceive situations as threatening and to respond with anxiety more frequently.

The instrument consists of two self-report subscales, each rated on a 4-point Likert scale. Higher scores indicate higher levels of anxiety. The STAI has strong psychometric properties and is widely used in research and clinical settings.

3.6 Procedure

Using standardized psychological measures, data was gathered. The goal of the study was explained to the participants, and confidentiality was guaranteed. Prior to data collection, informed permission was acquired.

Both online and offline methods were used to conduct the questions. Participants were asked to answer truthfully. After being coded, the gathered data was loaded into SPSS for statistical analysis.

4. Result

4.1 Descriptive Statistics and Normality

The distribution, central tendency, and variability of the primary research variables—Complicated Grief (ICG Sum), Pet Bereavement (PBQ Sum), State Anxiety (AAQSA_SUM), Trait Anxiety (AAQTA_SUM), and Attitude Towards Death (DAP_FINAL)—were determined using descriptive statistics.

Table 1. *Descriptive Statistics*

N		Minimum	Maximum	Mean	Std. Deviation
ICG Sum	208	0	32	18.67	8.904
PBQ sum	208	7	28	22.26	3.998
AAQTA_SUM	204	5.00	20.00	11.9804	2.22826
AAQSA_SUM	205	5.00	19.00	11.3756	2.55151
DAP_FINAL	207	1.42	5.73	4.1604	.92305
Valid N (listwise)	204				

N = 204 people made up the final sample (after missing values were eliminated).

Table 2. *Normality*

Variable	Mean	SD	Minimum	Maximum	Skewness	Kurtosis
Complicated Grief (ICG)	18.73	8.87	0	32	-0.399	-0.818
Pet Bereavement (PBQ)	22.33	3.87	11	28	-0.562	-0.051

State Anxiety (AAQSA)	11.35	2.53	5	19	0.119	0.862
Trait Anxiety (AAQTA)	11.98	2.23	5	20	-0.094	1.313
Attitude Towards Death (DAP)	4.16	0.91	1.42	5.73	-0.600	-0.203

How to Interpret Descriptive Statistics

- Participants' grieving symptoms are moderate, according to the mean score for Complicated grief (M = 18.73, SD = 8.87).
- The average score for pet bereavement (M = 22.33, SD = 3.87) indicates a comparatively high level of emotional connection and grief associated with pet loss.
- Moderate anxiety levels are indicated by both State Anxiety (M = 11.35, SD = 2.53) and Trait Anxiety (M = 11.98, SD = 2.23).
- The participants' broadly characterized attitudes about death are indicated by the mean score for Attitude Towards Death (M = 4.16, SD = 0.91).

Kurtosis and Skewness

Every skewness measurement fell within the permitted range of ± 1 , ranging from -0.600 to 0.119.

Kurtosis readings fell within the permissible range of ± 2 , ranging from -0.818 to 1.313. This suggests that the data is roughly distributed regularly.

Tests of Normality

For the majority of variables, the Shapiro-Wilk and Kolmogorov-Smirnov tests were significant ($p < .05$). But given that: With $N > 200$, the sample size is substantial.

For the majority of variables, the Shapiro-Wilk and Kolmogorov-Smirnov tests were significant ($p < .05$). But given that: With $N > 200$, the sample size is substantial.

The values for skewness and kurtosis are within reasonable bounds. Q-Q plots and histograms display a roughly normal distribution. The data may be regarded as approximately normally distributed.

Consequently, parametric tests (regression and Pearson correlation) were deemed suitable for additional examination.

4.2 Correlation Analysis

Table 3. Correlations

PBQ sum			ICG Sum	AAQSA_SUM	AAQTA_UM	DAP_FINAL
PBQ sum	Pearson Correlation	1	.507 ^{***}	-.014	-.018	.334 ^{***}
	Sig. (2-tailed)		<.001	.839	.798	<.001
	N	208	208	205	204	207
ICG Sum	Pearson Correlation	.507 ^{**} *	1	.117	-.019	.717 ^{***}
	Sig. (2-tailed)	<.001		.095	.790	<.001
	N	208	208	205	204	207
AAQSA_SUM	Pearson Correlation	-.014	.117	1	.611 ^{***}	.104
	Sig. (2-tailed)	.839	.095		<.001	.139
	N	205	205	205	24	205
AAQTA_SUM	Pearson Correlation	-.018	-.019	.611 ^{***}	1	.044
	Sig. (2-tailed)	.798	.790	<.001		.530
	N	204	204	204	204	204
DAP_FINAL	Pearson Correlation	.334 ^{**} *	.717 ^{***}	.104	.044	1
	Sig. (2-tailed)	<.001	<.001	.139	.530	
	N	207	207	205	204	207

Note: Correlation at 0.001(2-tailed)

The associations between Pet Bereavement (PBQ), Complicated Grief (ICG), State Anxiety (AAQSA), Trait Anxiety (AAQTA), and Attitude Towards Death (DAP) were investigated using Pearson's Product Moment Correlation.

Important Results

The analysis revealed the following statistically significant associations:

1. Pet Bereavement and Complicated Grief

A moderate positive correlation was found between pet bereavement and complicated grief ($r = .507$, $p < .001$). This indicates that higher levels of distress related to pet loss are associated with higher levels of complicated grief.

2. Pet Bereavement and Attitude Toward Death

A significant positive correlation was observed between pet bereavement and attitude toward death ($r = .334, p < .001$). This suggests that stronger emotional responses to pet loss are associated with more pronounced attitudes toward death.

3. Complicated Grief and Attitude Toward Death

A strong positive correlation was found between complicated grief and attitude toward death ($r = .717, p < .001$). This implies that individuals experiencing higher levels of complicated grief tend to have more intense attitudes toward death.

4. State Anxiety and Trait Anxiety

A significant positive correlation was observed between state anxiety and trait anxiety ($r = .611, p < .001$). This indicates that individuals with higher trait anxiety are also likely to report higher levels of state anxiety.

5. State Anxiety and Complicated Grief

A weak positive correlation was found between state anxiety and complicated grief ($r = .117, p = .095$); however, this relationship was not statistically significant.

Non-Significant Results

The following relationships were found to be non-significant:

- State Anxiety and Pet Bereavement ($r = -.014, p = .839$)
- Trait Anxiety and Pet Bereavement ($r = -.018, p = .798$)
- Trait Anxiety and Complicated Grief ($r = -.019, p = .790$)
- Attitude Toward Death and State Anxiety ($r = .104, p = .139$)
- Attitude Toward Death and Trait Anxiety ($r = .044, p = .530$)

These findings suggest that anxiety (both state and trait) does not have a significant direct association with pet bereavement or complicated grief at the correlational level.

Interpretation of Results

The findings provide partial support for the proposed hypotheses.

- The results strongly support the hypothesis that pet bereavement is positively associated with complicated grief.
- There is strong evidence indicating a significant relationship between complicated grief and attitude toward death.
- The findings also support a significant association between pet bereavement and attitude toward death.
- However, the hypothesis that anxiety (state and trait) is significantly associated with complicated grief is not supported at the correlational level.

Overall, the results indicate that grief-related variables (pet bereavement and complicated grief) are more strongly associated with attitudes toward death than with anxiety. Anxiety appears to function relatively independently within this sample.

4.3 Multiple Regression Analysis

A multiple regression analysis was conducted to examine whether pet bereavement, attitude toward death, state anxiety, and trait anxiety significantly predict complicated grief.

Table 4. Model Summary

R	R ²	Adjusted R ²	Std. Error
.773	.597	.589	5.687

The regression model was found to be statistically significant: $F(4, 199) = 73.678$, $p < .001$

Interpretation of the Model

The value of $R = .773$ indicates a strong overall correlation between the predictor variables and complicated grief.

The R^2 value of .597 suggests that approximately 59.7% of the variance in complicated grief is explained by the combined influence of:

- Pet Bereavement
- Attitude Toward Death
- State Anxiety
- Trait Anxiety

This indicates that the model has a strong explanatory power. Furthermore, the significant F-value ($p < .001$) shows that the overall regression model is statistically meaningful and provides a better fit than a model with no predictors.

Individual Predictors

Predictor	B	Beta	t	p	Interpretation
Pet Bereavement (PBQ)	.685	.299	6.321	< .001	Significant positive predictor
Attitude Towards Death (DAP)	5.891	.610	12.796	< .001	Strongest positive predictor
State Anxiety (AAQSA)	.442	.126	2.211	.028	Weak but significant positive predictor
Trait Anxiety (AAQTA)	-.468	-.118	-2.066	.040	Significant negative predictor

5. Discussion

5.1 Overview of the Study

The present study examined the relationship between complicated grief, pet bereavement, attitude toward death, and anxiety (state and trait) among individuals who had experienced pet loss. A quantitative correlational design was used with a sample of 204 participants, and data were analyzed using correlation and regression techniques.

The findings revealed that complicated grief was significantly associated with pet bereavement and attitude toward death, with attitude toward death emerging as the strongest predictor. State anxiety showed a small positive effect, while trait anxiety showed a negative predictive relationship. The model explained 59.7% of the variance in complicated grief.

Overall, the results highlight that pet loss is a significant psychological experience influenced by emotional attachment and beliefs about death, emphasizing the need for its recognition in counselling practice.

5.2 Analysis of the Main Results

- **Complicated Grief and Pet Bereavement:**

A strong positive relationship was found, indicating that greater emotional attachment to pets leads to more intense and prolonged grief. This supports attachment theory, suggesting pets function as important emotional bonds.

- **Complicated Grief and Attitude Toward Death:**

Attitude toward death was the strongest predictor, showing that individuals' beliefs about death significantly influence their grieving process. This aligns with existential perspectives on grief.

- **Complicated Grief and Anxiety:**

State anxiety had a small positive effect, suggesting situational distress may intensify grief. Trait anxiety was not significantly related, indicating general anxiety may not strongly influence complicated grief when other factors are considered.

5.3 Suggestions for Future Research

- Future studies should include larger and more diverse samples to improve generalizability.
- Longitudinal research is needed to examine how complicated grief evolves over time after pet loss. Additional psychological factors such as depression, coping strategies, resilience, and social support should be explored.
- Qualitative methods (e.g., interviews, case studies) can provide deeper insights into

personal experiences of pet loss.

- Future research may evaluate the effectiveness of counselling approaches for pet bereavement.
- Cultural beliefs and societal attitudes toward pet loss should also be examined to understand their impact on grief.

5.4 Implications for Theory and Practice

The findings highlight the role of attachment and cognitive factors in complicated grief after pet loss, supporting existing grief and attachment theories. Attitude toward death emerged as an important factor, indicating the relevance of existential perspectives. The study emphasizes that pet loss should be recognized as a valid form of grief. It also suggests the need for counselling interventions focusing on emotional support and beliefs about death.

6. Conclusion

The study examined the relationship between pet bereavement, attitude toward death, anxiety, and complicated grief among individuals who lost a pet. The findings showed that pet bereavement and attitude toward death significantly predict complicated grief, with attitude toward death being the strongest predictor.

State anxiety had a small positive influence, while trait anxiety was not significantly related. The results indicate that grief after pet loss is shaped by emotional attachment and beliefs about death.

Overall, the study highlights that pet loss is a significant psychological experience and should be recognized and addressed in counselling and mental health practice.

References

- Adams CL, Bonnett BN, Meek AH. Predictors of owner response to companion animal death in 177 clients from 14 practices in Ontario. *Journal of the American Veterinary Medical Association*. 2000 Nov 1;217(9):1303-9.
- Allen K, Blascovich J, Mendes WB. Cardiovascular reactivity and the presence of pets, friends, and spouses: The truth about cats and dogs. *Biopsychosocial Science and Medicine*. 2002 Sep 1;64(5):727-39.
- Archer J, Winchester G. Bereavement following death of a pet. *British Journal of Psychology*. 1994 May;85(2):259-71.
- Bowlby J. *Attachment and loss*. Random House; 1969.

- Doka KJ. Disenfranchised grief. Bereavement care. 1999 Dec 1;18(3):37-9.
- Ernest B. The denial of death. Free Press; 1973.
- Fine AH, editor. Handbook on animal-assisted therapy: Foundations and guidelines for animal-assisted interventions. Academic press; 2019 Jun 27.
- Freud S. Thoughts for the times on war and death. InThe Standard Edition of the Complete Psychological Works of Sigmund Freud, Volume XIV (1914-1916): On the History of the Psycho-Analytic Movement, Papers on Metapsychology and Other Works 1957 (pp. 273-300).
- Kubler-Ross E. On dying and death.
- McConnell AR, Brown CM, Shoda TM, Stayton LE, Martin CE. Friends with benefits: on the positive consequences of pet ownership. Journal of personality and social psychology. 2011 Dec;101(6):1239.
- Neimeyer RA. Meaning reconstruction & the experience of loss. American Psychological Association; 2001.
- Packman W, Carmack BJ, Ronen R. Therapeutic implications of continuing bonds expressions following the death of a pet. OMEGA-Journal of Death and Dying. 2012 Jun;64(4):335-56.
- Reker, G. T., Wong, P. T. P., and Gesser, G. (1994/2007). The updated Death Attitude Profile (DAP-R). Death Anxiety Handbook, edited by R. A. Neimeyer. Francis & Taylor.<https://www.drpaulwong.com/death-attitude-profile-revised/>
- Spielberger CD. State-trait anxiety inventory for adults.
- Worden JW. Grief counseling and grief therapy: A handbook for the mental health practitioner. springer publishing Company; 2018 May 28.
- Zilcha-Mano S, Mikulincer M, Shaver PR. An attachment perspective on human–pet relationships: Conceptualization and assessment of pet attachment orientations. Journal of Research in Personality. 2011 Aug 1;45(4):345-57.