Internet Comfort Assessment

The questions in the first of this assessment are intended to give a general understanding of an individual’s overall comfort with online technology, values around internet use, and social media habits and preferences. These questions are not specific to grief internet use. These questions are not comprehensive and should serve as a guide for further discussion.

Comfort

1. I can compose and send an e-mail message. Y N
2. I can use search engines to locate information. Y N
3. I would have difficulty transferring files electronically. Y N
4. I can subscribe to an online mailing list or blog. Y N
5. I know how to use e-bulletin boards or forums. Y N
6. I would have difficulty attaching a file to an e-mail. Y N
7. I use the Internet to gather information in my job, school, or personal life. Y N
8. I validate all information I locate on the Internet. Y N
9. When using the Internet, I can discriminate between consumer information, scholarly research, and propaganda. Y N
10. I would have difficulty evaluating websites in terms of the validity of the information they provide. Y N
11. I am able to discriminate between information that is meant to objectively educate for the public good and information to persuade me to take a perspective or action. Y N
12. I have a good understanding of the effects of technology on the environment, society, and individuals. Y N

Values

I view the internet as valuable for (check all that apply).

- Learning new information
- Convenience (bill pay, shopping)
- Email
- Social media/social support
- Entertainment
- Gaming
- Mental health/psychological support
- Work
- Other _______________
- None

Social Media

I am on the following social media platforms: (check all that apply, leave blank if NA).

- Instagram
- Twitter
- Facebook
- Snapchat
- Google+
- LinkedIn
- YouTube
- Pinterest
- Reddit
- Others __________

On average, I use social media:

- Once per month
- Once per week
- 2-5 times per week
- Daily
- 3+ times per day
- I am on and off social media all day

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# Thanatechnology Assessment

## Internet Grief Resource Assessment
The questions in the remainder of this assessment are intended to obtain an understanding of internet use as it relates to grief and coping, perceptions of such internet use, and future goals around internet grief support. This assessment is not intended to be scored but rather to provide information from which to further discuss the use of internet technology in the context of grief and coping.

### Grief Internet Use
Since my loved one’s death I have used the internet in the following ways (check all that apply)

- [ ] I have not used the internet related to the death/my grief.
- [ ] Sharing information about the death, funeral arrangements, etc
- [ ] Memorializing my loved one online (a tribute page, online obituary/legacy page, etc).
- [ ] Locating grief support resources in my community
- [ ] Reading and learning information about grief and bereavement
- [ ] Connecting with friends and family around our grief on social media
- [ ] Connecting with other grievers online about grief in general.

If so, through which mediums have you connected with other grievers?

- [ ] Social media
- [ ] Closed social media groups.
- [ ] Forums
- [ ] Following/commenting on a blog
- [ ] Blogging my own grief experience
- [ ] Others__________________________

- [ ] Using apps created for grief or other coping
- [ ] Using online creative expression sites, such as online writing, scrapbooking, photography, art, etc
- [ ] Reading others’ personal stories/experiences of grief
- [ ] Online grief classes or products
- [ ] Online counseling or therapy
- [ ] Others__________________________

### Values
I view internet grief support as:

- [ ] My primary form of grief support.
- [ ] A supplement to my primary grief support.
- [ ] Not part of my grief coping and support.

Circle one: **Positive**  **Neutral**  **Negative**

If positive, internet grief support is helpful because:

- [ ] It is available 24/7
- [ ] I can connect with more people.
- [ ] People are more supportive of me.
- [ ] I can access more information.
- [ ] I prefer online to face to face interactions.
- [ ] Other__________________________

I use the internet for grief support:

- [ ] Monthly
- [ ] Weekly
- [ ] Daily.
- [ ] Multiple times per day.

In the future I would like to:

- [ ] Learn more about online grief resources.
- [ ] Reduce my internet use in relation to grief
- [ ] Maintain my current thanatechnology use.

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