

## عنوان مقاله:

A Qualitative Study on Prolonged Grief for the Loss of Spouse in the COVID-۱۹ Pandemic: Exploring Lived Experience

## محل انتشار:

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## خلاصه مقاله:

Background: Millions of people's lives, as well as their physical and mental health, were put in jeopardy when COVID-۱۹ emerged. The pandemic resulted in a high death rate. Health protocols prevented the bereaved from attending the funeral. As a result, many people faced unfinished mourning. This study was conducted with the aim of identifying the meaning of mourning and the strategies used by bereaved spouses. Methods: The research method was qualitative and based on descriptive phenomenological strategy. Among the bereaved people who met the criteria to enter the research, ۱۵ people were selected using the purposeful sampling method and using semi-structured interviews until saturation was reached. The data were coded using the Colaizi method and finally the results were analyzed using the MAXQDA software. Results: After extracting the research findings in the form of ۴۶۰ concepts, ۲۷ subcategories, and ۹ main categories, they were represented as an educational package. Major themes were the obligation to hold mourning, social feedback from others, gradual healing, the experience of widowhood, existential emptiness, psychological collapse, the progressive repercussions of widowhood, and comprehensive self-talk about complicated pathological effects of death and mourning. Conclusion: Considering Coronavirus disease (COVID-۱۹) and the lack of mourning for the loss of a spouse, health care practitioners must address these women's psychological and social needs. Thus, knowing these problems can assist health care workers and bereaved women's families in minimizing the psychological challenges of acute sorrow.

## کلمات کلیدی:

Bereaved people, Phenomenology, Grief

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