

## Social Research Call

**Title:**  
*Understanding and Responding to Grief-Related Needs: A Differentiated Community Approach*



**Acronym:** GriefDiff

**Project leader:** David Dias Neto

**Host organisation:** ISPA – Instituto Universitário

**Main purpose of the project:** GriefDiff aims to develop and assess a tiered, community-based model of grief support for older adults in Portugal. The project addresses the unmet need for differentiated care by offering tailored interventions based on individual relational needs and risk profiles. It seeks to move away from solely clinical responses and instead promote preventive, scalable solutions rooted in local communities.

**Design/methodology/approach:** Using a mixed-methods design, GriefDiff will study the effectiveness of three levels allocated according to participants' needs: 1) information and grief literacy, 2) individual self-help, and 3) moderated self-help groups. The effects of outcomes such as prolonged grief and mental health will be assessed quantitatively, while qualitative focus groups will explore participants' experiences during the interventions.

**Potential results:** The study aims to demonstrate that interventions tailored to specific needs are more effective than generic, one-size-fits-all approaches. Expected Outcomes include a scalable framework for grief support, a practical toolkit for community organisations, and policy recommendations. The project seeks to reduce the prevalence and impact burden of prolonged grief disorder while optimising resource use.

**Social relevance of the research:** By emphasising early intervention and tailored responses, the project addresses grief as a social issue rather than just a clinical one. It aims to demonstrate proof of concept for a comprehensive response that can address the needs of older adults, which have largely remained unaddressed.

**Originality/value of the project:** GriefDiff is innovative in its application of a needs-based, culturally adapted, and scalable model for grief support among older adults. Its integration of community stakeholders, open-science practices, and focus on social connectedness aims to influence how grief care is conceptualised and delivered, providing a comprehensive and compassionate approach.