

DSM Draft Criteria: Prolonged Grief Disorder

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- A. The death of a person close to the bereaved at least 12 months previously.
- B. Since the death, there has been a grief response characterized by intense yearning/longing for the deceased person or a preoccupation with thoughts or memories of the deceased person. This response has been present to a clinically significant degree nearly every day for at least the last month.
- C. As a result of the death, at least 3 of the following symptoms have been experienced to a clinically significant degree, nearly every day, for at least the last month:
1. Identity disruption (e.g., feeling as though part of oneself has died)
 2. Marked sense of disbelief about the death
 3. Avoidance of reminders that the person is dead
 4. Intense emotional pain (e.g., anger, bitterness, sorrow) related to the death
 5. Difficulty moving on with life (e.g., problems engaging with friends, pursuing interests, planning for the future)
 6. Emotional numbness
 7. Feeling that life is meaningless
 8. Intense loneliness (i.e., feeling alone or detached from others)
- D. The disturbance causes clinically significant distress or impairment in social, occupational, or other important areas of functioning.
- E. The duration of the bereavement reaction clearly exceeds expected social, cultural or religious norms for the individual's culture and context.
- F. The symptoms are not better explained by another mental disorder.