

# Prolonged Grief Disorder DSM 5 Criteria

Client Name:

Age:

Gender:            Male            Female            Other:

Date:

## Checklist

- A. The death, **at least 12 months ago**, of a person who was close to the bereaved individual (for children and adolescents, at least 6 months ago).
- B. Since the death, the development of a persistent grief response characterized by one or both of the following symptoms, which have been present most days to a clinically significant degree. In addition, the symptom(s) has occurred **nearly every day for at least the last month**:
  - Intense yearning/longing for the deceased person.
  - Preoccupation with thoughts or memories of the deceased person (in children and adolescents, preoccupation may focus on the circumstances of the death).
- C. Since the death, **at least three** of the following symptoms have been present most days to a clinically significant degree. In addition, the symptoms have occurred nearly every day for at least the last month:
  - Identity disruption (e.g., feeling as though part of oneself has died) since the death.
  - Marked sense of disbelief about the death.
  - Avoidance of reminders that the person is dead (in children and adolescents, may be characterized by efforts to avoid reminders).
  - Intense emotional pain (e.g., anger, bitterness, sorrow) related to the death.
  - Difficulty reintegrating into one's relationships and activities after the death (e.g., problems engaging with friends, pursuing interests, or planning for the future).
  - Emotional numbness (absence or marked reduction of emotional experience) as a result of the death.
  - Feeling that life is meaningless as a result of death.
  - Intense loneliness as a result of the death.

- D. The disturbance causes clinically significant distress or impairment in social, occupational, or other important areas of functioning.
- E. The duration and severity of the bereavement reaction clearly exceed expected social, cultural, or religious norms for the individual's culture and context.
- F. The symptoms are not better explained by another mental disorder, such as major depressive disorder or posttraumatic stress disorder, and are not attributable to the physiological effects of a substance (e.g., medication, alcohol) or another medical condition.

### Additional Notes

### References

American Psychiatric Association. (2022). *Diagnostic and statistical manual of mental disorders* (5th ed., text rev.). <https://doi.org/10.1176/appi.books.9780890425787>