

Prolonged Grief & Nearest Neighbors

“Complicated Grief “	PGD 3 or more of symptoms	MDD 5 or more	PTSD	GAD 3 or more
Death of Sig other	Death of close person, symptoms result of the death and in clinical range; nearly everyday	Precipitating event not essential to diagnosis	Traumatic event: actual or threatened violent death, serious injury, accident or sexual violence	more days than not
6-12 months	12 months	2 weeks	1 month	6 months
longing	X			
preoccupation	X		recurring memories	
emotional pain	X			
sadness	“emo pain”	depressed mood	X	
guilt	“emo pain”	guilt	guilt	
bitterness	“emo pain”	irritability (minors)	anger	irritability
blame	“emo pain”		inappropriate blame of self or others	
	marked sense of disbelief			
		worthlessness		
lack of life purpose or meaning	life is meaningless		persistent negative beliefs about self, others, or the world	
anhedonia	X	Loss of interest or pleasure	Loss of + emotions and interest	
	emotional numbness			
social isolation	X		detached/estranged	
	lack of partic. In activities		X	
significant impairment/distress	X	X	X	X
	intense loneliness			
		change in weight/appetite		
		Insomnia/hypersomnia		Sleep disturbance/unsatisfactory sleep

		psychomotor agitation or retardation		restlessness or feeling keyed up
		loss of energy or fatigue		being easily fatigued
		impaired concentration and indecisiveness	concentration problems	difficulty concentrating or mind going blank
excessive focus on reminders or avoidance	avoidance of reminders		trauma-related dreams, flashbacks Intense distress related to trauma, physiological reactions to trauma reminders, avoidance of reminders	
recurrent thoughts of suicide or death, wishes to have died with the loved one		recurrent thoughts of suicide or death		
				muscle tension
				difficulty controlling worry
focus on little more than loved one's death				
lack of trust in others				
inability to enjoy life or think back on positive experiences with loved one				
feeling like life isn't worth living without your loved one				

Adapted from Mayo Clinic.com & DSM-V