



# APA PROPOSAL FOR NEW CODE FOR PROLONGED GRIEF DISORDER

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- Over the past three decades, increasing recognition and conclusive research demonstrating that prolonged grief disorder , characterized by intense, prolonged grief coupled with functional impairment that persists beyond 12 months post-loss, constitutes a distinct mental disorder
- Estimated that 1 out of 10 bereaved adults following a non-violent loss are at risk for developing prolonged grief disorder
- Distinct from other mental disorders such as major depressive disorder, generalized anxiety disorder, and PTSD
- Causes significant suffering, enduring functional impairments, and reduced quality of life
- Can persist unabated for months or even years
- Associated with marked increases in risks for serious medical conditions (cardiac disease, hypertension, cancer, immunological deficiency)
- May only respond to targeted interventions

## PROLONGED GRIEF DISORDER ADDED TO DSM-5 IN NOVEMBER 2020

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- Development of prolonged grief response that persists for at least a year
- Characterized by intense yearning or longing for the deceased person (often with sorrow and frequent crying) and/or preoccupation with thoughts or memories of the deceased
- Additional symptoms include identity disruption (e.g., feeling as though part of oneself has died), a marked sense of disbelief about the death, avoidance of reminders that the person is dead, intense emotional pain at times (e.g., anger, bitterness, guilt, worthlessness, self-pity) and emotional numbness at other times, intense loneliness, having problems engaging with friends, pursuing interests or planning for the future, and feeling that life is meaningless.

- Prolonged grief disorder fits best into F43 Reactions to severe stress and adjustment disorders
- F43 currently includes:
  - F43.0 Acute Stress reaction;
  - F43.1 Post-traumatic Stress Disorder
  - F43.2 Adjustment Disorder
  - F43.8 Other reactions to severe stress
  - F43.9 Reaction to severe stress, unspecified
- Alternative names (Complicated grief, Complicated Grief Disorder, and Persistent complex bereavement disorder in DSM-5 research appendix) listed as inclusion terms