

---

# PROLONGED GRIEF DISORDER

TIPS FOR UNDERSTANDING THE NEWEST ADDITION TO THE DIAGNOSTIC AND STATISTICAL MANUAL OF MENTAL DISORDERS

---

## WHAT IS PGD?



Prolonged grief disorder happens when someone loses someone close, and they experience an intense yearning/longing for or preoccupation with the deceased person. Their bereavement lasts longer than social norms and causes distress or problems functioning.

---

## SYMPTOMS

- Identity disruption (e.g., feeling as though part of oneself has died).
- Marked sense of disbelief about the death.
- Avoidance of reminders that the person is dead.
- Intense emotional pain (e.g., anger, bitterness, sorrow) related to the death.
- Difficulty with reintegration.
- Emotional numbness.
- Feeling that life is meaningless.
- Intense loneliness (i.e., feeling alone or detached from others).



---

## WHEN DOES PGD OCCUR?



It can happen when someone close to the bereaved person has died at least 12 months earlier for adults or at least 6 months earlier for children and adolescents.

---

## WHY IS PGD IMPORTANT NOW?

"The circumstances in which we are living, with more than 660,000 deaths due to COVID, may make prolonged grief disorder more prevalent. Grief in these circumstances is normal, but not at certain levels and not most of the day, nearly every day for months. Help is available."



- American Psychiatric Association President, Vivian B. Pender, M.D.

FOR MORE INFORMATION VISIT:

[www.psychiatry.org](http://www.psychiatry.org)

AMERICAN  
PSYCHIATRIC  
ASSOCIATION

