

Prolonged Grief Disorder (PG – 13) ©

Holly G. Prigerson, Ph.D., Paul K. Maciejewski, Ph.D.

PGD is a newly defined syndrome that is a specific reaction to the loss of someone loved very much. There are a particular set of PGD symptoms – feelings, thoughts, actions – that must be elevated at 6 months post-loss and that must be associated with significant functional impairment in order for a person to meet criteria for PGD.

INSTRUCTIONS

Below lie instructions for how to score (diagnose) Prolonged Grief Disorder (PGD). Each of the requirements for Criteria A-E must be met for an individual to be diagnosed with PGD.

- A. Event Criterion:** In order to complete the PG-13, we assume the respondent has experienced bereavement (i.e., the loss of a loved person).
- B. Separation Distress:** The respondent must experience PG-13 questions #1 or 2 at least daily.
- C. Duration Criterion:** The symptoms of separation distress must be elevated at least 6 months after the loss. That is, PG-13 question #3 must be answered as “Yes”.
- D. Cognitive, Emotional, and Behavioral Symptoms:** The respondent must experience 5 of the PG-13 questions #4-12 at least “once a day” or “quite a bit”.
- E. Impairment Criterion:** The respondent must have significant impairment in social, occupational, or other important areas of functioning (e.g., domestic responsibilities). That is, PG-13 question #13 must be answered as “Yes”.

PG-13 is a diagnostic tool. If a respondent meets criteria for PGD, this would suggest that he or she should seek a more thorough evaluation from a mental health professional. Only an in-person assessment by a mental health professional can determine for certain, the clinical significance of the reported symptoms, and provide recommendations or referrals for treatment.

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PART I INSTRUCTIONS: FOR EACH ITEM, PLACE A CHECK MARK TO INDICATE YOUR ANSWER.

1. In the past month, how often have you felt yourself longing or yearning for the person you lost?

- 1= Not at all
- 2 = At least once
- 3 = At least once a week
- 4 = At least once a day
- 5 = Several times a day

2. In the past month, how often have you had intense feelings of emotional pain, sorrow, or pangs of grief related to the lost relationship?

- 1= Not at all
- 2 = At least once
- 3 = At least once a week
- 4 = At least once a day
- 5 = Several times a day

3. For questions 1 or 2 above, have you experienced either of these symptoms at least daily and after 6 months have elapsed since the loss?

- No
- Yes

4. In the past month, how often have you tried to avoid reminders that the person you lost is gone?

- 1= Not at all
- 2 = At least once
- 3 = At least once a week
- 4 = At least once a day
- 5 = Several times a day

5. In the past month, how often have you felt stunned, shocked, or dazed by your loss?

- 1= Not at all
- 2 = At least once
- 3 = At least once a week
- 4 = At least once a day
- 5 = Several times a day

PART II INSTRUCTIONS: FOR EACH ITEM, PLEASE INDICATE HOW YOU CURRENTLY FEEL. CIRCLE THE NUMBER TO THE RIGHT TO INDICATE YOUR ANSWER.	Not at all	Slightly	Somewhat	Quite a bit	Overwhelmingly
6. Do you feel confused about your role in life or feel like you don't know who you are (i.e., feeling that a part of yourself has died)?	1	2	3	4	5
7. Have you had trouble accepting the loss?	1	2	3	4	5
8. Has it been hard for you to trust others since your loss?	1	2	3	4	5
9. Do you feel bitter over your loss?	1	2	3	4	5
10. Do you feel that moving on (e.g., making new friends, pursuing new interests) would be difficult for you now?	1	2	3	4	5
11. Do you feel emotionally numb since your loss?	1	2	3	4	5
12. Do you feel that life is unfulfilling, empty, or meaningless since your loss?	1	2	3	4	5

PART III INSTRUCTIONS: FOR EACH ITEM, PLACE A CHECK MARK TO INDICATE YOUR ANSWER.
<p>13. Have you experienced a significant reduction in social, occupational, or other important areas of functioning (e.g., domestic responsibilities)?</p> <p><input type="checkbox"/> No</p> <p><input type="checkbox"/> Yes</p>

Citations:

Prigerson HG, Vanderwerker LC, Maciejewski PK. A Case for the Inclusion of Prolonged Grief Disorder in DSM-V. Pp. 165-186, Chapter 8 in *Handbook of Bereavement Research and Practice: 21st Century Perspectives*, Eds., Margaret Stroebe, Robert Hansson, Henk Schut & Wolfgang Stroebe, Washington, D.C.: American Psychological Association Press, 2008

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Zhang B, El-Jawahri A, Prigerson HG. Update on bereavement research: evidence-based guidelines for the diagnosis and treatment of complicated bereavement. *J Palliat Med*. 2006;9:1188-203.

Articles that have applied ICG-R to PGD criteria:

Boelen PA, Prigerson HG. The influence of symptoms of prolonged grief disorder, depression, and anxiety on quality of life among bereaved adults: a prospective study. *Eur Arch Psychiatry Clin Neurosci*. 2007;257(8):444-52.

Goldsmith B, Morrison RS, Vanderwerker LC, Prigerson HG. Elevated rates of Prolonged Grief Disorder in African Americans. *Death Studies*. 2008; 32; 4: 352-365

Kiely DK, Prigerson H, Mitchell SL. Health care proxy grief symptoms before the death of nursing home residents with advanced dementia. *Am J Geriatr Psychiatry*. 2008;16(8):664-73.

Morina N, Rudari V, Bleichhardt G, Prigerson HG. [Prolonged grief disorder, depression, and posttraumatic stress disorder among bereaved Kosovar civilian war survivors: A preliminary investigation](#). *Int J Soc Psychiatry*. 2009 Jul 10. [Epub ahead of print]

Maciejewski PK, Zhang B, Block SD, Prigerson HG. An Empirical Examination of the State Theory of Grief Resolution. *JAMA* 2007; 297: 716-723.