

Appendix A. Supplementary material*

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Symptoms of Prolonged Grief Disorder in the International Classification of Diseases 11th Revision (ICD-11), Diagnostic and Statistical Manual of Mental Disorders—5—Text Revision (DSM-5-TR) and Their Measurement Using Three Self-report Scales

Although Prolonged Grief Disorder (PGD) is a mental disorder introduced into both the Diagnostic and Statistical Manual of Mental Disorders—5—Text Revision (DSM-5-RT) and the International Classification of Diseases 11th Revision (ICD-11), the list of symptoms of this disorder in the two classifications differs slightly. In PGD research, the severity of the disorder's symptoms is usually measured using one of three scales: the Prolonged Grief Disorder-13-Revised (PG-13-R), the Prolonged Grief Disorder-13 scale (PG-13), or the Inventory of Complicated Grief (ICG). All these tools measure the severity of most of the PGD symptoms described in the ICD and DSM; however, the valid measurement of the severity of the disorder's symptoms according to both classifications using the three scales mentioned above requires further works. The starting point for these works is the presented table.

The first aim of the table is to show the extent to which the symptoms of PGD described in DSM-5-TR and ICD-11 overlap, and to indicate the symptoms that are included in only one of the classifications. The second aim is to show which items from PG-13, PG-13-R and ICG should be used for the most valid assessment of PGD symptom severity according to DSM and/or ICD.

The table can help you decide which PGD measurement tools to use in your research project or clinical work in order to most accurately measure the severity of the symptoms of the disorder according to a given classification (DSM or ICD). Additionally, in the case of older studies that were conducted using ICG, it will allow you to decide which ICG items should be summed to obtain a result that most accurately reflects the severity of PGD symptoms according to DSM (items 1, 3, 4, 6, 7, 8, 10, 12, 13, 17, and 19) or ICD (items 1, 3, 4, 6, 7, 10, 12, and 16). The table can also be a starting point for the development of new tools to measure the severity of PGD symptoms; although PG-13-R measures the full range of PGD symptoms according to DSM-5-TR, there is a particular need to develop methods for measuring the severity of PGD symptoms according to ICD-11.

*** Related publication:** M. Sekowski and H.G. Prigerson, Associations between interpersonal dependency and severity of prolonged grief disorder symptoms in bereaved surviving family members, *Comprehensive Psychiatry* (2021), <https://doi.org/10.1016/j.comppsy.2021.152242>

Classifications		Self-report Measures of Prolonged Grief Disorder		
ICD-11 [1]	DSM-5-TR [2]	PG-13 [3]	PG-13-R [4]	ICG [5]
Persistent and pervasive grief response characterised by longing for the deceased	Intense yearning/longing for the deceased person	1. In the past month, how often have you felt yourself longing or yearning for the person you lost?	3. Do you feel yourself longing or yearning for the person who died?	4. I feel, myself longing for the person who died...
Persistent preoccupation with the deceased accompanied by intense emotional pain	Preoccupation with thoughts or memories of the deceased person		4. Do you have trouble doing the things you normally do because you are thinking so much about the person who died?	1. I think about this person so much that it's hard for me to do the things I normally do...
	Intense emotional pain (e.g., anger, bitterness, sorrow) related to the death	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? 9. Do you feel bitter over your loss?	8. Do you feel emotional pain (e.g., anger, bitterness, sorrow) related to the death?	17. I feel, bitter over this person's death... 6. I can't help feeling angry about his/her death...
Anger				
Difficulty accepting the death	Marked sense of disbelief about the death	7. Have you had trouble accepting the loss?	6. Do you have trouble believing that the person who died is really gone?	-3. I feel I cannot, accept the death of the person who died... -7. I feel, disbelief over what happened...
Denial	Avoidance of reminders that the person is dead	4. In the past month, how often have you tried to avoid reminders that the person you lost is gone?	7. Do you avoid reminders that the person who died is really gone?	12. I go out of my way to avoid reminders of the person who died...

ICD-11 [1]	DSM-5-TR [2]	PG-13 [3]	PG-13-R [4]	ICG [5]
Feeling one has lost a part of one's self	Identity disruption (e.g., feeling as though part of oneself has died)	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)?	5. Do you feel confused about your role in life or feel like you don't know who you are any more (i.e., feeling like that a part of you has died) ?	
	Emotional numbness (i.e., absence or marked reduction in the intensity of emotion, feeling stunned) as a result of the death	5. In the past month, how often have you felt stunned, shocked, or dazed by your loss?		8. I feel stunned or dazed over what happened...
Emotional numbness		11. Do you feel emotionally numb since your loss?	10. Do you feel emotionally numb or detached from others?	10. Ever since s/he died I feel like I have lost the ability to care about other people I feel distant from people I care about...
	Intense loneliness (i.e., feeling alone or detached from others) as a result of the death		-12. Do you feel alone or lonely without the deceased? -10. Do you feel emotionally numb or detached from others?	19. I feel lonely a great deal of the time ever since s/he died... 10. Ever since s/he died I feel like I have lost the ability to care about other people I feel distant from people I care about...
Difficulty in engaging with social or other activities	Difficulty with reintegration into life after the death (e.g., problems engaging with friends, pursuing interests, planning for the future)	10. Do you feel that moving on (e.g., making new friends, pursuing new interests) would be difficult for you now?	9. Do you feel that you have trouble re-engaging in life (e.g., problems engaging with friends, pursuing interests, planning for the future)?	

ICD-11 [1]	DSM-5-TR [2]	PG-13 [3]	PG-13-R [4]	ICG [5]
Significant impairment in personal, family, social, educational, occupational or other important areas of functioning	The disturbance causes clinically significant distress or impairment in social, occupational, or other important areas of functioning.	13. Have you experienced a significant reduction in social, occupational, or other important areas of functioning (e.g., domestic responsibilities)?	13. Have the symptoms above caused significant impairment in social, occupational, or other important areas of functioning?	
	Feeling that life is meaningless as a result of the death	12. Do you feel that life is unfulfilling, empty, or meaningless since your loss?	11. Do you feel that life is meaningless without the person who died?	13. I feel that life is empty without the person who died...
At least 6 months	At least 12 months	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?	2. How many months has it been since your significant other died?	
Guilt				-16. I feel that it is unfair that I should live when this person died...
		8. Has it been hard for you to trust others since your loss?		9. Ever since she died it is hard for me to trust people...
-Blame -Sadness -An inability to experience positive mood				-2. Memories of the person who died upset me... -5. I feel drawn to places and things associated with the person who died... -11. I have pain in the same area of my body or have some of the same symptoms as the person who died...

ICD-11 [1]	DSM-5-TR [2]	PG-13 [3]	PG-13-R [4]	ICG [5]
				-14. I hear the voice of the person who died speak to me... -15. I see the person who died stand before me... -18. I feel envious of others who have not lost someone close...

Note. ICD-11 = International Classification of Diseases 11th Revision; DSM-5-TR = Diagnostic and Statistical Manual of Mental Disorders—5—Text Revision; PG-13 = Prolonged Grief Disorder—13 scale; PG-13-R = Prolonged Grief Disorder—13—Revised; ICG = Inventory of Complicated Grief

References

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