



The Diagnostic and Statistical Manual of Mental Disorders, fifth edition, text revision (DSM-5-TR) introduces a new diagnostic entity, prolonged grief disorder (PGD).

Rationale for Addition

Prolonged grief disorder was added to Section 2, trauma- and stressor-related disorders chapter. DSM-5 included a category of persistent complex bereavement disorder as a “condition for further study” in Section 3 of the manual. In 2018, a proposal was submitted to include the category in the main text of the manual, which underwent review by the DSM Steering Committee and the Review Committee on Internalizing Disorders. In June 2019, a workshop was held to develop consensus around the appropriate criteria for the diagnosis, based on the latest research. Criteria were finalized later in 2019 and approved by the DSM Steering Committee. They were then posted for public comment and approved by the Steering Committee and later by APA’s Assembly and Board of Trustees.

Definition

Prolonged grief disorder is defined as intense yearning or longing for the deceased (often with intense sorrow and emotional pain), and preoccupation with thoughts or memories of the deceased (in children and adolescents, this preoccupation may focus on the circumstances of the death).

DSM is the manual used by clinicians and researchers to diagnose and classify mental disorders. The American Psychiatric Association (APA) will publish DSM-5-TR in 2022.

APA is a national medical specialty society whose more than 37,400 physician members specialize in the diagnosis, treatment, prevention, and research of mental illnesses, including substance use disorders. Visit the APA at www.psychiatry.org. For more information, please contact APA Communications at 202-459-9732 or press@psych.org.

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