

Prolonged Grief Disorder

- Death occurred at least **12 months** ago
- Intense yearning/longing +/- Preoccupation with thoughts or memories of deceased
- Clinically significant distress or **impairment**

Risk Factors

- Increased dependency on the deceased
- Death of a child
- Violent or unexpected deaths
- Ongoing or resultant economic stressors
- Increased association with suicidal ideation but not necessarily behavior
 - Increased in instances of violent death or loss of child <25 years old

Treatment

- Education and Reassurance
- Comorbidities
 - Substance use
 - Worsening of co-morbid psychiatric disorders
 - Suicidal thoughts
- Regular follow-up for management of chronic diseases
- Referral to BH if desired for therapy
- **No evidence to support antidepressant therapy for isolated prolonged grief**

Differentiating Prolonged Grief d/o and MDD		
	PGD	MDD
Core Features	Yearning, longing, thoughts related to deceased	Baseline dysphoria and/or anhedonia
Dysphoria	Intermittent with triggers	Persistent
Guilt	Centered around deeds done and not done in relation to deceased	Tied to feelings of worthlessness or being undeserving
Psychomotor Changes	Mild, rarely "intense"	Agitation/retardation can be intense and persistent