

complicated grief

proposed diagnostic criteria

Kathy Shear's proposed criteria for complicated grief are **(A)** at least 1 symptom of 4 indications of persistent acute separation distress, plus **(B)** at least 2 of the further 7 listed symptoms:

<i>A: at least 1 of the following 4 symptoms</i>		<i>not present</i>	<i>partly present</i>	<i>clearly present</i>
A1	Persistent intense yearning or longing for the person who died			
A2	Frequent intense feelings of loneliness or like life is empty or meaningless without the person who died			
A3	Recurrent thoughts that it is unfair, meaningless or unbearable to have to live when a loved one has died, or a recurrent urge to die in order to find or to join the deceased			
A4	Frequent preoccupying thoughts about the person who died, e.g. thoughts or images of the person intrude on usual activities or interfere with functioning			
<i>B: plus at least 2 of the following 7 symptoms</i>				
B1	Frequent rumination about circumstances or consequences of the death			
B2	Recurrent feeling of disbelief or inability to accept the death			
B3	Persistent feeling of being shocked, stunned, dazed or emotionally numb since the death			
B4	Recurrent feelings of anger or bitterness related to the death			
B5	Persistent difficulty trusting or caring about other people or feeling intensely envious of others who haven't experienced a similar loss			
B6	Intense emotional or physical reactivity to reminders of the loss			
B7	Change in behavior, e.g. excessive avoidance or the opposite, excessive proximity seeking			