

Differential Diagnosis of prolonged grief disorder, major depressive disorder, and post-traumatic stress disorder			
<u>Characteristic</u>	<u>Prolonged Grief Disorder</u>	<u>Major Depressive Disorder</u>	<u>Post-Traumatic Stress Disorder</u>
<u>Affective Symptoms</u>			
Depressed mood	Prominent; focused on loss; diagnostic criterion	Prominent; diagnostic criterion	May be present
Disbelief about death	Prominent; focused on loss; diagnostic criterion	Not usually present	May be present
Anhedonia	Not usually present	Prominent and pervasive; diagnostic criterion	Prominent and pervasive; diagnostic criterion
Anxiety	May be present; focused on separation anxiety	May be present	Prominent and pervasive; diagnostic criterion; focused on fear of recurrent danger
Yearning and Longing	Prominent and pervasive; diagnostic criterion	Not usually present	Not usually present
Guilt	Common; diagnostic criterion; related to regrets with deceased	Usually present; related to feelings of being undeserving and worthless	Prominent and pervasive; diagnostic criterion; usually focused on event or aftermath
<u>Cognitive and Behavioral Symptoms</u>			
Difficulty concentrating	Not usually present	Common; diagnostic criterion	Common; diagnostic criterion
Preoccupying thoughts	Common; Focused on thoughts and memories of the deceased; diagnostic criterion	May be present, focused on negative thoughts about self, other, the world	Negative, exaggerated, distorted thoughts related to the event; diagnostic criterion
Recurrent preoccupying images or thoughts	Common; focused on thoughts/memories of deceased; diagnostic criterion	May be present	Common; focused on event; associated with fear; diagnostic criterion
Avoidance of reminders of loss	Common; focused on reminders of the finality of the death; diagnostic criterion	May be present, but usually focused on social withdrawal	Common; focused on loss of safety or reminders of the event; diagnostic criterion
Loss of meaningful life	May feel meaningless without deceased; diagnostic criterion	May be present	May be present
Seeking proximity to the deceased	Common; diagnostic criterion	Not usually present	Not usually present

Identity disruption	Common; Sense of something inside has died; diagnostic criterion	May be present	May be present
Suicidal thinking/behavior	May or may not be present; usually to reunite with deceased	SI is present; increased risk of suicide; diagnostic criterion	SI is present; increased risk of suicide; diagnostic criterion
Abnormal eating patterns	May avoid certain foods or mealtimes; eat certain food to feel close	Change in eating patterns (weight gain/loss); diagnostic criterion	Not usually present
Disturbed sleep	May avoid bed due to reminders of loss; rumination	Common; diagnostic criterion	Sleep disturbance due to anxiety; diagnostic criterion
Nightmares	Not usually present	May be present	Related to traumatic event; diagnostic criterion