



The Persistent Complex Bereavement Disorder (PCBD) Checklist – Youth Version

What is the PCBD Checklist?

- A 39-item psychological test for bereaved children and adolescents aged 8-18.
- Assesses content domains corresponding to DSM-5 proposed symptom criteria for Persistent Complex Bereavement Disorder, including: *Separation Distress*, *Reactive Distress*, *Existential/Identity Related Distress*, and *Distress over Circumstances of the Death*.

Has the PCBD Checklist been validated?

- Each item was extensively field-tested by a team of ten masters-level clinicians and clinical child psychologists supervised by a test developer (Dr. Kaplow).
- Items were iteratively tested and refined with 237 bereaved children/adolescents aged 8-18 in diverse settings (bereavement camps, bereavement support centers, community clinics, school-based mental health clinics).
- Items were rated highly on content validity (developmental appropriateness, relevance to PCBD symptom criteria) by a panel of international experts in childhood grief.
- PCBD test scores have shown good criterion-referenced validity in relation to standardized measures of PTSD, depression, and anxiety symptoms.

How do you administer and score the PCBD Checklist?

- Administration time: typically 5-8 minutes.
- Scoring and interpretation time: between 5-10 minutes.
- Typically administered to children/adolescents in either individual or group settings; can be adapted for self-report with older children/adolescents.
- Training in test administration, scoring, interpretation, and use of test data to support clinical decision-making can be provided in person or online by authorized trainers.

For what settings and applications can the PCBD Checklist be used?

- Applications include risk screening, estimating diagnostic prevalence, client feedback, triage to services, case conceptualization, intervention planning, monitoring response to intervention, and evaluating intervention outcome.
- Settings include hospice/palliative care, bereavement support centers, bereavement camps, community clinics, school-based health clinics, academic medical centers, and research studies with bereaved children and families.
- Can be used to assign a provisional PCBD diagnosis given its status as a proposed disorder in DSM-5 inviting further study and application. (An adjustment disorder can be formally diagnosed for billing purposes).

Test Administration Manual for the Persistent Complex Bereavement Disorder Checklist

(PCBD Checklist–Youth Version)



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Test comes with 38-page administration manual including scoring sheet and visual aid for younger children.