

## Adjustment Disorder



PLAY PICMONIC

### Emotional and Behavioral Symptoms

[Emotional Distress and Behavioral-mask](#)

Adjustment disorder stems from emotional or behavioral stressors such as a failure in academics, illness, friend difficulties, job loss, and divorce.

### Diagnosis

#### Symptoms < 6 Months

[Less than sign \(6\) sax month moon](#)

Adjustment disorder involves symptoms lasting no longer than six months following the conclusion of the stressor.

#### Within 3 Months of Identifiable Stressor

[\(3\) Tree Month-moon with ID](#)

Adjustment disorder presents itself within three months of the original identifiable stressor (e.g., move, divorce, etc.).

#### Emotional Distress

[Stressed with Tears](#)

Adjustment disorder involves emotional distress that is considered an excessive or inappropriate response to a life stressor (e.g., divorce). This response usually occurs within the first three months of the initial stressor and lasts less than six months.

#### Does Not Meet Criteria for Other Illness

[Diagnostic-computer Excluding](#)

Adjustment disorder involves an emotional response to a stressor that cannot be explained by any other mental health disorder or as a normal grief response. The amount of distress experienced impairs daily life activities and is disproportionate to the normal or expected grief response.

### Associations

#### Generalized Anxiety

[General with Anxiety-bag](#)

If adjustment disorder symptoms last longer than 6 months, then the diagnosis can be changed to generalized anxiety disorder.

### Treatment

## **Cognitive Behavioral Therapy**

### **Cog Behavioral Therapist**

The treatment of adjustment disorder involves cognitive behavioral therapy, psychodynamic or interpersonal psychotherapy.

## **Antidepressants**

### **Ant-tie-depressed Emo**

The treatment of adjustment disorder can also involve SSRIs or benzodiazepines. However, the first-line treatment involves cognitive behavioral therapy with the potential use of added medications.