

## Adjustment Disorder

Adjustment disorder is defined as an abnormal and exaggerated response to a recent event. The individual's reaction is more intense than what is normally expected and can hinder everyday activities. Adjustment disorder is also sometimes referred to as situational depression.



## Signs & Symptoms

Adjustment disorder is characterized by anxiety, reckless behavior, and difficulty in moving past a recent event. Symptoms must begin within three months of the stressor occurring and lasts no longer than six months. A person with adjustment disorder might experience:

- Depressed mood
- Agitation
- Physical ailments
- Anxiety, worry, or stress
- Trembling or twitching

## Causes & Risk Factors

A life stressor is typically the cause of adjustment disorder. In adults, common stressors are marital issues, finances, or work. In adolescents, common stressors could be issues at school, parents' marital issues, or their own sexuality. General stressors can be the death of a loved one, significant life changes, unexpected catastrophes, or the onset of medical conditions. Everyone reacts to stress in different ways.

## Diagnosis & Treatment

Diagnosing an adjustment disorder depends on identifying if the individual has had a major life stressor, his or her symptoms, and how the symptoms impact their ability to function. Many people with adjustment disorders need only brief treatment, but some find it very helpful. Individuals with persistent adjustment disorders or ongoing stressors, may benefit from longer treatment. Treatment plans often use psychotherapy, but individuals should also work to develop and maintain a nutritious diet, consistent sleep patterns, and a strong social support system.

**If you or a loved one is struggling due to a recent event, please call our 24-Hour Helpline at 1.800.928.8000. We can help.**

Source – Mayo Clinic: <https://www.mayoclinic.org/diseases-conditions/adjustment-disorders/diagnosis-treatment/drc-20355230>