

Name:
DOB:
ID#

Adjustment Disorder
Diagnostic Criteria:

- A. Development of clinically significant emotional or behavioral symptoms in response to an identifiable psychosocial stressor(s). Symptoms must develop within three months after the onset of the stressor(s).

AND

- B. These symptoms or behaviors are clinically significant as evidenced by either of the following:
- (1) Marked distress that is in excess of what would be expected from exposure to the stressor
OR
 (2) Significant impairment in social, occupational, or academic functions

AND

- C. The stress-related disturbance does not meet the criteria for another specific Axis I disorder, and is not merely an exacerbation of a preexisting Axis I or Axis II disorder.

AND

- D. The symptoms do not represent Bereavement (code V62.82).

AND

- E. Once the stressor (or its consequences) has terminated, the symptoms do not persist for more than an additional 6 months.

Diagnostic Codes:

- 309.0 Adjustment Disorder with Depressed Mood
- 309.24 Adjustment Disorder with Anxiety
- 309.28 Adjustment Disorder with Mixed Anxiety & Depressed Mood
- 309.3 Adjustment Disorder with Disturbance of Conduct
- 309.4 Adjustment Disorder with Mix Disturbance of Emotions & Conduct
- 309.9 Adjustment Disorder Unspecified

Common Onset Stressors:

Children

- » Family move
- » Change of school
- » Parental separation
- » Loss of a pet
- » Birth of a sibling
- » Peer relations
- » School problems

Adults

- » New marriage
- » Divorce/separation
- » Family crisis
- » Illness
- » Birth of a child
- » Financial problems
- » Job loss

Clinician: Date: Signature:
