

## **Adjustment Disorder**

Adjustment disorder is a stress related condition. You experience more stress than would normally be expected in response to a stressful or unexpected event. This stress causes significant problems in your relationships, at work or at school.

Work problems, going away to school, a physical illness, death of a loved one, or other life changes can cause stress. Most of the time people adjust quite rapidly, but one with an adjustment disorder could continue to have emotional and behavioral reactions that could contribute to feeling anxious or depressed for an extended period of time. You don't have to be alone. You can get help. Treatment can be very successful, and it can be at your fingertips. Mental health professionals are quick to diagnose this disorder and treat it.

Signs and symptoms depend on the type of adjustment disorder. It can vary from person to person. Adjustment disorders affect how you feel and think about yourself. Some of the examples that people experience with this disorder are as follows., feeling sad, frequently crying, worrying all the time, lack of appetite, etc.

Symptoms of an adjustment disorder usually start within 3 months of a stressful event and last no longer than 6 months after the end of the stressful event. However, persistent or chronic adjustment disorder can continue for more than 6 months especially if the stressor is ongoing, Examples are unemployment, a failed marriage, or an illness of a loved one.

According to many health professionals, stressors are temporary but an individual needs to learn how to cope with it over time. They also recommend that the person with the disorder continues to follow up with his/her doctor to make sure the disorder is under control. If the disorder is not resolved, it may eventually lead to more serious mental health problems such as anxiety disorder, depression or substance abuse.

Genetics, your life experiences and your temperament may increase your likelihood of developing an adjustment disorder. There is no guaranteed way to prevent adjustment disorders, but developing healthy coping skills and learning to be resilient may help during times of high stress. If one knows that a stressful situation is coming, increase your healthy habits and rally your friends and family in advance, and remind yourself that you can get through it. Also, consider working with your doctor or mental health professional and review your options on how to manage your stress.

Adjustment disorder is very common and can affect anyone, regardless of gender, age, race or lifestyle. Although the disorder can occur at any age, it is more common at times in life when major things are happening such as adolescence, mid- life and late-life. If anyone feels, after reading this article, that they have some of the above-mentioned symptoms, get help. In researching this disorder or any other illness, I always defer to the researchers and listen to what the professionals have to say. I would first go to see my family physician, get a physical exam and get those results. Although there are no imaging or lab tests to specifically

diagnose this disorder, the doctor may sometimes use lab tests such as blood tests or x-rays to rule out any physical illnesses or other medical causes that could change the mood or behavior of the individual. If, after reading this article, you feel that you may possess some or all of these tendencies, speak to a mental health professional.

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