**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:***

<table>
<thead>
<tr>
<th>Children</th>
<th>Adults</th>
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<tbody>
<tr>
<td>Family move</td>
<td>New marriage</td>
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<tr>
<td>Change of school</td>
<td>Divorce/separation</td>
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<tr>
<td>Parental separation</td>
<td>Family crisis</td>
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<tr>
<td>Loss of a pet</td>
<td>Illness</td>
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<tr>
<td>Birth of a sibling</td>
<td>Birth of a child</td>
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<tr>
<td>Peer relations</td>
<td>Financial problems</td>
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<tr>
<td>School problems</td>
<td>Job loss</td>
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</tbody>
</table>

Clinical:
Date:
Signature: