

# THE ADJUSTMENT DISORDERS\*

**SUMMARY SCREENING CRITERIA\* FOR: Name** \_\_\_\_\_

- A. The development of emotional or behavioral symptoms in response to an identifiable stressor(s) occurring within 3 months of the onset of the stressor(s).
- 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(s), or
  - (2) **significant impairment** in social or occupational (academic) functioning.
- 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.
- D. The symptoms do not represent Bereavement.
- E. Once the stressor (or its consequences) has terminated, the symptoms do not persist for more than an additional 6 months.

Specify if: **Acute:** if the disturbance lasts less than 6 months  
**Chronic:** if the disturbance lasts for 6 months or longer

Adjustment Disorders are coded based on the subtype, which is selected according to the predominant symptoms. The Specific stressor(s) can be specified on Axis IV.

- 309.0 with **Depressed Mood**
- 309.24 with **Anxiety**
- 309.28 with **Mixed Anxiety and Depressed Mood**
- 309.3 with **Disturbance of Conduct**
- 309.4 with **Mixed Disturbance of Emotions and Conduct**
- 309.9 **Unspecified**

## CAREGIVING INTERVENTION:

Date \_\_\_\_\_

### Referral for further assessment and therapy to:

[Screening Criteria presented by:]

**Roy B. Nash, M Div, LMFT. LCPC**

Other:

**BELIEF-FOCUSED CARE & HEALING**

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\* Source: **Diagnostic Statistical Manual of Mental Disorders**, Fourth Edition (DSM-IV™). American Psychiatric Association. 1994.