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Submission date: 23-Nov-2020 03:13AM (UTC+0500)

Submission ID: 1454180636

File name: Adjustment_disorde1.docx (20.69K)

Word count: 1224

Character count: 6985

Adjustment disorder

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Part 1

Adjustment disorder

The adjustment disorder is described as not only behavioral but also unhealthy emotional reaction to an event that is stressful in one's life. People with this disorder have excessive response to events like changes occurring in the life of one's child or family life, loss of beloved one separation or event divorce. Mostly a sudden sickness or chronic disease leads to adjustment disorder. Mental health professionals view it as a kind of disorder characterized by a group of symptoms and it involves experiencing of distress and impaired emotional and behavioral symptoms that are as a result of identifiable stressor. Besides it affects young and old adults. The symptoms of this disorder vary based regardless of the way it manifests itself. Somebody with this kind of disorder experiences stress, hopeless and a sad feeling. Adjustment disorder is mostly diagnosed in teenagers. In addition, individuals with the adjustment disorder present depressed mood, anxiety and emotional disturbance (Maercker & Lorenz, 2018). Sometimes, patients can experience combination of some of these conditions. Professionals in mental health or psychiatrist for children and adolescents diagnose this disorder with a lot of ease. There are different factors that determine adjustment disorder's treatment like family and peer therapy or even individual psychotherapy.

Symptoms of adjustment disorder

The symptoms of this condition occur where an individual is experiencing hard time to cope with normal life and exhibit stronger reactions than expected in case an event occurs. As already mentioned, for different kind of adjustment disorder, reaction could potentially

affect one's social, educational and occupational functioning. Also, symptoms present themselves based on the age. For adults, it is very possible to experience very depressive symptoms while in adolescents the symptoms might be more of behavioral. People with adjustment disorder associated with moods, exhibit symptoms such as tearfulness, depressed mood and feeling hopeless most of the time. Individual who suffers adjustment disorder linked to anxiety presents symptoms like worry, jitteriness, nervousness and fear of separation. Other individual might have adjustment disorder associated with conduct disturbances and the common symptoms involves violating other people's rights, rules and norms of the society. Children presents truancy and might be involved in destructive activities like school strikes. In adults, it is very common to experience fight and reckless driving.

Etiology of adjustment disorder

As previously mentioned, adjustment disorders are considered as unhealthy reactions to certain events and mostly occurs due to the environmental influence. Apparently, this disorder is not attributed to a single direct cause. There is a big variation among children and adolescents in terms of temperament, vulnerability past experience. Therefore, stressors are the likely cause of this disorder and this depends on the how long these stressors last, their strengths and their effects on people and this means that, we have no available evidence that proves certain factors as the causes of the adjustment disorder (Baumeister & Kufner, 2009).

However, scholars suppose that different events are likely to trigger adjustment disorder symptoms which might also lead to its occurrence and as such what triggers contribute to its cause. For those in marriage, death or divorce or having problems with relationship and general changes in life are stressors that can cause adjustment disorder. Sometimes, health issues of loved one or one's illness, worries about job and money, occurrence of unexpected disaster triggers the occurrence of this disorder among adults. Among children, stressors are different. For instance, conflict in family, problems experienced during schooling and issues to do with sexuality triggers adjustment disorder stressors among young adults and teenagers. However, it is hard to predict if people affected by same stressors will develop this disorder but it is the social skills learned by an individual on how to deal with stress before the event that plays most critical role. It should be noted that, individual might not simply start experiencing symptoms suddenly but certain events must occur to trigger stressors that finally leads to the development of the disorder. Therefore this disorder develops progressively starting from the occurrence of stressful events that evokes unhealthy reaction which leads to its stressors.

Treatment options

Depending on the type of the adjustment disorder, two treatment options might be helpful in managing it. These treatment options might be self-care or even psychotherapy. The adjustment disorder brings about distress and are associated with an elevated rate of suicidal thoughts and attempts and thus they warrant proper treatment plan although there is inadequate evidence on specific treatment to manage this disorder.

Self-care

According to John (2020) self-care is very critical treatment option for the adjustment disorders mostly used during or after the time of crisis or trauma. The self-care treatment options is divided into three and caters for personal, physical and mindfulness. Personal safety is a paramount treatment option in case of single traumatic occurrence. This treatment work better applied to individual who is traumatized and is assured of safety of their loved ones. Although it appears to be difficult it is helpful to help one gain to gain safety completely at the time the crisis like war, pandemic or domestic abuse is ongoing. As the crisis strike people go through difficulties and guidance from experts is needed to know how safety of their loved ones can be enhanced. The other safe-care treatment option for the adjustment disorder is physical health safety. During and after certain traumatic experiences one physical health stands to be at a high risk and as such, those at high risk are required to maintain physical health. This si done by establishing proper schedule to eat, sleep and perform some physical exercise. Also, mindful approach is self-care treatment options that aims at reducing occurrence of anger, stress, isolation and sadness that is normally experienced by traumatized people. In this case, daily schedule should be applied for the people to get up, take a shower, dress well and take a walk outside and ensuring regular taking of all meals (John 2020).

Psychotherapy is another treatment option that helps in management of adjustment disorder that varies regardless of symptoms and stressor. As argued by Tartakovsky, (2020) psychotherapy is helpful in managing and ensuring the untreated adjustment disorder are prevented from progressing to clinical depression, substance abuse and anxiety disorder. The psychotherapy is the best treatment among teens with suicidal thoughts mostly in girls who have been lefts by their beloved ones. Individual psychotherapy is a treatment that can be

done using cognitive behavioral approaches that is useful in improvement of stress management skills. Family therapy can also be used in making all the required changes in a family system such as improving interaction among family members. It often helps in increasing family support. At times peer group therapy is a treatment option that can be used for individuals with adjustment disorder to help them focus on development and use of social and interpersonal skills.

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