**Adjustment Disorder**

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   
(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](http://behavenet.com/taxonomy/term/6789) or [Axis II](http://behavenet.com/taxonomy/term/6788) disorder.

D. The symptoms do not represent [Bereavement](http://behavenet.com/taxonomy/term/7200).

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**