***Master 2 Clinical psychology***

***English Language Module***

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***Lesson : Adjustment Disorders***

***Definition:***

They are stress related conditions, when a person experiences more stress than usual, this stress causes problems in a person’s relationships, at work and at school.

If a person has work problems, an illness, death of a close family member he will be stressful, and most of the time, he or she adjusts to such changes within a few months but if this person has an adjustment disorder, then he or she will continue to have emotional or behavioral reactions.

***Causes:***

1. Life changes
2. Life stressors
3. Sometimes it is genetics

***Symptoms:***

1. Feeling sad and hopeless
2. Frequent crying
3. Feeling anxious and nervous
4. Trouble sleeping
5. Lack of appetite
6. Difficulty concentrating
7. Feeling overwhelmed
8. Suicidal thoughts or behavior

***Treatment:***

Only a brief treatment is needed, it includes psychotherapy, medications or both

**Psychotherapy**: (talk therapy)

* It can provide emotional support
* Help you get back to your normal routine
* Help you learn stress management
* Coping skills to deal with stressful events

**Medications:** such as antidepressants and anti anxiety drugs