

Prognosis for Adjustment Disorder

By definition, nonchronic adjustment disorders last only a limited time. People with no history of prior psychiatric symptoms who live in a stable environment and have strong social supports are likely to regain functioning at the same level as before the onset of the adjustment disorder. The majority of those people will have a very positive prognosis, and probably will not experience psychological symptoms in the future.

However, people with multiple psychiatric disorders are less likely to return to their previous level of functioning. It is important to note that people with adjustment disorder have increased risks of attempting suicide and completing suicide.

People with cyclic or progressive medical conditions or disabilities that involve worsening and remitting courses (such as multiple sclerosis) may develop an adjustment disorder during each exacerbation period. Consequently, it is always important for the clinician to monitor the course of a disability, and to note changes in symptoms and functioning and the person's response to those changes.

Resources

American Psychiatric Association

www.psych.org

American Psychological Association

www.apa.org

National Institute of Mental Health

www.nimh.nih.gov

National Mental Health Association

www.nmha.org

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