

Self-report for the assessment of adjustment disorder

## ADNM – 20 Questionnaire

### Adjustment Disorder – New Module 20

Below is a list of stressful life events. Please indicate those events that happened during the past [*insert time frame*] years and are currently a strong burden to you, or have burdened you in the last six months. You can indicate as many events as applicable.

Yes	
	01. Divorce / separation
	02. Family conflicts
	03. Conflicts in working life
	04. Conflicts with neighbors
	05. Illness of a loved one
	06. Death of a loved one
	07. Adjustment due to retirement
	08. Unemployment
	09. Too much / too little work
	10. Pressure to meet deadlines / time pressure
	11. Moving to a new home
	12. Financial problems
	13. Own serious illness
	14. Serious accident
	15. Assault
	16. Termination of an important leisure activity
	17. Any other stressful event (please indicate)
	18. Any other stressful event (please indicate)

The events you have just indicated can have numerous consequences for our well-being and behavior. Please indicate was the most straining event(s) below:

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# ADNM – 20 Scoring Sheet

## Symptom categories

Core symptoms:

- *Preoccupations with the stressor* 2, 4, 13, 15
- *Failure to adapt* 10, 17, 19, 20

Accessory symptoms:

- *Avoidance* 3, 7, 11, 14
- *Depressed mood* 1, 5, 18
- *Anxiety* 6, 16
- *Impulse disturbance* 8, 9, 12

## Validation:

Glaesmer, H., Romppel, M., Braehler, E., Hinz, A., & Maercker, A. (2015). Adjustment Disorder as proposed for ICD-11: Dimensionality and Symptom Differentiation. *Psychiatry Research*, 229, 940 – 948

## Further references:

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Einsle, F., Köllner, V., Dannemann, S., & Maercker, A. (2010). Development and validation of a self-report for the assessment of adjustment disorders. *Psychology, Health & Medicine*, 15(5), 584–95.

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Lorenz, L. (2016). *Diagnostik von Anpassungsstörungen. Ein Fragebogen zum neuen ICD-11-Modell*. Wiesbaden: Springer Fachmedien.

Lorenz, L., Bachem, R., & Maercker, A. (2015). The Adjustment Disorder – New Module 20 as a Screening Instrument: Cluster Analysis and Cut-Off Values. *International Journal of Occupational and Environmental Medicine*, 7, 215-220.

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