Print Test

1. An adjustment disorder is a severe emotional reaction to a difficult event in your life.

True
False

2. Adjusted Disorder is a type of stress-related mental illness that may affect your?

feelings
thoughts
behavior
All of the above

3. Which of following is a good example of some people with adjustment disorder may experience?

Seizures
Thoughts of Suicide
drug addiction
None of the above

4. It is easier for younger adolescents and children to overcome adjustment disorder then older people.

True
False

5. Treatment may also help prevent an adjustment disorder from becoming a more serious problem.

True
False

6. Symptoms of an adjustment disorder begin within _____ months of a stressful event in your life.

2
7. Which of the following is a sign and symptom of adjustment disorder may affect how you feel and think about yourself or life?

Crying spells
Sadness
Worry
All of the above

8. Which of the following is not a behavioral symptom of adjustment disorder?

Vandalism
Fighting
Ignoring bills
fatigue

9. ___ or less of adjustment disorder is considered acute?

5
6
7
9

10. More then ___ months with adjustment disorder is considered?

Chronic
acute
Mild
None of the above

11. People of all ages are affected by adjustment disorders.

True
False

12. Girls are more likely to get adjustment disorder than boys?

True
False

13. Among adults, women may be more likely than men to have adjustment disorder.

True
14. Which of the following is an example of a life experience that may cause adjustment disorder?

- Overprotective parents
- Family disruptions
- Frequent moves
- All of the above

15. To be diagnosed with adjustment disorder, someone must meet criteria spelled out in the Diagnostic and Statistical Manual of Mental Disorders (DSM).

- True
- False

16. Which kind of adjustment disorder deals with behavioral problems such as fighting?

- Adjustment disorder with mixed anxiety and depressed mood.
- Adjustment disorder unspecified.
- Adjustment disorder with anxiety.
- Adjustment disorder with disturbance of conduct.

17. Some people with chronic adjustment disorder are more likely to have long-term mental health problems, which may include:

- Depression
- Suicidal thoughts and behavior
- Alcohol and drug addiction
- All of the above

18. The main treatment for adjustment disorders is psychotherapy, also called counseling or talk therapy.

- True
- False

19. Medications can help alleviate all of the following symptoms except?

- Depression
- Anxiety
- Suicidal thoughts
- Trouble sleeping

20. There are no guaranteed ways to prevent adjustment disorder, but developing healthy coping skills and learning to be resilient may help you during times of high stress.