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:

In the following, you will find various statements about which reactions these types of events can trigger. We ask you first of all to indicate how often the respective statement applies to you ("never" to "often").

In a second step, we would like to ask you to indicate for how long you have been having this reaction. It can be less than one month (< 1 month), for approx. one month to half a year (< 6 months) or longer than 6 months (> 6 months). This will probably not be very easy to estimate, but please try to give a rough classification of the duration of the reaction!

		Frequency during last week				For how long?		
		never	rarely	some- times	often	<1 month	1 – 6 months	6 months – 2 years
1	Since the stressful problem, I feel low and sad.							
2	I have to think about the stressful situation repeatedly.							
3	I try to avoid talking about the stressful situation wherever possible.							
4	I keep having to think about the stressful situation and this is a great burden to me.							
5	Nowadays, I do those activities which I used to enjoy much more rarely.							
6	If I think about the stressful situation, I find myself in a real state of anxiety.							
7	I avoid certain things that might remind me of the stressful situation.							
8	I am nervous and restless since the stressful situation.							
9	Since the stressful situation, I am much quicker to lose my temper, even over small things.							
10	Since the stressful situation, I can only concentrate on certain things with difficulty.							
11	I try to abolish the stressful situation from my memory.							
12	I have noticed that I am becoming more irritable due to the stressful situation.							
13	I get constant memories of the stressful situation and can't do anything to stop them.							
14	I try to suppress my feelings because they are a burden to me.							
15	My thoughts revolve around anything to do with the stressful situation.							
16	Since the stressful situation, I am scared of doing certain things or of getting into certain situations.							
17	Since the stressful situation, I don't like going to work or carrying out the necessary tasks in everyday life.							
18	I have been feeling dispirited since the stressful situation and have little hope for the future.							
19	Since the stressful situation, I can no longer sleep properly.							
20	Overall, the situation affected me strongly in my personal relationships, my leisure activities, or other important areas of life							

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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