



THE INTERNATIONAL ADJUSTMENT DISORDER QUESTIONNAIRE (IADQ)

Patient Name	DOB	Female		
Provider Name	Date	Male		Other

Below is a list of stressful life events that you may have experienced. Please indicate any of the following events that are currently applicable to you:

I am currently experiencing...	SI	NO
1- Financial problems (e.g., difficulty paying bills, being in debt).	<input type="checkbox"/>	<input type="checkbox"/>
2- Work problems (e.g., unemployment, redundancy, retirement, problems/conflicts with colleagues, change of job role).	<input type="checkbox"/>	<input type="checkbox"/>
3- Educational problems (e.g., difficulty with course work, deadline pressure).	<input type="checkbox"/>	<input type="checkbox"/>
4- Housing problems (e.g., stressful home move, difficulty finding a secure residence, lack of secure residence).	<input type="checkbox"/>	<input type="checkbox"/>
5- Relationship problems (e.g., break-up, separation or divorce, conflict with family or friends, intimacy problems).	<input type="checkbox"/>	<input type="checkbox"/>
6- My own health problems (e.g., illness onset or deterioration, medication issues, injury or disability).	<input type="checkbox"/>	<input type="checkbox"/>
7- A loved one's health problems (e.g., illness onset or deterioration, medication issues, injury or disability).	<input type="checkbox"/>	<input type="checkbox"/>
8- Caregiving problems (e.g., emotional stress, time demands).	<input type="checkbox"/>	<input type="checkbox"/>
9- Some other problem not mentioned above.	<input type="checkbox"/>	<input type="checkbox"/>



This section should be completed only if you have answered ‘Yes’ to at least one of the events above. The following statements reflect problem that people sometimes experience in relation to a stressful life event(s).

Thinking about the stressful life event(s) you identified above, please **indicate how much you have been bothered by each of the following problems in the past month:**

	<i>Not at all</i>	<i>A little bit</i>	<i>Moderately</i>	<i>Quite a bit</i>	<i>Extremely</i>	<i>TOTAL</i>
10. I worry a lot more since the stressful event(s).	0	1	2	3	4	
11. I can't stop thinking about the stressful event(s).	0	1	2	3	4	
12. I often feel afraid about what might happen in the future since the stressful event(s).	0	1	2	3	4	
13. I find it difficult to adapt to life since the stressful event(s).	0	1	2	3	4	
14. I find it difficult to relax and feel calm since the stressful event(s).	0	1	2	3	4	
15. I find it difficult to achieve a state of inner peace since the stressful event(s).	0	1	2	3	4	
16. Did these problems start within one month of the stressful event(s)?	Yes			No		
	<i>Not at all</i>	<i>A little bit</i>	<i>Moderately</i>	<i>Quite a bit</i>	<i>Extremely</i>	
In the past month have the above problems:	0	1	2	3	4	
17. Affected your relationships or social life?	0	1	2	3	4	
18. Affected your ability to work or your educational life?	0	1	2	3	4	
19. Affected any other important part of your life?	0	1	2	3	4	

TOTAL



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OVERVIEW:

The attached instrument is a brief, simply worded measure, focusing only on the core features of Adjustment Disorder outlined in the ICD-11. The IADQ was developed to be consistent with the organizing principles of the ICD-11, as set forth by the World Health Organization, which are to maximize clinical utility and ensure international applicability through a focus on the core symptoms of a given disorder. The IADQ is freely available in the public domain to all interested parties.

DIAGNOSTIC ALGORITHMS are as follows:

A probable diagnosis of Adjustment Disorder requires the presence of (1) a psychosocial stressor (score ≥ 1 on the IADQ stressor list, items 1-9), (2) at least one 'Preoccupation' symptom (items 10-12) rated ≥ 2 , (3) at least one 'Failure to Adapt' symptom (items 13-15) rated ≥ 2 , (4) symptoms began within one month of the stressor (positive endorsement of item 16), and (5) evidence of functional impairment indicated by any of item 17-19 rated ≥ 2 .

THE REFERENCE for the measure is:

Shevlin, M., Hyland, P., Ben-Ezra, M., Karatzias, T., Cloitre, M., Vallières, F., Bachem, R., & Maercker, A. (2019). Measuring ICD-11 Adjustment Disorder: The Development and Initial Validation of the International Adjustment Disorder Questionnaire. *Acta Psychiatrica Scandinavica*. doi: 10.1111/acps.13126.

BACKGROUND PUBLICATIONS:

Kazlauskas, E., Zelviene, P., Lorenz, L., Quero, S., & Maercker, A. (2018). A scoping review of ICD-11 adjustment disorder research. *European Journal of Psychotraumatology*, 8(sup7), 1421819. doi:10.1080/20008198.2017.1421819

Lorenz, L., Hyland, P., Perkonig, A., & Maercker, A. (2018). Is adjustment disorder unidimensional or multidimensional? Implications for ICD-11. *International Journal of Methods in Psychiatric Research*, 27:e1591. doi: 10.1002/mpr.1591

Lorenz, L., Hyland, P., Maercker, A., & Ben-Ezra, M. (2018). An empirical assessment of adjustment disorder as proposed for ICD-11 in a general population sample of Israel. *Journal of Anxiety Disorders*, 54, 65-70. doi: 10.1016/j.janxdis.2018.01.007

Perkonig, A., Lorenz, L., & Maercker, A. (2018). Prevalence and correlates of ICD-11 adjustment disorder: Findings from the Zurich Adjustment Disorder Study. *International Journal of Clinical and Health Psychology*, 18, 209-217. doi: 10.1016/j.ijchp.2018.05.001.



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