

# AT A CRITICAL JUNCTURE: Adjustment Disorder

...nipping it in the bud from the outset  
for a path towards Positive Decision Making

Pre-Thesis :  
Presentation III

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# What if ?

your usual chatty internal dialog of reason

some time after a **major life changing event**(s) became incessant, negative and intrusive whenever you thought about the event(s) or its implications?

And those **thoughts became so overwhelming** they began to intruded on your normal daily functions?

There are some **simple actions/habits** practiced daily which could **help curtail or alleviate** that painful and debilitating ordeal;  
however, it had to be done within a certain **period of time**.

# Adjustment Disorder

**is a transient stress-response syndrome that manifests:**

- Within one to three months after a person experiences a major life event(s).
- Which they are unable to emotionally cope or accept the occurrence event(s).
- And usually dissipates six months after the disappearance of the identifiable stressor(s).[1]



# My Path Here

My first step was to examine the projects that I have created during my time at IDM. And I noticed some overlapping concepts.

What was my personal connection drawing me to develop these types of projects?

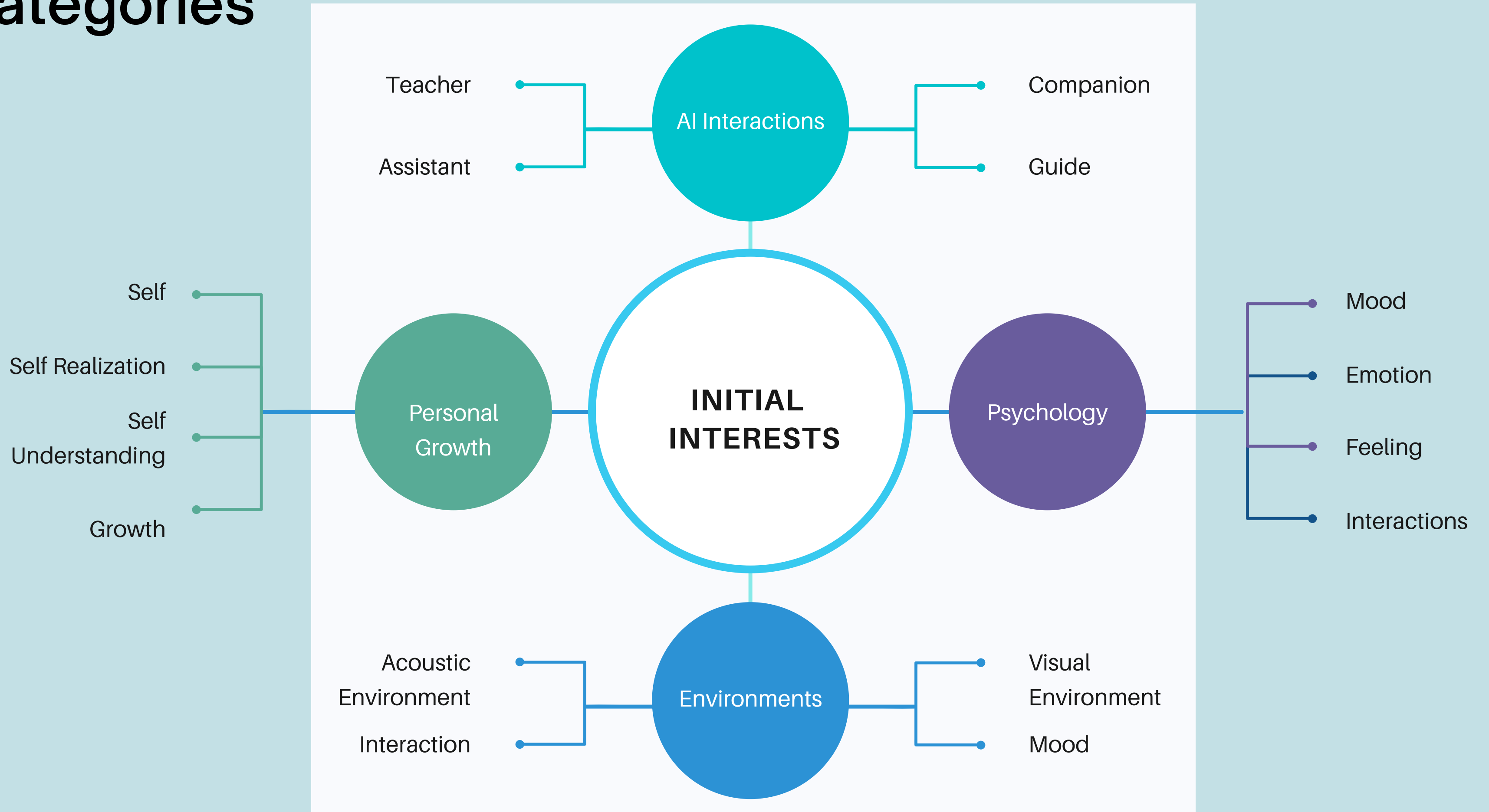
- Interactions that allowed the user to assume control of game features
- Interactions focused on changing a persons negative mood to a positive one...perspective
- Interactions that would involve persistent AI companion

- Two incidences in particular where my dear friends ended up making decisions that lethally harmed themselves and/or others
- My own unremitting thoughts accosting me about what I should have done and did not do
- Growing up in a home with two psychiatrists

# Initial Goal



# Categories



# Keywords

initial

WHAT was the main cause?

Affect and Mood  
Depressive Mood  
Depression  
Loneliness  
Mood History  
Emotion AI  
Suicide  
Virtual Agents  
Virtual Enviroments

MOOD Disorders, EMOTION and DEPRESSIVE MOOD

GAP 1

- category under Adjustment Disorder
- one of the most common mental health diagnosis
- prevalence ranges from 3-10% in healthcare settings
- received little attention from researchers[2]
- 2018 - ICD-11 introduced new profile

# 6B43 Adjustment Disorder - ICD-11

a maladaptive reaction to an **identifiable** psychosocial stressor or multiple **stressors** (e.g. divorce, illness or disability, socio-economic problems, conflicts at home or work) that usually emerges within a month of the stressor.

- characterized by preoccupation with the stressor or its consequences, including excessive worry, **recurrent and distressing thoughts** about the stressor, **or constant rumination about its implications**,
- as well as by **failure to adapt to the stressor** that causes significant impairment in personal, family, social, educational, occupational or other important areas of functioning.

The **symptoms are not better explained by another mental disorder** (e.g., Mood Disorder, another Disorder Specifically Associated with Stress) and typically resolve within 6 months, unless the stressor persists for a longer duration.[3]





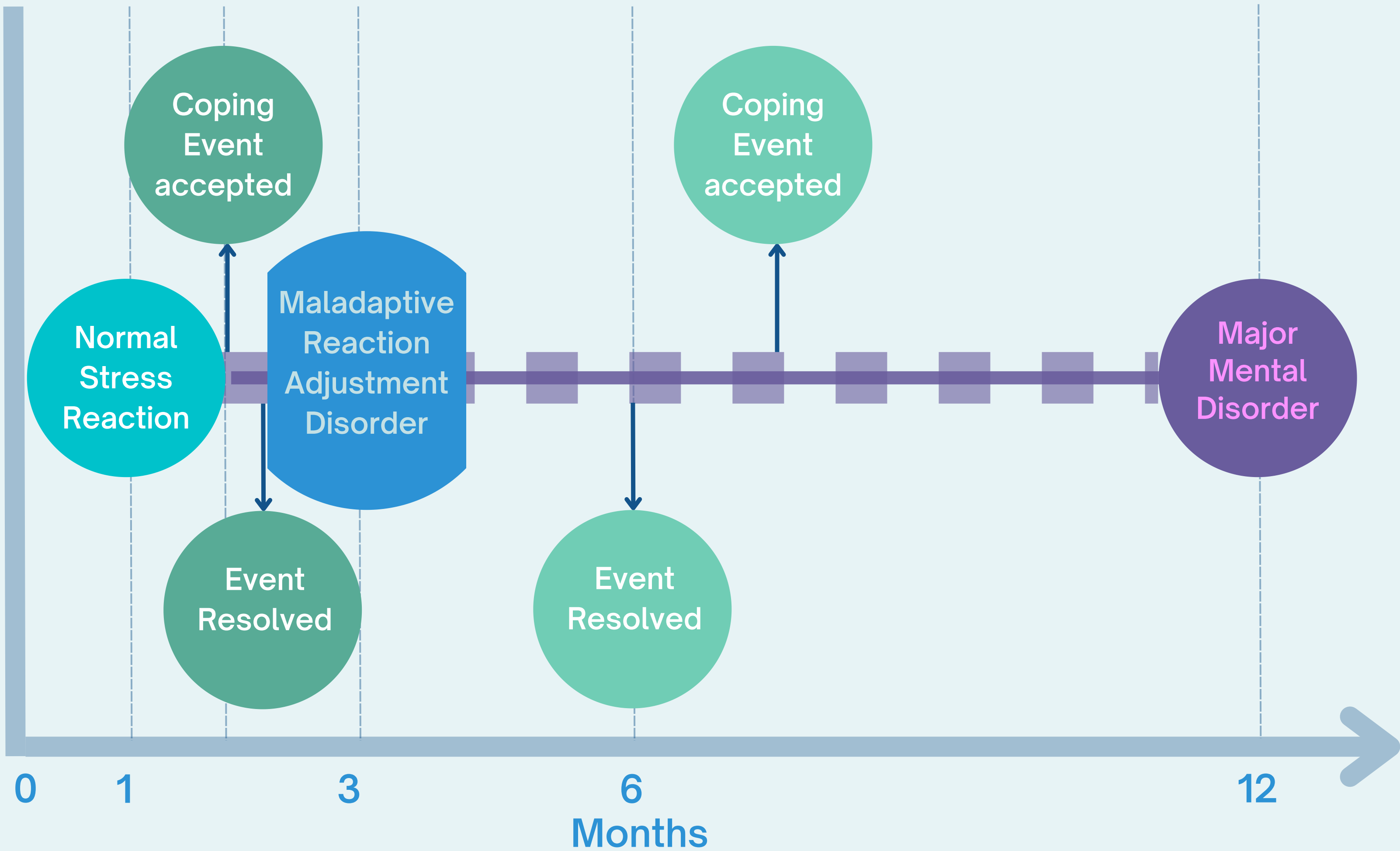
# Problem

stressor(s) do not go away

mention of the **stressor triggers** a **maladaptive emotional reaction**

the resulting symptoms turn cause the significant **impairment** in an individuals **daily functioning**

and **prolonged** Adjustment Disorder can become a **more debilitating** mental illness .



# Treatments, Interventions and the Future

Treatable with brief low level interventions [4]

Pharmacotherapy not recommended

Cognitive Behavioral Therapy (CBT),  
Talk Therapy,  
Role Play, Eye Movement  
Desensitization (EMDR)

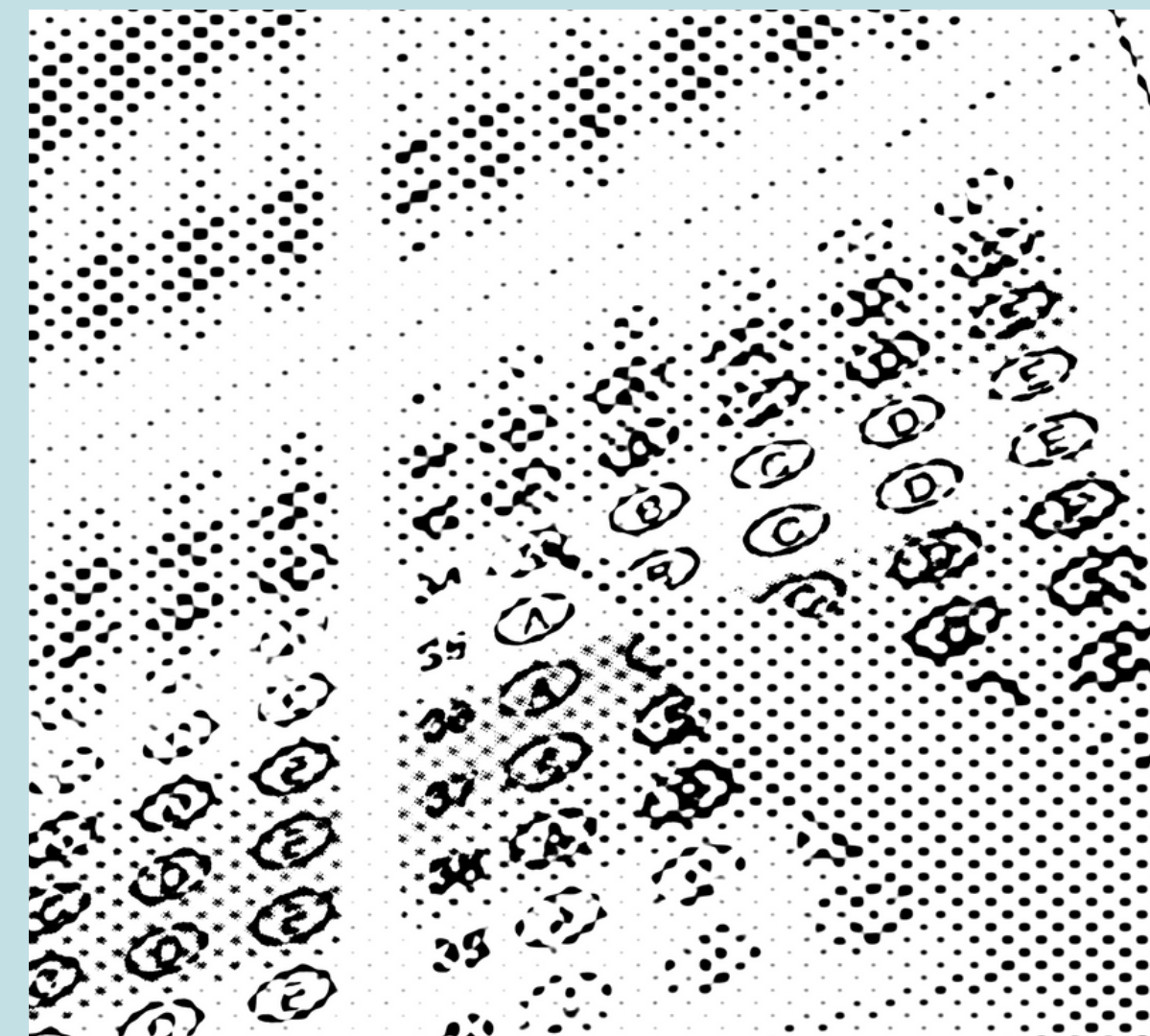
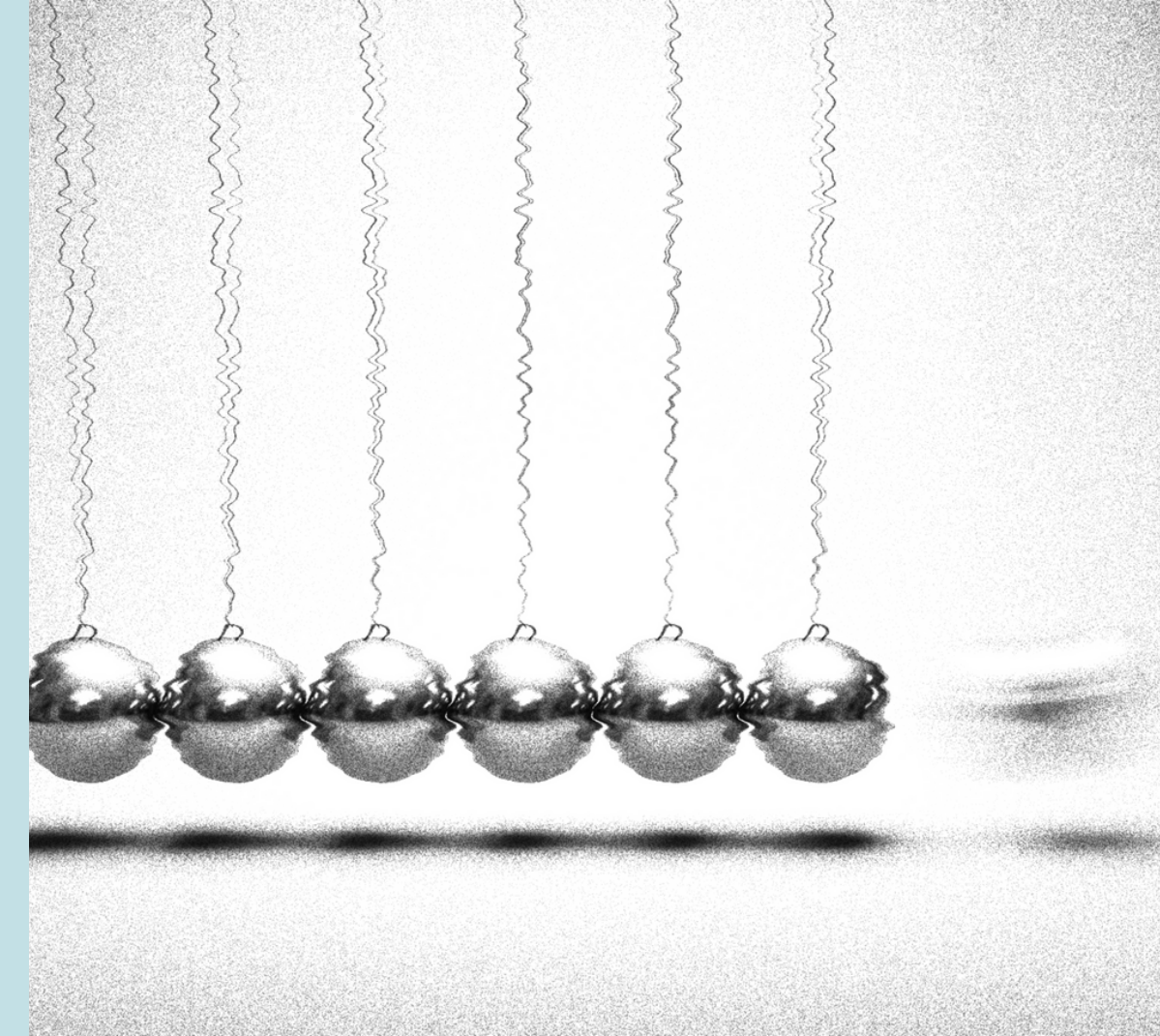
Self Help  
coping, stress relief and  
resilience techniques

- Self - Screening
- ADNM 20, 8, 4
  - DIA-X-5
  - IAQD

Well suited for eHealth  
BADI [5]

# Moving forward:

- The responsibility of screening individuals with adjustment disorder would be placed on a collaborating mental health organization.
- Apply for approval from the NYU Institutional Review Board (IRB) and complete Collaborative Institutional Training Initiative (CITI) online.





# GAP - search

Summer - Exploratory

- Continue with Secondary research to:
  - identify the stakeholders
  - develop primary research strategy
  - interviews with experts
  - research existing

- possible stakeholders patients of the NYU "umbrella" Mental Health Services encompassing Grossman College of Medicine and NYU Department of Psychology
- therapist and counselors

# Objectives

## 1 The First Objective

Collaborate with a body that officially diagnosis individuals with AD

**Multiple organizations under NYU Health Services umbrella**

## 2 The Second Objective

Collaborate with an agency to do field and qualitative research

**Motivation Lab at NYU  
Department of Psychology**

## 3 The Third Objective

Collaborate with a lab to develop and design adjunct app

**Immersive Computing Lab at NYU Tandon School of Engineering**

# Concerns, Limitations & Constraints

## **Primary Research and continued Secondary Research**

- Data from older studies and reviews of multiple studies (1980-2019) maybe unreliable to due misclassification of AD.
- New research is just coming out... keeping on top of it
- Making contact with possible experts - right approach

## **OBJECTIVE 1 - Health Service Collaborator**

- Would I be able to enlist these organizations to provide study participants.. Is this the right way to GO?
- What would be plausible alternatives
- I should create survey questionnaires as a fall back method to finding participants

## **OBJECTIVE 2 and 3 - Lab or Field Study and App Development**

- Developing generative research that will be sensitive to participants privacy and needs, Collecting sensitive data.
- Do this with conjointly Objective 3?
- Until I complete my summer research I will not be able to address the limitations I would find here

- **What do you recommend I read to help me with developing a methodology for my qualitative research?**
- **In your experience how is it best to approach an large institution like NYU Langone for assistance?**



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**Thank You**