

## Adjustment Disorder, Life Transitions, and Occupational Disruption: Implications for Preventive Occupational Therapy Practice

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## ABSTRACT

**Background:** Adjustment disorder is a prevalent yet frequently underrecognized mental health condition defined as a maladaptive response to an identifiable stressor accompanied by clinically significant distress and functional impairment in social, occupational, or other important domains. Historically regarded as a residual or transient diagnosis, adjustment disorder has often been marginalized in both research and clinical practice. However, emerging evidence suggests that adjustment disorder is associated with sustained functional impairment, disrupted occupational participation, and prolonged difficulties in role performance, particularly during periods of major life transition.

**Methodology:** This paper used a mixed methods approach presenting a narrative evidence synthesis of contemporary interdisciplinary literature through an occupational and wellness lens, supplemented by survey data from adults experiencing recent life transitions to explore perceived impacts on routines, roles, occupational engagement, and awareness of occupational therapy as a potential support.

**Findings:** Findings indicate that adjustment disorder reflects a dynamic and reciprocal process in which occupational disruption and psychological symptoms mutually reinforce one another over time, rather than representing short-lived distress alone. Survey results similarly highlight the extent to which life transitions are experienced as occupationally disruptive, with respondents reporting sustained challenges in maintaining routines, balancing roles, and supporting wellbeing. Despite these challenges, awareness and utilization of occupational therapy were limited, although respondents identified occupation focused support as potentially valuable.

**Conclusion:** By conceptualizing occupational performance and psychological symptoms as mutually reinforcing, this paper positions occupation-centered intervention not only as functional support but as a therapeutic mechanism capable of directly mitigating adjustment-related distress.

**Keywords:** adjustment disorder, life transitions, occupational disruption, occupational adaptation, occupational therapy, preventive mental health

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## INTRODUCTION

Adjustment disorder is one of the most frequently diagnosed mental health conditions across clinical and community settings, yet it remains conceptually underdeveloped and often minimized within the broader mental health literature (Bachem & Casey, 2018; O'Donnell et al., 2019). Historically positioned as a diagnosis of exclusion, adjustment disorder has been viewed as vague, normative, or self-limiting, contributing to its marginalization in research agendas, limited development of targeted interventions, and inconsistent recognition of its functional impact.

Although DSM-5-TR (APA, 2022) criteria explicitly require clinically significant impairment in social or occupational functioning, treatment approaches often prioritize symptom reduction over direct intervention at the level of occupational performance. ICD-11 (WHO, 2019) similarly defines adjustment disorder as a stress-response condition characterized by persistent preoccupation with a stressor and failure to adapt, accompanied by functional impairment. While functional disruption is embedded within both diagnostic frameworks, clinical discourse and intervention models frequently emphasize emotional symptom relief rather than the reorganization of routines, roles, and participation that underlie sustained adaptation.

Emerging scholarship challenges the assumption that adjustment disorder is transient or benign, demonstrating that it is associated with sustained occupational disruption, prolonged distress, and significant interference with daily functioning (Bachem & Casey, 2018; O'Donnell et al., 2019). Population-based and longitudinal studies indicate that individuals diagnosed with adjustment disorder frequently experience persistent difficulties in work participation, social

engagement, and routine maintenance, often extending beyond resolution of the precipitating stressor (Morgan et al., 2022; Redican et al., 2025). Rather than a brief emotional reaction, adjustment disorder reflects disrupted adaptation processes and a prolonged mismatch between environmental demands and an individual's capacity to reorganize routines, roles, and daily occupations (Bachem & Casey, 2018; Lotzin et al., 2024).

Life transitions such as changes in employment, caregiving responsibilities, health status, or family structure destabilize established occupational patterns and increase vulnerability to maladaptive adjustment (Redican et al., 2025). From an occupational perspective, these disruptions are central to the trajectory of distress rather than secondary consequences. Yet this occupational dimension of adjustment disorder has remained underdeveloped within traditional mental health frameworks, despite clear alignment with occupational therapy's longstanding focus on participation, adaptation, and engagement in meaningful activities (Schkade & Schultz, 1992). Occupational therapy, with its emphasis on participation and adaptive engagement, is uniquely positioned to address the functional consequences of disrupted adaptation, yet its role in supporting individuals during life transitions remains under-articulated and underutilized.

This paper contributes a novel occupational therapy perspective on adjustment disorder by synthesizing contemporary interdisciplinary research and integrating original survey data from adults experiencing recent life transitions to highlight functional and occupational impacts during life transitions. By examining both empirical evidence and lived experience, this paper advances a dynamic

understanding of adjustment-related distress and identifies opportunities for preventive and early occupational therapy intervention to support wellbeing, participation, and adaptive capacity during periods of change.

## METHODS

This paper used a mixed methods approach presenting a structured narrative evidence synthesis of contemporary interdisciplinary literature through an occupational and wellness lens, supplemented by survey data from adults experiencing recent life transitions to explore perceived impacts on routines, roles, occupational engagement, and awareness of occupational therapy as a potential support.

### Narrative synthesis

A structured narrative synthesis approach was used to examine literature related to adjustment disorder, stress and adaptation trajectories, and occupation centered functional outcomes. Consistent with narrative review methods commonly used in occupational and wellness focused scholarship, this approach allowed for the integration of diverse study designs and disciplinary perspectives. Included studies were analyzed thematically and grouped according to their primary contributions, such as diagnostic clarity and legitimacy, stress and adaptation trajectories, functional and occupational impact, and occupation centered intervention outcomes. Rather than summarizing individual studies in isolation, findings were synthesized to identify consistent patterns and implications relevant to occupational participation, role performance, and adaptation during life transitions.

Targeted searches were conducted in PubMed, PsycINFO, and Google Scholar using combinations of adjustment disorder, stress,

adaptation, life transitions, function, occupational performance, and occupational therapy. Peer-reviewed articles from the past 15 years were prioritized, with earlier foundational literature included as needed.

Inclusion and exclusion criteria

Articles were included if they:

- Focused on adjustment disorder or adjustment-related responses to identifiable stressors
- Examined functional, occupational, or participation-related outcomes
- Addressed stress-response trajectories or adaptation processes
- Included occupation-centered or interdisciplinary interventions

Articles focused solely on symptom reduction or unrelated psychiatric conditions were excluded as were those that were non-peer reviewed. Search terms and inclusion criteria were applied consistently across databases, and thematic categories were iteratively refined through comparison across studies. A total of 37 articles informed the synthesis. Studies are cited selectively throughout the synthesis where findings are directly referenced; not all included articles are individually cited in the text, consistent with narrative review conventions.

### Contextual survey to inform interpretation

To complement the literature synthesis, a descriptive survey explored adults' experiences of major life transitions and their awareness of occupational therapy as a supportive resource. This methodological decision aligns with mixed methods traditions in which supplementary data contextualize synthesized findings within contemporary lived experience (Johnson & Onwuegbuzie, 2004; Mortenson & Oliffe, 2009). The survey was not intended as primary empirical evidence,

and consistent with calls for transparency in OT mixed methodology (Winston & Durette, 2022), its role and limitations are explicitly noted here. The anonymous, researcher-developed Qualtrics survey included demographic questions, multiple-choice and Likert-scale items, and open-ended prompts. It explored the nature of the transition, impacts on routines and roles, coping strategies, and perceptions of occupational therapy. Responses were analyzed using descriptive statistics and basic thematic coding by the research team. The survey was distributed via social media platforms and professional networks. The survey and recruitment flyer were IRB-approved. Eligible participants were adults aged 18 years and older who reported experiencing a significant life change or transition within the past year. A total of 103 respondents completed the survey. Descriptive statistics were used to summarize quantitative responses, and open-ended responses were reviewed using basic thematic coding to identify common experiences and perceptions.

This study received approval from the Widener University Institutional Review Board and was deemed exempt (IRB Protocol #515). All participants were provided with an informed consent statement prior to beginning the survey. Consent was indicated electronically before any data was collected. Participation was voluntary and anonymous.

### Use of generative AI

OpenAI's ChatGPT (version GPT-5.2, accessed via ChatGPT, January 2026) was used to support the writing process for this manuscript. The tool assisted with refining sentence structure for clarity and tone and checking for consistency in terminology. The authors maintain full responsibility for the accuracy, interpretation, and originality of the

content. All AI-generated content was critically reviewed, edited, and integrated by the author to ensure alignment with the scholarly aims of the article.

## FINDINGS

### Findings from the literature synthesis

Synthesis of the included literature revealed three interrelated themes characterizing adjustment disorder as an occupationally mediated condition: disrupted adaptation processes, variable trajectories of adjustment during life transitions, and persistent functional and occupational disruption.

### Disrupted adaptation processes

Across disciplines, adjustment disorder is consistently defined as emotional or behavioral symptoms arising in response to identifiable stressors and accompanied by marked distress and functional impairment (O'Donnell et al., 2019). Unlike psychiatric diagnoses defined primarily by symptom clusters independent of context, adjustment disorder is inherently relational, emerging from the interaction between environmental demands, occupational disruption, and individual adaptive capacity (Lotzin et al., 2024). This relational framing positions adjustment disorder as a condition rooted in disrupted adaptation rather than isolated symptom expression.

Contemporary conceptualizations emphasize that adjustment disorder reflects a failure of adaptive processes over time rather than an acute reaction to stress (Bachem & Casey, 2018; Redican et al., 2025). While many individuals experience distress following significant life events, most gradually restore balance as they adapt to new demands. In contrast, individuals with adjustment disorder struggle to reorganize daily life in ways that support sustained functioning and wellbeing. Adaptation, therefore, emerges as a dynamic process unfolding

across time and context rather than a discrete outcome.

Models of stress and adaptation further support this perspective, conceptualizing psychological distress as the result of prolonged imbalance between environmental demands and available coping resources (Lotzin et al., 2024). From this viewpoint, adjustment disorder emerges when individuals are unable to recalibrate routines, roles, and expectations in response to changing circumstances. Such recalibration is inherently occupational, involving decisions about how time is used, which roles are prioritized, and how meaning is derived from daily activities.

Research examining adaptation across the lifespan suggests that vulnerability to adjustment difficulties is shaped by cumulative stress exposure, role strain, and contextual demands (Redican et al., 2025). Life transitions such as changes in employment, health status, caregiving responsibilities, or social roles may increase the risk of maladaptive adjustment by disrupting established occupational patterns. These disruptions can undermine a sense of coherence and control, further complicating efforts to adapt. From this perspective, adjustment disorder can be understood as a condition with fundamentally occupational dimensions, rooted in challenges related to role continuity, routine reconstruction, and participation.

### **Variable trajectories of adjustment during life transitions**

Evidence indicates that adjustment disorder does not follow a uniform or short-lived course but instead reflects distinct trajectories of adaptation over time (Lotzin et al., 2024). While some individuals gradually regain equilibrium following stressful events, others experience prolonged difficulties that

interfere with functioning and wellbeing. Identifying these trajectories is critical for understanding adjustment disorder as a process rather than a time-limited response.

Studies examining stress exposure and adaptive responses consistently demonstrate sustained functional impairment among individuals with adjustment disorder, particularly when stressors are prolonged, cumulative, or characterized by uncertainty (Morgan et al., 2022; Redican et al., 2025). In these contexts, adaptive resources may be depleted, making it increasingly difficult to reorganize daily routines and maintain role performance. These findings challenge assumptions that adjustment-related distress resolve automatically once stressors abate.

Research conducted during periods of large-scale stress further illustrates how environmental disruption shapes adjustment trajectories. Population-based studies indicate that adjustment-related symptoms frequently exceed those associated with trauma exposure, highlighting adjustment disorder as a primary response to contextual stress rather than a residual diagnosis (Mahat-Shamir et al., 2021). These findings underscore the importance of considering social, occupational, and environmental contexts when examining adaptation. Longitudinal analyses suggest that recovery from adjustment disorder is closely tied to the restoration of occupational balance and participation rather than symptom resolution alone (Tanaka et al., 2023). When routines remain disrupted and role expectations unclear, distress may persist even in the absence of acute stress. This pattern reinforces conceptualizations of adjustment disorder as a dynamic process involving ongoing negotiation between individuals and their environments.

### Persistent functional and occupational disruption

Across the literature, adjustment disorder is consistently associated with meaningful impairments in functioning (Morgan et al., 2022; O'Donnell et al., 2019). Individuals diagnosed with adjustment disorder frequently report difficulties maintaining work performance, managing daily responsibilities, and sustaining social engagement (Morgan et al., 2022; Redican et al., 2025). These impairments have been observed across age groups and contexts, reinforcing the relevance of adjustment disorder as a condition with broad occupational implications.

Work participation appears particularly vulnerable during periods of maladaptive adjustment. Difficulties with concentration, energy regulation, and emotional regulation may interfere with productivity, attendance, and role fulfillment. At the same time, disruptions in routines related to self-care, household management, and leisure participation may erode overall wellbeing and resilience. These disruptions often interact, creating feedback loops in which functional impairment exacerbates distress and further undermines adaptation. This bidirectional pattern suggests that occupational disruption is not merely a consequence of adjustment disorder but may function as an active driver of symptom persistence.

Importantly, functional difficulties associated with adjustment disorder frequently persist beyond the resolution of the precipitating stressor (Redican et al., 2025). Challenges related to role performance and participation may remain even when emotional symptoms fluctuate or diminish (Morgan et al., 2022). These findings challenge the notion that adjustment disorder is inherently self-limiting and highlight the need for interventions that

support functional recovery and occupational reorganization.

From an occupational perspective, these patterns reflect disruptions in the organization of daily life, including the loss or alteration of valued roles and routines. Adjustment-related distress cannot be fully understood without considering how individuals engage in meaningful activities and maintain participation across contexts. Literature therefore supports interventions that attend to the structure and meaning of daily occupations rather than focusing exclusively on symptom reduction.

### Findings from the survey

To contextualize these synthesized findings within contemporary lived experience, survey data were examined to explore adults' perceptions of occupational disruption and support needs during periods of life transition. Respondents represented a broad range of adult life stages and reported experiencing diverse transitions, including health-related changes, family role shifts, caregiving responsibilities, career or educational transitions, relocation, and identity-related changes. Across transition types, participants consistently reported disruption to established routines and roles, with many describing difficulties maintaining family routines, managing daily responsibilities, and sustaining emotional wellbeing.

The majority of respondents (96.7%) reported that their life transition had a moderate to extremely impactful effect on daily life, with 35.5% describing the impact as extremely impactful, 30.6% as significant, and 30.6% as moderate. Only a small proportion of respondents (3.2%) reported minimal impact, suggesting that life transitions are

widely experienced as substantially disruptive to daily functioning.

A large majority of respondents (approximately 80%) reported difficulty maintaining established routines during periods of life transition, reinforcing the central role of occupational disruption in adjustment-related experiences. Commonly reported challenges included difficulty balancing competing role demands and managing stress, with many participants describing a sense of overwhelm related to changes in daily structure. Participants also indicated that the effects of life transitions were often prolonged. Approximately 70% reported that the impact of their transition lasted longer than anticipated, reflecting extended adjustment processes rather than short-term disruption.

Despite widespread recognition of these challenges, awareness and utilization of occupational therapy services were limited. Only a small proportion of respondents (approximately 15–20%) reported having accessed occupational therapy services. However, a majority indicated that occupational therapy could be beneficial, particularly in areas such as rebuilding routines, supporting role transitions, managing stress, and establishing or re-establishing healthy habits. Identified barriers included limited awareness of occupational therapy's scope, uncertainty about access, and perceived stigma.

Open-ended responses further highlighted a desire for practical, occupation-focused support during transitions. Participants described feeling overwhelmed by changes to daily structure and expressed interest in support that addressed routines, roles, and everyday functioning rather than symptom management alone. One respondent noted, *“Right now, I would take all the help I can get,*

*and the areas you're asking about are the ones where good support is so hard to find,”* underscoring the perceived gap between need and available services.

### Convergence of literature and survey findings

Across both the synthesized literature and survey data, a consistent pattern emerges: adjustment-related distress is experienced primarily as disruption to everyday occupational organization rather than as isolated emotional symptoms. Findings from the literature emphasize that adjustment disorder reflects prolonged challenges in adaptation, characterized by difficulty reorganizing routines, roles, and participation following significant life transitions. Survey responses from adults navigating recent transitions closely mirror these patterns, reinforcing the occupational nature of adjustment-related distress. Participants consistently described difficulty maintaining daily routines, balancing competing role demands, and sustaining participation in work, family, and self-care activities, experiences that align with documented functional impairments associated with adjustment disorder in population-based and longitudinal studies. The persistence of these challenges beyond the initial stressor, frequently noted in the literature, was similarly reflected in respondents' reports that the impact of transitions lasted longer or felt more intense than anticipated.

Both data sources highlight the significant role of occupational disruption in shaping adjustment trajectories. Literature examining stress-response patterns underscores that recovery is intricately linked to the restoration of occupational balance and role clarity rather than symptom resolution alone. Survey respondents echoed this emphasis, expressing a desire for practical, occupation-focused

support aimed at rebuilding routines, managing role transitions, and re-establishing daily structure. These converging findings suggest that individuals experiencing adjustment-related distress may prioritize functional reorganization over symptom-focused intervention.

Notably, the convergence between literature and survey findings also reveals a gap between need and service utilization. While occupation-centered interventions are associated with improved participation and functional outcomes in existing studies, survey respondents reported limited awareness and use of occupational therapy during life transitions. This disconnect underscores the under-recognized role of occupational therapy in addressing adjustment-related occupational disruption and highlights opportunities for preventive and early intervention approaches that align with individuals' lived experiences.

Together, the convergence of synthesized evidence and survey data strengthens the conceptualization of adjustment disorder as an occupational phenomenon rooted in disrupted adaptation processes. By integrating empirical findings with lived experience, this synthesis underscores the relevance of occupation-centered frameworks for understanding adjustment-related distress and supports the positioning of occupational therapy as a key contributor to preventive mental health practice during periods of life transition.

## DISCUSSION

### Occupational therapy and functional outcomes

This synthesis advances a dynamic occupational model of adjustment disorder, conceptualizing symptoms and occupational disruption as mutually reinforcing processes

unfolding over time. Within this framework, restoring participation and reorganizing daily occupations are not peripheral to psychological recovery but central mechanisms through which adaptation is re-established. Evidence examining occupation-centered and interdisciplinary interventions provides important insight into how functional recovery may be supported among individuals experiencing adjustment-related difficulties. Studies incorporating occupational therapy within structured intervention programs demonstrate improvements in occupational performance, work readiness, and participation across daily life domains (Tanaka et al., 2023; Wong et al., 2024). These findings are particularly relevant given growing recognition that adjustment-related distress often manifests as disruption to routines, roles, and daily functioning rather than symptom severity alone.

Survey findings from the present study reinforce this functional framing. Respondents consistently reported difficulty maintaining daily routines, balancing competing role demands, and sustaining participation in work, family, and self-care activities during periods of transition. Many participants described feeling overwhelmed by changes to daily structure and expressed challenges in re-establishing routines even after the initial stressor had passed. These experiences closely mirror the occupational disruptions described in intervention studies, underscoring the relevance of occupation-centered approaches for individuals experiencing adjustment-related difficulties.

Notably, improvements in occupational performance are not always accompanied by complete symptom remission. Wong et al. (2024) found that individuals receiving occupation-centered interventions demonstrated

meaningful gains in occupational performance and satisfaction even when changes in psychological symptoms were modest. This divergence highlights the importance of evaluating outcomes beyond symptom severity and underscores occupational therapy's focus on participation and engagement as central indicators of recovery. Survey respondents similarly emphasized a desire for practical support targeting daily functioning and routines, suggesting that improvements in participation may be perceived as meaningful even when emotional distress persists. Interdisciplinary return-to-work interventions that include occupational therapy further illustrate the value of addressing occupational demands, routines, and environmental supports (Tanaka et al., 2023). By targeting both individual capacities and contextual factors, these interventions support sustained participation and role re-engagement. Survey participants who reported work- or role-related transitions frequently identified difficulty managing expectations, routines, and energy demands, reinforcing the need for interventions that attend to occupational organization rather than symptom reduction alone.

Occupational therapy's emphasis on occupation as both a means and an end positions the profession uniquely within the landscape of mental health interventions. Rather than viewing functional improvement as secondary to symptom change, occupational therapy prioritizes engagement in meaningful activities as a pathway to adaptation. This orientation is particularly relevant for adjustment disorder, where the primary challenge lies in reorganizing daily life in response to stress and change.

### **Occupational adaptation and adjustment to life transitions**

From an occupational therapy perspective, difficulties associated with adjustment disorder may be understood through the lens of occupational adaptation (Schkade & Schultz, 1992). Periods of life transition often disrupt established roles, routines, and habits, creating increased occupational demands that require individuals to generate new or modified adaptive responses over time. When adaptive capacity is exceeded or insufficiently supported, occupational disruption may persist, contributing to distress and functional impairment rather than resolution over time. Occupational adaptation conceptualizes adaptation as a dynamic, internal process shaped through ongoing interaction between the individual, the occupational environment, and role expectations (Schultz & Schkade, 1992). This perspective underscores the importance of facilitating opportunities for individuals to develop and refine adaptive responses through engagement in meaningful occupations, reconstruction of routines, and negotiation of evolving roles. Framing adjustment disorder within an occupational adaptation lens reinforces the role of occupational therapy in supporting adaptive processes and promoting relative mastery before occupational disruption becomes entrenched.

### **Implications for occupational therapy practice**

Building on the synthesized themes of disrupted adaptation, variable adjustment trajectories, and persistent occupational disruption, the findings position occupational therapy as a key contributor to preventive and early intervention approaches for adjustment disorder (Redican et al., 2025; Wong et al., 2024). Given the significant role of occupational disruption in adjustment-related distress, occupational therapists are well positioned to support individuals during periods of life transition by addressing routines,

roles, and participation before impairments become entrenched.

Survey respondents consistently reported disruption to daily routines and difficulty balancing multiple roles during periods of change. Many expressed uncertainties about how to re-establish structure and manage competing demands, even when they recognized the need for support. These findings suggest that occupational therapy interventions focused on routine reconstruction, role negotiation, and habit development may be particularly well suited to addressing adjustment-related challenges in everyday life.

Preventive practice may involve supporting individuals in anticipating and navigating transitions, facilitating adaptive planning, and promoting engagement in meaningful activities that restore balance between demands and capacities. Early intervention approaches may focus on identifying emerging patterns of occupational disruption, such as withdrawal from valued activities or difficulty maintaining routines, and intervening before functional impairment escalates.

Importantly, survey findings also revealed limited awareness and utilization of occupational therapy services during life transitions, despite respondents identifying areas in which occupational therapy could be helpful. This gap highlights the need for occupational therapists to expand practice beyond traditional mental health settings and increase visibility within community-based, workplace, and wellness-focused contexts. Such expansion aligns with broader efforts to promote mental health and wellbeing across populations and underscores occupational therapy's relevance within preventive frameworks addressing adjustment-related distress.

### Implications for future research

Future research should continue to examine adjustment disorder through an occupational lens, with particular attention to participation-based outcomes and longitudinal trajectories of functional recovery (Morgan et al., 2022; Redican et al., 2025). Findings from the present survey suggest that individuals experience prolonged disruption to routines and roles during life transitions, underscoring the importance of examining functional outcomes over time rather than relying solely on symptom-based measures. Studies that incorporate occupation-centered measures alongside symptom assessments will further clarify how adaptation unfolds during and after periods of stress (Wong et al., 2024). Research examining the timing and impact of early occupational therapy intervention during life transitions may also help identify opportunities for prevention and early support. Additionally, future research should explore barriers to accessing occupational therapy during periods of adjustment-related distress. Survey respondents identified limited awareness of occupational therapy's role as a significant barrier, suggesting a need for studies examining service accessibility, referral pathways, and public understanding of occupation-centered mental health support. Addressing these gaps may contribute to the development of more accessible and responsive services for individuals navigating life transitions.

### Limitations

This synthesis is limited by reliance on peer-reviewed literature published in English and by the narrative synthesis approach, which does not quantify effect sizes or formally appraise study quality. Additionally, the contextual survey sample was self-selected and not intended to be representative. Survey findings are therefore presented to

contextualize synthesized evidence rather than as generalizable empirical results.

### Acknowledgments

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### CONCLUSION

Adjustment disorder represents a clinically meaningful condition characterized by disrupted adaptation and functional impairment in response to identifiable stressors (Bachem & Casey, 2018; O'Donnell et al., 2019). Evidence increasingly supports understanding adjustment disorder as an occupational and wellness issue, with implications for participation, role performance, and daily functioning (Redican et al., 2025). Findings from the present survey further underscore the lived experience of occupational disruption during life transitions and highlight unmet needs for practical, occupation-focused support. By reframing adjustment disorder as an occupational phenomenon characterized by reciprocal interaction between functional disruption and psychological distress, this paper extends beyond traditional symptom-based models and underscores occupational therapy's therapeutic relevance within preventive mental health care.

Occupational therapy offers a valuable perspective and set of tools for addressing these challenges by supporting adaptation through engagement in meaningful occupations (Tanaka et al., 2023; Wong et al., 2024). Integrating occupation-centered approaches into preventive and early intervention frameworks may enhance support for individuals navigating life transitions and promote sustained wellbeing.

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