

# **On the Concept of Adjustment Disorder and Psychogenic Reaction Depression**

**From psychogenic reaction to PTSD and Adjustment disorder.**

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The original concept of “Psychogenic reaction” of Karl Jaspers (Allgemeine Psychopathologie 1913) and modified by Kurt Schneider’ concept “abnorme Erlebnisreaktion(abnormal experience reaction)” was divided two categories that the one is PTSD and the other is adjustment disorders because of DSM-3 must make the new concept named as Posttraumatic Stress Disorder. And in DSM-5, the both are gathered under the title of Trauma- and Stressor-Related Disorder.

In the original concept of “psychogenic reaction” of Jaspers and “abnormal experience reaction” of Kurt Schneider did not include the degree of the strength of stress. The symptoms appear together with stressor and personality. \*The concept of Adjustment disorder borrows the concept of Karl Jaspers’ psychogenic reaction, but there is a neglect of personality.

Among Adjustment with Disorder mood pattern are most numerous. Many cases can be diagnosed as Major depression. This adjustment disorder was called as neurotic depression, reactive depression, depression by the circumstance. Only melancholic type was called as endogenous depression. Before DSM-3, depression was indicated to endogenous depression.

Endogenous depression's prevalence rate was 1% and not so changeable in the area and period. In the following figure I wrote tow disorders overlap each other.

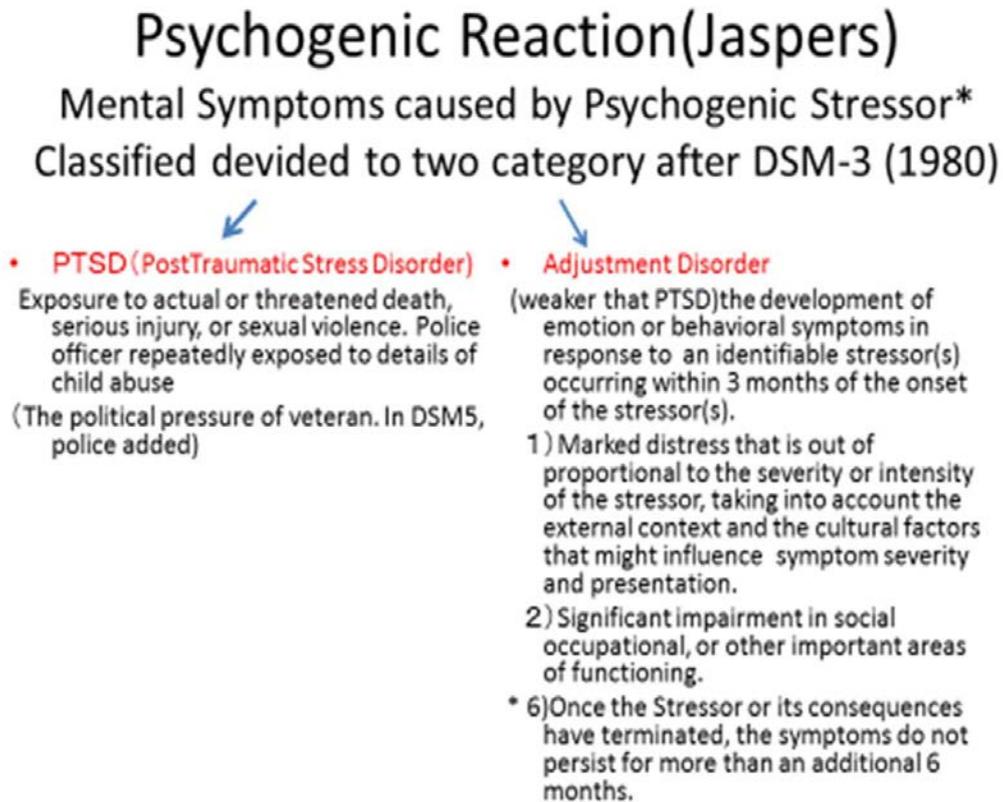
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Fig.1

**Trauma- and Stressor-Related Disorders**

- Reactive Attachment Disorder
- Posttraumatic Stress Disorder
- Acute Stress Disorder
- Adjustment Disorders
- Etc.

Fig.2



In the original concept of “psychogenic reaction” of Jaspers and “abnormal experience reaction” of Kurt Schneider did not include the degree of the strength of stress. The symptoms appear together with stressor and personality. The strength of stressor is not problem but the patient’ way of reaction is just problem. In the definition of DSM-5, the description that marked distress that is out of proportional to the severity or intensity of the stressor indicates the factor of the patient side’ problem. It is the same of the Karl Jaspers’ description (1913)[Fig.3].

Fig.3

## Psychogenic reaction of Karl Jaspers

- Summary by Kurt Schneider

- ① Der reactive Zustand wäre nicht aufgetreten ohne das verursachende Erlebnis(Without the causative experience, reactive state did not occur).
- ② Der Inhalt, das Thema des Zustands steht in verständlichem Zusammenhang mit seiner Ursache(The content, the subject of state can together understand with the cause)
- ③ Der Zustand ist in seinem zeitlichen Verlauf abhängig von seiner Ursache, insbesondere hört er auf, wenn die Ursache wegfällt-  
Beispiel: Eine Mutter sorgt sich über die Krankheit ihres Kindes(The state continue in the cause continue, and when the cause cease, the state also cease: e.g. a mother's concern is her child's fever)

But Kurt Schneider wrote very precise symptoms in the course of psychogenic reaction based on his rich clinical experience.

The definition of adjustment disorder in DSM-5 is almost based on the Karl Jaspers, but the counterargument of Kurt Schneider emphasized that the psychogenic experience and reactive cause is not so exactly in correlation with psychiatric symptoms. From the point of view, Kurt Schneider's indication is very important[Fig.4].

Fig.4

## Counterargument to Jaspers' concept(K.Schneider)

1. Das erste Kriterium trifft auf jeden Fall für jede Erlebensreaktion zu. Es gehört zu ihrem Wesen, daß sie von einem Erlebnis verursacht ist(The first criterion is certainly the case for each experience reaction.It belongs to their nature that it is caused by an experience.).
2. Das zweite gilt weniger streng. Wenn jemand etwa nach dem Schrecken einer Eisenbahnkatastrophe im Daemmerzustand umhert, dessen Gedankeninhalt nicht die Katastrophe ist und der vielleicht eine unangebrachte euphorische Farbe zeigt, wird man auch noch von einer Erlebnisreaktion reden (The second is less strict. If someone around after the horrors of a railway disaster in a condition of clouded consciousness about wrong, his thoughts content is not the disaster and perhaps an inappropriate euphoric color shows, can still speak of an experience response.).
3. Und auch dann kann man das tun,wenn jemand infolge eines Erlebnisses zum seelischen Versagen, zur Selbstbeobachtung, zur Hypochondrie kommt, ohne daß ihn das Erlebnis noch beschäftigt (and even then one can do anything as a result of experience to suffer from mind disorder, for self-observation, hypochondria, even if the experience still not active with him.)