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Poremećaj prilagodbe – godišnja prevalencija kod pacijenata Centra za mentalno zdravlje Hadžići, uz analizu stresora

/ Adjustment Disorder – Annual Prevalence Among Patients at the Hadžići Mental Health Center, with an Analysis of Stressors

Gazmend Ljutfiu[1], Lejla Gabela[2], Vesna Huremović[3], Almira Drnda[1], Amina Lilić[2], Aida Pilav[4]

[1]Klinički centar Univerziteta Sarajevo, Bolnička 25, 71000 Sarajevo, Bosna i Hercegovina; [2]Javna ustanova Dom zdravlja Kantona Sarajevo, Vrazova 11, 71000 Sarajevo, Bosna i Hercegovina; [3]Univerzitetski klinički centar Tuzla, Trnovac bb, 75000 Tuzla, Bosna i Hercegovina; [4]Zavod za javno zdravstvo Kantona Sarajevo, Mustafe Pintola 1/III, 71000 Sarajevo, Bosna i Hercegovina

/ [1]Clinical Center of the University of Sarajevo, Bolnička 25, 71000 Sarajevo, Bosnia and Herzegovina; [2]Public Institution Health Center of Sarajevo Canton, Vrazova 11, 71000 Sarajevo, Bosnia and Herzegovina; [3]University Clinical Center Tuzla, Trnovac bb, 75000 Tuzla, Bosnia and Herzegovina; [4]Public Institution Health Center of Sarajevo Canton, Mustafe Pintola 1/III, 71000 Sarajevo, Bosnia and Herzegovina

ADRESA ZA KORESPONDENCIJU / *CORRESPONDENCE ADDRESS*:
gazmendljutfiu@hotmail.com

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Poremećaj prilagodbe jedan je od najčešće dijagnosticiranih mentalnih poremećaja u kliničkoj praksi. Ovaj rad daje osnovne informacije o poremećaju, razmatra znanstvena i klinička pitanja i dileme te analizira zastupljenost ovog poremećaja kod pacijenata u Centru za mentalno zdravlje u jednoj lokalnoj zajednici, uz uvid u najčešće stresore koji su uzrokovali razvoj poremećaja. Cilj rada: Ispitati prevalenciju

Adjustment disorder is one of the most frequently diagnosed mental disorders in clinical practice. This paper provides basic information about the disorder, considers scientific and clinical questions and dilemmas, and analyzes the prevalence of this disorder among patients at a Community Mental Health Center in a local community, with an overview of the most common stressors that led to the development of the disorder. Aim: To

poremećaja prilagodbe na godišnjoj razini u Centru za mentalno zdravlje (CMZ) Hadžići, da se ispita koliko su rezultati u skladu s dosadašnjim dokazima studija o poremećaju prilagodbe. Materijali i metode: U uzorak su uzeti svi pacijenti su se u CMZ javili nakon više od dva mjeseca od stresnog događaja. Uzorak su činili svi prvi pregledi kod psihijatra i psihologa tijekom 2023. godine. Svi podatci upotrijebljeni u ovom istraživanju prikupljani su i obrađivani isključivo u skladu s etičkim standardima, te ni jedan osobni podatak nije zloupotrijebljen. Statistička obrada: Najprije je izračunata prevalencija poremećaja prilagodbe u odnosu na ukupne prve preglede, potom razlike u demografskim karakteristikama – dob i spol, te analiza stresora koji su utjecali na razvoj poremećaja prilagodbe. Rezultati: Od ukupnog broja prvih pregleda u centru za mentalno zdravlje, za 2023. godinu, koji iznosti 651, njih 115 dijagnosticirano je kao poremećaj prilagodbe ili 17,66 %. U 115 slučajeva poremećaja prilagodbe, evidentirano je 76 žena ili 66,09 % i 39 muškaraca ili 33,91 %. Prosječna starost žena bila je 39,49 godina, dok je prosječna starost muškaraca bila 40,93 godina. Najčešća je stresna situacija bila suočavanje s dijagnozom ozbiljne somatske bolesti (34 pacijenta). Drugi je najčešći uzročnik bila "situacija na poslu", s rezultatom od 33 pacijenta. Zaključak: Rezultati pokazuju da je poremećaj prilagodbe također zastupljen među pacijentima Centra za mentalno zdravlje Hadžići. Prevalencija poremećaja prilagodbe kod pacijenata CMZ Hadžići jednaka je prevalenciji u općoj populaciji. S obzirom na dobiveni rezultat, može se zaključiti da je zastupljenost ovog poremećaja veća kod žena, što je također u korelaciji s rezultatima u općoj populaciji.

examine the annual prevalence of adjustment disorder at the Center for Mental Health (CMHC) Hadžići and to assess the extent to which the results align with existing evidence from studies on adjustment disorder. Materials and methods: The sample included all patients who presented to the CMHC more than two months after a stressful event. The sample consisted of all first-time evaluations by a psychiatrist and psychologist during 2023. All data used in this study were collected and processed exclusively in accordance with ethical standards, and no personal data were misused. Statistical analysis: First, the prevalence of adjustment disorder was calculated in relation to the total number of first evaluations, followed by an analysis of differences in demographic characteristics—age and sex—and an analysis of the stressors that contributed to the development of adjustment disorder. Results: Of the total number of first evaluations at the Community Mental Health Center in 2023, which was 651, 115 were diagnosed as adjustment disorder, or 17.66%. Among the 115 cases of adjustment disorder, 76 were women (66.09%), and 39 were men (33.91%). The average age of women was 39.49 years, while the average age of men was 40.93 years. The most common stressful situation was facing the diagnosis of a serious somatic illness (34 patients). The second most common cause was a "work-related situation," affecting 33 patients. Conclusion: The results indicate that adjustment disorder is also present among patients of the Center for Mental Health Hadžići. The prevalence of adjustment disorder among CMHC Hadžići patients is equal to its prevalence in the general population. Given the obtained results, it can be concluded that this disorder is more prevalent in women, which is also consistent with findings in the general population.