

The claimed invention is:

1. A method of treating an adjustment disorder in an individual comprising the step of administering a therapeutically effective amount of an androsta-4,16-dien-3-ol steroid to the individual in need thereof.
2. A method of claim 1, wherein the adjustment disorder is adjustment disorder with anxiety (AjDA).
3. A method of claim 1 or claim 2, wherein the androsta-4,16-dien-3-ol steroid is an androsta-4,16-dien-3-ol.
4. A method of any one of claims 1-3, wherein the androsta-4,16-dien-3-ol steroid is [3 β]-androsta-4,16-dien-3-ol.
5. A method of any one of claims 1-3, wherein the androsta-4,16-dien-3-ol steroid is [3 α]-androsta-4,16-dien-3-ol.
6. A method of any one of claims 1-5, wherein the androsta-4,16-dien-3-ol steroid is administered by nasal administration or administration to the nasal chemosensory mucosa.
7. A method of any one of claim 6, wherein the nasal administration is vomeronasal administration or administration to the nasal chemosensory mucosa.
8. A method of any one of claims 1-7, wherein the androsta-4,16-dien-3-ol steroid is administered in a pharmaceutical composition comprising the androsta-4,16-dien-3-ol steroid and a pharmaceutically acceptable carrier.
9. A method of claim 8, wherein the pharmaceutical composition is an ointment, a powder, a liquid, or an aerosol.
10. A method of claim 8 or claim 9, wherein the pharmaceutical composition is an aqueous solution of the androsta-4,16-dien-3-ol steroid.
11. A method of claim 10, wherein the androsta-4,16-dien-3-ol steroid is [3 β]-androsta-4,16-dien-3-ol.

12. A method of claim 10, wherein the androsta-4,16-dien-3-ol steroid is [3 α]-androsta-4,16-dien-3-ol.
13. Use of a therapeutically effective amount of an androsta-4,16-dien-3-ol steroid to treat an adjustment disorder in an individual in need thereof.
14. The use of claim 13, wherein the adjustment disorder is adjustment disorder with anxiety (AjDA).
15. The use of claim 13 or claim 14, wherein the androsta-4,16-dien-3-ol steroid is an androsta-4,16-dien-3-ol.
16. The use of any one of claims 13-15, wherein the androsta-4,16-dien-3-ol steroid is [3 β]-androsta-4,16-dien-3-ol.
17. The use of any one of claims 13-15, wherein the androsta-4,16-dien-3-ol steroid is [3 α]-androsta-4,16-dien-3-ol.