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(54) Title: TREATMENT OF ADJUSTMENT DISORDERS

(57) Abstract: This invention relates to methods of treating adjustment disorders, particularly adjustment disorder with anxiety (AjDA), in an individual include administering a therapeutically effective amount of an androsta-4,16-dien-3-ol steroid to the individual. In some embodiments of the methods, a therapeutically effective amount of an androsta-4,16-dien-3-ol steroid is administered to a patient, and in some embodiments of the compositions, a therapeutically effective amount of an androsta-4,16-dien-3-ol is included in a pharmaceutical composition for the treatment of AjDA.



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