

Introduction

University students experience a lot of stress. There are many students who are trying to manage on their own but reach a point where they no longer know what to do and wonder if they have any mental disorder.

Under such a circumstance, the campus life and health support center offer consultations with physicians and counsellors and make referrals for mental health consultations.

However, some students may hesitate such consultations because they are nervous about the possible questions they would be asked, or because they do not know how to explain their problems.

Therefore, we have summarized some common mental and physical issues that students experience. If you find anything that fits what you or your friends are experiencing, please contact the campus life and health support center. You may not be experiencing any of these conditions today, but it would be good to know. Please take your time and read this pamphlet.



Welcome everyone

[Contact us at Center for Health Sciences and Counseling]

○Mon. – Fri. 9:00-17:00

○<http://www.chc.kyusyu-u.ac.jp/>

Center for Health Sciences and Counseling

(2nd floor, Big Sand) 092-802-5881

Center for Health Sciences and Counseling, Center Zone, Ito Campus

Ito Center Zone (1st floor, Center Zone 1) 092-802-5859

Center for Health Sciences and Counseling, Ito Campus West Zone

Ito West Zone (3rd floor, West Zone 3) 092-802-3297

Center for Health Sciences and Counseling, Hospital Campus

(1st floor, Building of Administrative
Offices of Research and Education) 092-642-6889

Center for Health Sciences and Counseling, Chikushi Campus

(old health science center) 092-583-7685

Center for Health Sciences and Counseling, Ohashi Campus

(2nd floor, Design Commons) 092-553-4581



Selfcare series for students

[Student life]

1. Student counseling Q & A
2. How to make small talk
3. How to take tests and make presentations
4. How to not procrastinate
5. How to get over failures
6. How to deal with parents during adolescent year
7. How to control anger
8. Transfer students
9. How to manage your schedule
10. Friendship at the university
11. Quit the university?
12. For students that plan to study abroad

[Mental and physical health]

1. Sleep disorder
2. Headache
3. Anemia
4. Intestinal issues
5. Adjustment disorder
6. Anxiety disorder and panic disorder
7. Cause of depression
8. Symptoms of depression
9. Autonomic nerves and autogenic training
10. Relaxation
11. Health issues associated with smoking
12. Infectious diseases

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Selfcare



For students

Mental and physical health 8

Symptoms of depression



This pamphlet summarizes the information necessary for you to manage the mental and physical problems you may encounter. Please refer to this pamphlet as needed.

Kyushu University

Center for Health Sciences and Counseling

Symptoms of depression

There are three common mental symptoms.

Depressed mood

Loss of interest and joy

Low energy such as loss of motivation and fatigue

Depressed mood

“Depressed mood” is when people feel blue and melancholic. They cannot stop feeling blue, cannot cheer up howsoever hard they try, and are overwhelmed by sadness. This subjective symptom is the fundamental symptom of depression, but there are some people with depression who are not aware of their depressed mood.

Loss of interest and joy

People cannot find joy in what they used to enjoy, or interest in what used to be interesting. It is a frustrating experience where people want to enjoy something but are unable to do so.

Low energy

People find it too much to start something new or lose energy in the middle of something. In this way, they become aware of the loss of will power. There is no motivation. Even if there is motivation, there is no energy. People might become tired quickly, or feel tired without doing much, which is called easy fatigability. People who believe that they can get everything done properly may blame themselves for being lazy.

These are normal mental states for anyone when they are disappointed with some outcomes. However, these moods will improve if the situation improves. Even without the situation improving, it tends to improve in one to two weeks. However, with depression, there is no improvement or recovery.

There are also following symptoms of depression.

Lack of focus and cognitive abilities

People become unable to study, read, or complete tasks that require focus. They might feel that their brain is not working, and start making mistakes. Decisions are difficult to make, and become procrastinated. If severe, thinking becomes difficult. People become forgetful, and some might fear that they are developing dementia.

Anxiety and frustrations

People feel useless and frustrated that they are not good enough and must do better. They feel like they have to do something about it, yet feel helpless. This leads to anxiety and restlessness. People might fear a horrible end, leading to extreme anxiety. Some symptoms include violent palpitations, difficulty to breath, fear of death, and panic.

Loss of confidence and self-contempt

There is no motivation, and tasks do not progress smoothly. This makes people feel incompetent and useless.

Self-blame and guilt

People cannot do what they are supposed to do and feel bad that they are a burden on others. They blame themselves for being a burden on their family and friends. It is not common in Japanese, but some people will think that they are sinful and need to be punished.

Hopelessness

Some people may think “If I can only do so little, there is no point. I keep being a burden on everyone else, and have no right to be alive. I am a living corpse. There is only misery in the future.” Such people could become overwhelmed with hopelessness in this manner.

Suicidal thoughts

Hopelessness and guilt lead to suicidal thoughts. People may feel that it would be easier to die, that they want to die and get away from pain. They might want to erase themselves as they feel useless.

Depression can lead to such unbearable mental states, and it is very difficult to get out of such mental states.

There are also following changes.

Sleep disorder

Many people are exhausted but wake up early, or doze on and off without getting a good sleep. Some complain that they dream all night without getting a good rest. In contrast, some people will sleep all the time. Insomnia will make the above symptoms much worse.

Lack of appetite and weight loss

People might lose appetite. Even if they try to eat, food tastes like sand and there is no joy, leading to weight loss. If symptoms are mild, some people may develop overeating.

Low sex drive

People might lose interest in romantic relationships or sex.

Physical symptoms

There may be various physical problems, including headache; stiff shoulders; stomach pain; palpitations; cardiovascular symptoms such as dizziness upon standing; and digestive symptoms such as heartburn, bloating, and constipation. If these physical symptoms are notable, it may be diagnosed as masked depression or autonomic ataxia.

If any of the above symptoms persist for two weeks or more without any improvement, it is quite likely depression. Please go see a doctor.