

## Introduction

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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

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### [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

(2<sup>nd</sup> floor, Big Sand) 092-802-5881

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

Ito Center Zone (1<sup>st</sup> floor, Center Zone 1) 092-802-5859

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

Ito West Zone (3<sup>rd</sup> floor, West Zone 3) 092-802-3297

#### Center for Health Sciences and Counseling, Hospital Campus

(1<sup>st</sup> 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

(2<sup>nd</sup> 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

Source: Center for Health Sciences and Counseling, Kyushu University.

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Selfcare



For students

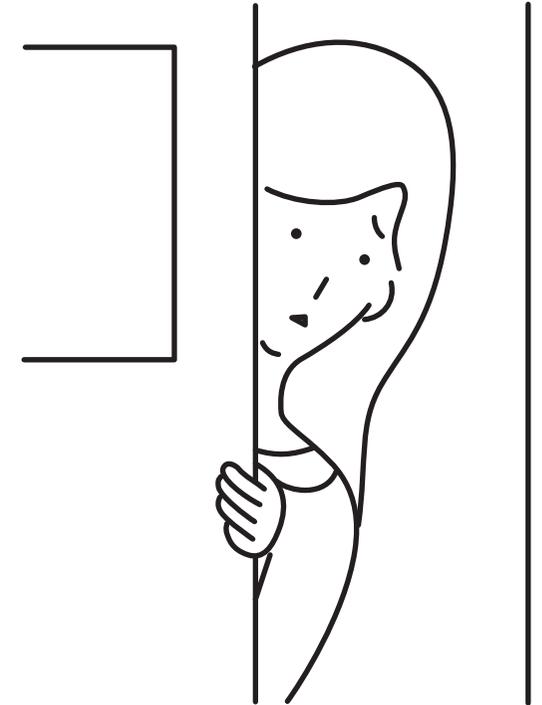
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Mental and physical health 5

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# Adjustment disorder

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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

# Adjustment disorder

Adjustment disorder is a state of maladjustment caused by an excessive psychological reaction to a major change in the living conditions or environment. The symptoms include strong emotional reactions such as anxiety and depression and behavioral abnormality.

## 1. What is adjustment?

Adjustment means to change the lifestyle habits and mental state so that one can live normally in a new situation caused by changes in living environment, relationships, and rhythm. If there is an incident, there must be an appropriate response. If the situation changes as a result, one must adapt.

In a new situation, if there is a conflict between “demands from the surrounding environment” and “demands from oneself,” a mental conflict is created.

Demands from the environment are born in a new environment or a situation where regulations and rules, lifestyle and rhythm, customs and culture, or climate would be different. As they say, “when in Rome...”, if one cannot avoid the demands, one must accept them. However, we have principles, beliefs, and unconscious habits, which are very difficult to change.

On the other hand, individually, there are some who are sensitive to surrounding incidents and changes, while others are not. Some will easily change their thinking and behavior according to the surrounding environment, while others struggle. Some will prioritize their own sensibility other than the external order. Such individuality based on the internal demand has an impact on adaptation to new environments and incidents.

To solve the conflict, one’s demand must be changed, or demands of the environment must be changed to meet one’s

demands. To find mental stability, these two efforts must be made in a good balance to find a good compromise.

However, if the emotions experienced by conflict in this process are too intense, or if there is a problematic behavior, it could interfere with daily life and might need to be treated as a disease.

## 2. Symptoms of adjustment disorder

Symptoms of adjustment disorder mainly include emotional changes and behavioral abnormalities.

### Frustration

Everyone feels frustrated when they feel pressured to adjust to a new environment quickly and solve problems. If one feels too rushed and frustrated, it becomes harder to complete tasks, leading to more frustration and delayed adjustment. One may take it out on people due to frustration. Some might hurt themselves (self-harming behavior).

### Anxiety

One may worry more than necessary, or become nervous about many things, increasing anxiety. Anxiety itself is a natural emotion caused when the future is unknown. However, when it becomes too intense, one will panic, and being unable to adjust as effective actions become impossible. When anxiety becomes extreme, some may experience fear as intense as death.

### Depressed mood

One will start feeling depressed when they are disappointed with their situations or regret when things start to fall apart. If one feels hopeless, they lose motivation.

### Abnormal behavior

One may act selfish, in a manner that is burdensome, overbearing, or aggressive to others. One may take absence without notice or act disorderly. These are all problematic. Even if the behavior is not this problematic, some may avoid difficult situations or become socially withdrawn.

### Others

Some may experience insomnia or physical un-wellness.

## 3. Course and treatment of adjustment disorder

### Onset of symptoms

The symptoms typically appear one to two months after the change in lifestyle. A rapid change causes a relatively fast onset of symptoms, which may be immediately following the change of within several days.

### Disappearance of symptoms

If causes for the onset disappear, the symptoms may decrease or disappear. However, depending on one’s personality and values, improvement may be delayed. It is easy to imagine that the symptoms do not improve easily if the causes continue to exist. Many people make compromises to find a balance. If there is no improvement and the symptoms become worse, it could lead to severe conditions such as depression and anxiety disorder.

### Treatment

If the symptoms are severe, treatment becomes necessary. The treatment usually includes counseling or drugs. There are different approaches for counseling. It may be a direct approach, in which the situation is analyzed and direct measure against the conflict is examined. Alternatively, it may be acknowledgement of one’s personality, where changes are made accordingly. Drugs are usually used to lessen anxiety or depressive mood, so that one can adjust to the situation more easily.