

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

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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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Mental and physical health 6

Anxiety disorder and panic disorder



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

Anxiety disorder and panic disorder

What are anxiety disorder and panic disorder? Anxiety disorder is a mental disorder with anxiety being the chief complaint. It is classified into a sudden onset of anxiety and chronic anxiety.

1. Symptoms of anxiety

There are following three symptoms of anxiety disorder.

Anxiety

One becomes aware of unpleasant emotions accompanied with vague worry and sinister premonition that something bad might happen and cannot feel calm.

Restlessness

If anxiety is intense, one feels anguish in the chest (precordial anxiety) and agitated. Judgement may become impaired, and one may feel confused, dazed, excited, or even deranged.

Physical symptoms

There are diverse autonomic symptoms such as violent heart beats (palpitation), tight sensation from the chest to the neck (tightness in the chest), sweating, and dilated pupils.

If the above symptoms keep occurring, or fear of the above symptoms interferes with daily life, you need treatment.

*Phobia: There is a specific object that one fears (e.g., fear of height).

① Anxiety (awareness of anxiety)

Anxiety is a normal emotion when experiencing something new. Anyone can feel anxious if they cannot predict the future, or if the outlook is grim (anticipatory anxiety). This is anxiety with a reason, meaning, a normal anxiety.

If anxiety is too severe even with a reason, or if there is no

reason, especially anxiety attack that occurs suddenly for no reason and leads to fear of death (panic attack), it is called pathological anxiety.

② Restlessness

If worry or anxiety becomes too intense, one cannot calm down and stay still. If one is overcome with worry, the brain function becomes affected and focus or the sense of reality becomes impaired. Actually, focus and judgment become dull, and some people become dazed. If one becomes so anxious and feels lost, they feel hopeless that they cannot control their mind or behavior. If one becomes distressed that they might not be able to control themselves, they become fearful that they would go insane. Some may become deranged and scream (excited state or confused state), involving people around them, and could be transported to a hospital in an ambulance.

③ Physical symptoms

When feeling intense anxiety, physical conditions are adjusted through autonomic nerves. Symptoms include tachycardia and palpitations (heart beats very hard), sense of being suffocated or hyperventilation, discomfort or tightness in the chest, sweating (cold sweat), and dry mouth. There are also symptoms such as lightness in the head, dizziness, tense or stiff muscles, shaking, tension headache, and nausea, which worsen anxiety. When such rapid changes occur in the body, one fears that they may be dying.

Anxiety itself is a normal emotion felt when one is at the life's crossroad, and is unsure of the future. Since young people with limited experience face a major challenge about deciding their future, those who tend to worry, or are emotional, will obviously feel anxious.

However, with anxiety disorder, the level of anxiety is severe, and it could interfere with daily life. If one experiences anxiety attack once, they become fearful of another unbearable attack. In other words, unless treated in an early stage, it could become chronic and difficult to cure.

2. Mental disorder with anxiety as the chief complaint

Panic disorder or panic attack

This is where one suddenly experiences the anxiety discussed earlier and usually there are physical symptoms. It worsens to restlessness, but some people can avoid this once they have become accustomed. Usually, these attacks only last several minutes, but it could have an unpredictable onset. These symptoms tend to recur. Since the cause is unknown, onset of the symptoms is difficult to predict, and drugs can be used for prevention.

Agoraphobia

If a panic attack begins, one may fear unpredictable onset of attack, especially in settings where they cannot ask for help, and starts to avoid public places, crowds, traveling alone, or going outside. If the fear is too intense, one cannot leave the house and becomes withdrawn.

Generalized anxiety disorder

This is a long-term worry and anxiety over various aspects, incidents, and one's own actions. There are nervousness, irritation, lack of focus, and fatigue, which are accompanied by mild physical symptoms. Everything is worrisome, and one feels tense both physically and mentally.

