

## 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.

Illustration by Chiyo Inoue

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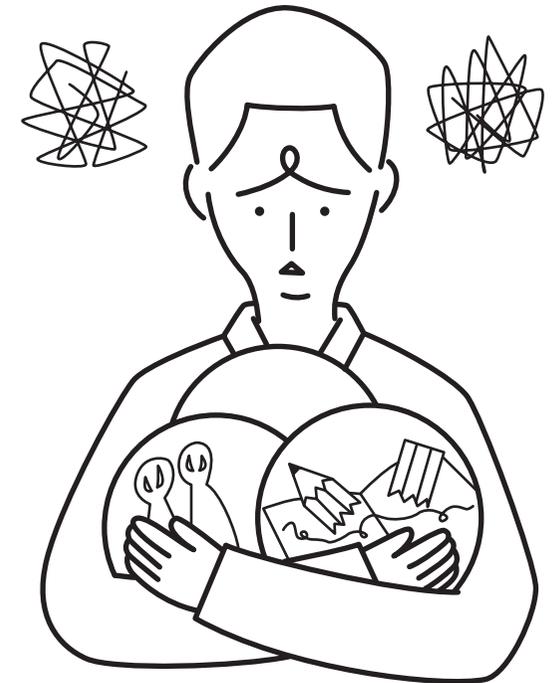
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Mental and physical health 7

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# Cause for depression

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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

# Cause of depression

## 1. Cause of depression

There are following three causes of depression.

- (1) Psychogenic: anxiety and stress due to environment and events.
- (2) Personality: nervous, passionate, obsessive, etc.
- (3) Organic: Brain trauma or cerebrovascular disorder.

### (1) Psychogenic: anxiety and stress due to environment and events

One becomes depressed due to excessive anxiety from problems and unpleasant situations that last long (psychological stress). It may be called psychogenic or psychogenic reactive depression.

If normal rest does not help, treatment may be necessary. The most common causes of depression include struggling with a situation that has no solution or tackling a problem that cannot be improved despite effort.

#### ① Experience of loss

Loss of loved ones, essential items, position, or environment is painful. One must become accustomed to a feeling of loss, as if there is a hole in the chest. There may be regret, or anger against oneself, situation, or fate. It takes time to get used to a loss, and some fail to adapt and become depressed.

#### ② Failure to adapt to environment

This is adjustment disorder. One cannot adjust to a new living environment and relationship, become stressed, and start to experience anxiety and depression. In many cases, people feel this way for a while when their personality and environment are not well-suited. Suicide due to overwork is an issue, but if one overworks mentally and physically all day and gets insufficient amount of sleep for recovery, everyone feels fatigue and loss of motivation. If one still cannot get any rest, physical un-wellness will lead to depression.

### (2) Personality: nervous, passionate, obsessive, etc.

There are some personalities known to be prone to depression or have difficulty recovering from depression.

#### ① Immodithymia

People who are serious and methodical and lose track of time once engrossed in something until they finish what they started may be considered to have characteristics of immodithymia. People of this personality have difficulty noticing fatigue, or ignore and dismiss fatigue, and thus, tend to become overworked. Those who are workaholic, and unaware of the decline in their physical strength and mental energy, tend to develop depression or physical un-wellness in the middle age and beyond.

#### ② Cheerful but can get depressed

Sociable and easily adapts to new relationships. This person can be cheerful but may also get depressed sometimes. This is called cyclothymia. This person is kind, enjoys chats and secular pleasure, and appears to be satisfied with life, but can also become depressed. The people around may not notice depression in such individuals.

#### ③ Nervous and pessimistic

Never confident, bothered by small things, and basically pessimistic. Pessimistic about the future, expects the worst, negative, and nervous. When these tendencies are strong, and interfere with daily life, it is diagnosed as neurosis. If melancholy is notable, it is diagnosed as depressive neurosis or neurotic depression.

#### ④ Overestimates oneself, and wants to be evaluated highly by others

Highly conceited and overestimates oneself. Wants to be evaluated highly by others.

These wishes usually do not come true, and repeated disappointment and humiliation lead to depression.

Personalities ① and ② are known to be prone to severe

depression. On the other hand, personalities ③ and ④ tend to experience mild symptoms, but their conditions may last for a long time.

### (3) Organic: Brain trauma or cerebrovascular disorder

Various mental symptoms appear as sequel following a head trauma due to car accidents, especially brain trauma that causes loss of consciousness, cerebrovascular disorders such as cerebral infarction and cerebral hemorrhage, which are called stroke, and so on. The worst disorder is dementia, but if it is not severe, symptoms similar to depression may appear. However, it tends to be expressed as loss of desire more than melancholy.

## 2. Increasing trend in psychogenic depression

The modern time is sometimes called the age of stress, and the number of people being diagnosed with depression is definitely increasing. According to a survey, one in six people will be diagnosed with depression at least once. In many cases, the cause of stress is interaction of living conditions and personality. In other words, what is increasing is psychogenic stress caused by stress.

## 3. Treatment for depression

Eliminating the cause of disease is the foundation of a treatment. However, a stressful living environment and relationship are difficult to improve. Once someone becomes unwell enough to be diagnosed with depression, what they used to be able to handle becomes difficult to manage.

To recover, sufficient rest is necessary, but the recovery could take much longer than one expects, such as several months. Drug treatment could lessen the symptoms and speed up the recovery.

Depression can be cured with sufficient rest, treatment, and improvement in the causes.