

Mr. Y

----- A 22-year-old youth social anxiety disorder who left three pictures of cats -----

Toshiro Takami*

[Introduction]

A 22-year-old young man suffering from social anxiety disorder jumped off the 8th floor of his apartment and committed suicide. Social anxiety disorder in a case (hereinafter referred to as Mr. Y) is estimated to be onset at the age of 12. Y's only hobby is drawing, and Y's home cat was his only friend. And there are 3 pictures of the remaining cats.

Mr. Y is enthusiastic about Tsurumi's work, and one of them is "Full personality remodeling manual", "Drink alcohol little by little while you go out. "I can change" because I was very worried about social anxiety disorder, I was hiding it. Alcohol intake gradually increased, and one day, Y jumped and committed suicide in an alcohol-drunk state, struggling with social anxiety disorder that did not show a mild tendency.

[Case] 22 years old, male

Chief complaint: Interpersonal tension

Diagnosis: Social anxiety disorder (general type, severe)

Family history: 2 siblings second child, no psychiatric inheritance

History: Nothing to mention

Blood biochemistry: no special mention

Neurological: No special mention

Head CT: No special mention

Current illness: Mr. Y was a boy who painted a white-headed shawl until about the first year of junior high school. It suddenly became quiet from

the first year of junior high school, and people started avoiding people and prefer to play alone.

The result of studying was not good, but Y, who was a handsome boy and a popular boy in the class, became like that because "because I had been with someone for some reason since then, I became nervous."

After graduating from junior high school, do not go on to high school, but spend day labor day labor. He was two brothers, one older brother. My brother goes to university.

There was a girl who mourned Y in the shadow, even if she became unaware of whether she was in class or not because of avoiding interaction with people. A girl who was in the same class before the same grade. But Y kept avoiding the girl.

I was nervous because I was nervous when I was with people, and I used to play with the cats around my house. However, parents refused to attend school, and there were almost no parents.

He insisted on parents not to go to high school. And the high school that was forced to take the exam was either intentional or failed, and had to go to society as a middle school graduate.

Even if the teacher in charge of finding a place to find a job, all refused to say `` I can not do it " and said `` I will do part-time work ", and my father, mother and grandmother willingly agree, find part-time work with part-time work news etc. Worked.

When I was a member of society, I worked part-time at a factory where only the spring and autumn were busy during the year. The factory had only two jobs for three months of the year, and had to find another part-time job in winter and summer.

In the spring and autumn, the work for three months each is the work of extracting the parts here and here, from the parts where the parts on the belt conveyor flow in the less popular factory. Yes, it was an easy job for Y, who has strong interpersonal tension.

When there was no work in winter and summer, working at a convenience store was something Y couldn't do because of strong personal tension. Because it looks good and looks good for a convenience store, I encouraged me to work courageously at a convenience store, but I used to work at a convenience store before, and I answered "I was n't good".

Even if he strongly recommends working at an American-affiliated snack shop, "It 's no good.

Y's drinking started before the first visit. At the time of the first visit, I had already read many books of "Tsurumi Already" such as "Complete Suicide Manual". Losing hope in the future, the decision to commit suicide was strong from the first visit.

I have asked the writer, "Do you know how many floors you want to jump from and commit suicide and die without suffering?" And the "personality remodeling manual" would have afforded money, purchased from a bookstore and completely immersed in the book.

The first visit to the hospital was in June 1999. The prescription is fluvoxamine gradually increased and fixed at 150 mg / day.

In addition, benzodiazepines are prescribed simultaneously. However, Y argues that benzodiazepine drugs are "not very effective".

Therefore, benzodiazepine drugs were changed every two weeks. And many kinds of benzodiazepine drugs were tested.

A number of prescriptions were prescribed, including bromazepam 20 mg / day, cloxazolam 12 mg / day, etizolam 3 mg / day, clonazepam 6 mg / day, alprazolam 2.4 mg / day. However, Mr. Y's claim that these benzodiazepine drugs do not work well remains unchanged.

Y was looking forward to fluvoxamine, which explained the drug as a drug that could fundamentally ameliorate social anxiety disorder. When taken in the daytime, sleepiness was attacked, so it was taken only at night.

"Even if you take 150mg at night, it is a good alternative to sleeping pills," says 150mg / day (after dinner only) and continues for 3 months. No side effects of fluvoxamine such as fatigue or liver dysfunction appear. However, social anxiety disorder did not show any signs of mildness.

Considering the possibility that schizophrenia exists at the base, antipsychotic drugs were also prescribed for trial, but were invalid. One year before committing suicide (April 2000), Y quits the visit.

I released my mobile phone as a "phone of life", and because of loneliness, Mr. Y frequently called the mobile phone even after the visit was stopped.

10 months before suicide, Y was living an autistic life at home when there was no part-time job at the factory in the summer. The writer convinced me that "I'm going to take the meds and surpass the spot. That's how I work.

I have a good meds that didn't come out before." Prescribe flunitrazepam (4mg daily). All tablets are 1mg so that the amount can be adjusted easily.

Although flunitrazepam is classified as a hypnotic sedative, explain that it should not be taken as a sleeping pill, but taken only part-time. And knowing that this will work dramatically, Y will take it when going to a part-time job or job interview.

Instructed not to do physical labor and to work with people like a clerk at a clothing store. Y decided that the appearance was very good and that the clothes shop clerk looked best.

Nine months before committing suicide, my father told me that Morita therapy would work, but I attended Morita therapy meeting but said that it didn't work.

6 months before committing suicide, I started attending a part-time job in surveying with the introduction of an acquaintance of the author. However, it seems that it is probably due to interpersonal tension in the

car going back and forth to the place to be surveyed, but when I called today what I was saying, `` I was not going to be lazy today " and I was absent from work, and I was dismissed Become.

In Y's house, there was an A group Buddhist altar that Y, who was very cute with Y, was eagerly worshiped by his grandfather who died in the sixth grade. Y's house almost stopped the faith of Group A after his grandfather passed away.

However, only the Buddhist altar was left with the memories of his grandfather. Y went down to the first floor every time he decided to commit suicide, and prayed in front of the old Buddhist altar where the grandfather's image remained, and he thought about suicide.

From five months before committing suicide, Mr. Y will sit in front of the old Buddhist altar and chanting his grandfather. Mr. Y started to believe in Group A. There was a feeling of grief that this was the last resort to cure social anxiety disorder by the faith of Group A and cure social anxiety disorder by the behavioral therapy of Group A activities.

Two months before committing suicide, he was appointed as an executive committee member of Hakata Gion Yamakasa of Group A. Until then, the members of Group A would not participate in the Group A meeting unless they were invited by car.

However, after that, he started to participate in the meeting of Group A with members of the executive committee of Hakata Gion Yamakasa. He was a vocalist. It turned into a bright youth instead of the dark man before.

The author felt a sense of relief that his role was over. Since then, I have been actively participating in the practice of Hakata Gion Yamakasa with the members of the young Hakata Gion Yamakasa executive committee about once every two days.

One and a half months before committing suicide, Y's grandmother's sister calls me at the hospital where I work. "Is it good to drink a lot of alcohol?"

Y was drunk because he drank a lot of alcohol while his grandmother's sister was away at the grandmother's sister's apartment, which took about 20 minutes by train. My grandmother's sister who came back found it and called me in surprise.

Since the next visit was tomorrow, the author replied, "Because you are an adult," do n't worry about your grandmother 's sister. The next day's examination asks "Why do you drink alcohol?" Then, "It was written in the book that alcohol is most effective for interpersonal tension. So at this time, I always drink alcohol and go out.

And if I mix alcohol with anxiolytics, antidepressants, and antipsychotics, it 's even better. It was written in the book when it worked. " The author brings the "Personal Personality Modification Manual" and confiscates it. However, at that time, Mr. Y had read the book very carefully and remembered what was written in the book.

One month before committing suicide, drinking alcohol at the grandmother's sister's apartment, the grandmother's sister who returned home found it and was strongly beaten as "What a young man is doing without work" and "I'll die" And jump out of the apartment.

At a nearby hamburger shop, a large amount of alcohol (white liquor with a 35% alcohol content), antidepressant (milnacipran), or benzodiazepines in a small metal container can be taken down.

An ambulance is called and taken to the emergency hospital. Then she receives a drip and returns. This was a complete suicide. Mr. Y said, "I didn't feel like dying at all, I just thought I would surprise my grandmother 's sister, and I knew I would n't die with a psychiatric meds." To tell.

A week before suicide, I stopped by the author's examination room. This was just before going to an interview with a karaoke house employee in the immediate vicinity of the hospital.

"I've been to the karaoke house I've been to, and I've been with my band

friends once. And when I called, I remembered me. Maybe this time I'll be fine. And that 2mg tablet (flutoprazepam) works, and now there are two meds that work. " Finally, I left with a tight neck.

Three days before committing suicide, I suddenly visited the hospital and read, "I read at the bookstore that the antidepressant worked well.

But I did n't work that much, but the teacher is now prescribing the antidepressant. (Paroxetine) doesn't work at all, it doesn't seem to work for me like previous antidepressants (fluvoxamine, milnacipran), and how many tablets of flutoprazepam can be taken a day " I did not try to mention whether the notification of hiring non-recruitment has been received yet about the result of the interview of the employee of the karaoke house. I didn't ask about the results.

Y didn't play well on this day. Y was visiting the hospital drinking alcohol that day. Never before. But Y kept hiding the alcohol. The writer did not ask deeply. And when he left, Y said with a very sad expression. "I like people, but there are things that block it."

On April 14, 2001 at 3:40 pm, Mr. Y jumps off the 8th floor of his grandmother's sister apartment and commits suicide.

My grandmother's sister came back from home, and Y fell in front of her. When I saw my grandmother's sister returning, I hurriedly jumped off.

My grandmother's sister found a will in the pants pocket. The table says "To Toshichan-man-sensei" .

"When I drink alcohol, I can get into the circle of everyone for the first time.

It has been 10 years since 12 I was lonely. It was hard. But it was fun for the last month.

Kanaee, Kim, Yamamoto-san, thank you very much. Thank you for the last band.

.....

I was hard. I'm sorry. Mr. Toshichan-man also lived with a very hard time, but I was not as strong as Mr. Toshichan-man.

Thank you for the usual Fuku-chan ramen. But my illness didn't heal and it didn't lighten.

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I will fly over the sky as a white dove. I will become a white pigeon and will help those who are suffering and suffering. I will stand down on the windowsill of those who are in trouble and those who are suffering.

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Grandpa, I got sick. Grandpa died and became sick one year later. I 'm finally able to go and see my grandpa. There will also be a cat tiger. I want to meet you.

.....

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..... ”

It seems that the wills were written in a drunk state, and the last part was difficult to read because alcohol was turned around.

On the 8th floor of the veranda that jumped down, Y's bag was inside, and a small metal container into which white liquor with an alcohol content of 35% had been transferred was almost swallowed.

According to the family, Y's drinking continued from a month and a half before the author severely stopped.

I started activities in Group A, formed a band, Y became a vocalist, performed music activities with guitarist Kim, etc., and was starting to make something that could be called friends in Group A.

It was an arrowhead that was bright and active like another person.

Y is a rare boy who rarely sees, and enthusiastic female fans are beginning to appear. The members of the band couldn't believe Y's death because they were so bright and active.

'When I heard about Y 's suicide, Y 's grandmother said. "I was active when I was little."

As Mr. Y mentioned at the first visit, he was active when he was small. The onset was still in the first year of junior high school, and at least when he first came under the author, no one could call him a friend.

[Discussion]

Social anxiety disorder is a fight against loneliness. It is a struggle against loneliness that will never end.

Social anxiety disorder is said to occur mostly in the teens and early 20s. The disease name “personal fear” was used before, but the disease name is not so often used recently, and the disease names “social anxiety disorder” and “social fear” are used.

There is a discrepancy between the concepts of social fear and social anxiety disorder. Social fears can be divided into tension-type social fears, which are almost equal to social anxiety disorder, and belief-type social fears with paranoia and pre-schizophrenic symptoms.

Fluvoxamine (at that time, just after fluvoxamine was released) explained that it may fundamentally ameliorate social anxiety disorder, and it was administered from the first visit, but almost no effect was observed. Each time milnacipran and paroxetine were released, they were administered sequentially, but the effect was almost unaffected. He also mentioned that the benzodiazepines that were prescribed at the same time had little effect.

Considering the poor effect of benzodiazepine drugs, the possibility of schizophrenia being present at the base was considered, but administration of antipsychotic drugs (bromperidol, haloperidol) was also ineffective. Y was very supportive of these treatments. Y had a strong desire to cure the disease.

“Anti-anxiety drugs are only surpassed temporarily, but there are cases where social anxiety disorder can be cured someday while surpassing temporarily.

There are many examples. " In this way, treatment was mainly based on fluvoxamine, milnacipran, paroxetine, and relatively anxiolytic drugs.

Mr. Y was obsessed with the following contents (notes and writer's summary) described in the "Perfect Personality Remodeling Manual", one of Tsurumi's already written works.

"To change to a brighter person, take a concentrated bottle of alcohol in a small bottle, take it little by little. Alcohol is a medicine that brightens your personality.

And drink alcohol all day from morning. 9 am, 12 noon, afternoon Drink 4 times at 3am and 6pm, and drink twice a cup for whiskey, one large bottle for beer, one go for sake, two glasses for wine. Drink all day, that's how you can become a bright man!

Alcohol is a legal drug. There will be no tension in the workplace or classroom. Every day, every day, from morning to night, to relieve tension by returning to the normal state the suppression function that is overworked by a small amount of alcohol.

About once every 3 or 4 hours, you can drink and squeeze out of your eyes, such as a company or school toilet, and gargle immediately after drinking, and chew gum for 30 minutes to 1 hour.

If you want to be careful, you should take a lot of bad breath medicine that is sold in pharmacies. "

Y is young, 22 years old, and is thought to have had no ability to criticize the contents of the book. At the same time, Y was strongly affected by social anxiety disorder.

Y's appetite for alcohol was relatively mild at the time of the first visit, but gradually escalated and a few months before he committed suicide, his grandmother and others were aware of it.

However, Mr. Y did not stop the alcohol and conversely, the alcoholic moth escalated rapidly until the day of suicide.

He bought a white liquor with a 35% alcohol content because he was financially scarce, moved it to a small metal container, put it in his bag,

and carried it with him. Even when singing in public with the band, Y was drinking alcohol.

Mr. Y, who had been a friend since the first year of junior high school, became an alcoholic patient at that time when he was released from solitude for many years, and jumped off the veranda on the 8th floor of the apartment in an alcoholic state.

[In the end]

'When the ambulance brought Y to the general hospital, Y's breathing and heartbeat had already stopped. Mr. Y purchased "Permanent Personality Remodeling Manual" from a general bookstore about a year before the author's first visit. It was an alcoholic bowl from that time.

Mr. Y knows that he cannot commit suicide with psychiatric drugs from the first visit, and told the author, "Please give me other medics that are not psychiatric meds. "I was relentlessly saying that every visit."

It was so persistent that I could not go home until I got the drug. It was suicide one month after the request was not mentioned. Perhaps it was a change that was determined to jump and commit suicide.

[Appendix]

Y has left three cat drawings. These were drawn about six months before death. Let it be "Picture 1", "Picture 2", and "Picture 3".

"Picture 1"

<http://fish008.ninpou.jp/561.jpg>



"Picture 2"

<http://fish008.ninpou.jp/562.jpg>



"Picture 3"

<http://fish008.ninpou.jp/563.jpg>



A cat standing like a lion in "Picture 1" shows anger and determination to confront Y's illness. Despite Y's determination, however, Y's social anxiety disorder was severe.

The cat lying in "Picture 2" represents the very pure heart of Y 's youth.

The cat in front of "Picture 3" represents Y's original cheerful character, and the cat pointing to the back represents Y 's loneliness even though he wants to interact with people.

----- Dare to write this to leave your life -----

Completed

