

Mr Y

----- A 22-year-old man with a social anxiety disorder who has left a picture of three cats -----

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【Introduction】

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

Y was deeply moved by Tsurumi's work, and one of them, "The Complete Personality Remodeling Manual," states that "Drinkling alcohol little by little while going out. The content of "can be changed" was hidden and executed because I was very troubled by social anxiety disorder. Alcohol consumption gradually increased, and one day, Y jumped and committed suicide in an alcoholic drunk state suffering from a social anxiety disorder that did not show a tendency to decrease.

[Case] 22 years old, male

Main complaint: Interpersonal tension

Diagnosis: Social anxiety disorder (general type, severe)

Family history: second child of two brothers, no psychiatric genetic negative

Medical history: Nothing to report

Blood biochemical: no special mention

Neurological: no significant findings

Head CT: No notable findings

History of actual illness: Y was a boy who drew an obsessed boy until around 1st junior high school. It suddenly became quiet from around 1st junior high school, and it preferred to

avoid people and play alone. His academic achievement was not good, but the reason why Y, who is a good boy and a grim boy and a popular figure in the class, has been like this is "Because I became nervous when I was with people from that time".

After graduating from junior high school, do not advance to high school but spend the day doing physical labor etc. He was a two-brother with his one-year-old brother. My brother goes on to university.

There was a girl who sang Y in the shadows, even if it became an existence that did not know whether she was in class or not, as she avoided relationships with people. It is a girl who was in the same class before the same grade. But Y kept avoiding the girl. I did not study because I was nervous when I was with people, and I used to play alone with cats around the house. However, there were few parents who refused school attendance. Parents were insisting that they would not go to high school. And all high school students who were forced to take the exam were deliberately or completely rejected, and they had to leave the society as middle school. Even if a teacher in charge of a job seeks a place of employment, all "I can not do it myself" refuses and says "I will do a part-time job", and my father, mother and grandmother agree unavoidably, and find a part-time job with part-time job news I worked.

When I became a member of the society for more than half a year, I worked part-time at a factory where only spring and fall were busy during the year. The factory was only working as a job twice for three months a year, and had to find other part-time jobs in winter and summer. In the spring and autumn, the work for three months each is a job that takes out parts here and here from among the parts on the belt conveyor that flow in a factory that is hardly popular. Yes, it was a casual job for Y, who has a strong interpersonal relationship. Working in a convenience store when there was no winter and summer work was something that Y, who has a strong interpersonal relationship, could not do. The appearance was good, and it was strongly recommended to work hard at a convenience store to encourage them to look best at a convenience store, but they have been working at a convenience store before and they say that it was "not good". Even if I strongly recommend working in a US-based snack shop, "It's too bad. I've done it," said this too, saying that it was likely.

Y had started drinking before the first visit. At the time of the first visit, he had read many books of "Tsurumi Sue" such as "Complete suicide manual". I lost hope in the future, and my determination to commit suicide was strong from the first visit. I asked the author, "Do you know if you jump and commit suicide and if you fall from the floor you will not die without suffering?" And "personality modification manual" would have had enough money, purchased from the bookstore and was completely immersed in the book.

The first visit to our hospital in June 1999. Prescription added fluvoxamine and fixed at 150 mg / day. In addition, co-prescribed benzodiazepine drug. However, Y claims that benzodiazepines "does not work very well". Therefore, benzodiazepine drugs were changed every two weeks. And, various kinds of benzodiazepine drugs were tested and prescribed. A number of types such as bromazepam 20 mg / day, cloxazolam 12 mg / day, etizolam 3 mg / day, clonazepam 6 mg / day, alprazolam 2.4 mg / day were also prescribed. However, Y's claim that these benzodiazepine drugs "does not work well" remains unchanged.

Y was looking forward to fluvoxamine, who described it as a drug that could fundamentally ameliorate social anxiety disorder. When taken in the daytime, it was only taken at night because it would cause sleepiness. "Even if you take 150 mg at a time, it will be an alternative to sleeping pills," he said. 150 mg / day (after supper only) Continue p clothing

for 3 months. No side effects of fluvoxamine such as fatigue or liver dysfunction appear at all. However, social anxiety disorder does not show any tendency to be milder.

Taking into account the possible presence of schizophrenia, antipsychotics were also tested but ineffective. One year before committing suicide (April 2000), Y stops visiting the hospital.

I have released my cell phone as a "phone of life", and Y was frequently calling on the cell phone even after the hospital visit was canceled because of loneliness.

Ten months before suicide, when there was no part-time job at the factory in summer, Y was living autistic life at home. I persuaded, "I am going to go drinking and drinking on the spot. And then I work. There is a good response that I did not put out before", and I will return to the hospital. Formulated flunitrazepam (4 mg daily). Make all tablets into 1 mg tablets for easy adjustment. Although flunitrazepam is classified as a hypnotic sedative, it is explained that it is not taken as a sleeping pill, but taken only at part-time jobs. And know that this works dramatically, Y will be taken when going to part-time job or job interview. He instructed that he should not do manual labor and work with people like a store clerk. Mr. Y has a very good appearance and I judged that the clothes shop clerk is most suitable.

Nine months before committing suicide, my father told me that Morita therapy would work, and I attended the Morita therapy meeting, but I said, "No effect," and I stayed with it once. Six months before committing suicide, I started going to a part-time job for surveying with the introduction of my acquaintance. However, probably because of the interpersonal tension in the car to and from the place to be surveyed, when I call today how I was called, "I was not lazy today," and absenteeism, and I was fired. Become.

In Y's house, there was a Buddhist altar of A meeting where Y., who loved Y very much, died in the sixth grade of elementary school, and his grandfather died in earnest. Y's house almost stopped the faith of party A after his grandfather died. However, only the altar was left with the memories of his grandfather. Every time he decided to commit suicide, he went down to the first floor, prayed in front of the old altar, where his grandfather's face remained, and kept himself awake.

Five months before committing suicide, Y will sit in front of an old altar and sing chanting so as to cover his grandfather. Y started the A-party faith. There was a feeling of sadness that this is the last resort, which cures social anxiety disorder by the faith of the A society, cures social anxiety disorder by the action therapy of the activity of the A society.

Two months before committing suicide, he was appointed to the executive committee of Hakata Gion Yamakasa of A-party. Until then, the members of the A meeting did not attend the A meeting unless they came to the car by invitation. However, from then on, I went to join the members of the executive committee band of Hakata Gion Yamakasa and the gathering of A meeting. He was a vocalist. He had changed to a bright young man instead of his former dark one. I felt a sense of relief that my role was over. From then on, I was actively participating in the Hakata Gion Yamakasa's practice, about once every two days with the members of the young Hakata Gion Yamakoshi Executive Committee band.

A month and a half before committing suicide, Y calls her from her grandmother's sister to the hospital I work for. It was "Would you like to drink a lot of sake?" Y was intoxicated by drinking a large amount of alcohol while his grandmother's sister was away at the grandmother's sister's apartment, which takes about 20 minutes by train. My grandmother's sister who came back found it, and was surprised and called me. Since the next medical examination was tomorrow, I answered "It is good because I am an adult" so as not to worry about my grandmother's sister. Ask the question "Why drink alcohol?" Then,

"It is written in the book that alcohol is most effective in interpersonal tension, so I always go out drinking alcohol nowadays, and it is better to mix alcohol with anti-anxiety drugs, anti-depressants, anti-psychotic drugs and drink more. It was written in the book that it works. The author brings up the "complete personality modification manual" and is confiscated. But by that time, Y was reading the book very much, and remembering what was written on where in the book.

One month before committing suicide, I drank alcohol in my grandmother's sister's apartment, and my grandmother's sister came home and found out that "You are what the young man is doing without doing work," etc. Say and jump out of the apartment. Then, take a large amount of alcohol (white liquor with 35% alcohol content), antidepressant (milnacipran), and benzodiazepine in a small metal container at a nearby hamburger shop. An ambulance is called and taken to a hospital on an emergency basis. And one drip is received and returned. This was a complete gossip suicide. Y said, "I was not going to die at all, I was just trying to surprise the sister of my grandmother and so on, and I read in a book that I could not die in psychiatric medicine." say.

A week before I committed suicide, I dropped by my doctor's office. At this time, it was just before going to interview the employees of the karaoke house in the immediate vicinity of the hospital.

"I've been to the karaoke house I'm going from now, once with the band's friends, and when I called, I remembered me. Maybe I think I'm fine now, and that 2 mg tablet ("flutoprazepam) works, and now it works twice." Finally, I tightened my neck and left. Suddenly, he visited the hospital three days before his suicide and read, "I read in the bookstore that antidepressants work well. But I did not work as I had only taken that before. The antidepressants that the doctor is prescribing now (Paroxetine) doesn't work at all, it doesn't seem to work as well as previous antidepressants (fluvoxamine, milnacipran), and then how many tablets of that 2mg tablet (flutoprazepam) should be taken daily Say. As for the results of the interviews with the employees of the karaoke house, they did not try to mention whether they had not yet received a notice of hiring. I did not ask about the result either.

Ryo didn't turn around well this day. Mr Y was coming to the hospital drinking alcohol that day. It was never before. But Y kept hiding alcohol. I also did not ask deeply. And when I left the room, Y said with a very sad expression.

"I like people, but there are things that block it."

On 14th April 2001 at 3:40 pm, Y jumps from the eighth floor of her grandmother's sister apartment and commits suicide. My grandmother's sister was back from the day out, Y fell in front of it. I watched my grandmother's sister come back and jumped in a hurry.

My grandmother's sister found a note in the pants pocket. It was written in the table, "To Mifune Sensei."

"When I drank alcohol, I can go into the circle of everyone for the first time.

It was 10 years from 12 years old. It was sad. It was hard. But for the last month it was fun.

Thank you very much, Mr. Kim, Mr. Yamamoto. Thank you for the last band.

I was hard. I'm sorry. Mr. Mifune also lived with great pain, but I was not as strong as Mr. Mifune.

Thank you for the usual Fuku-chan ramen. However, my illness didn't go away and it didn't go away.

.....
I become a white pigeon and fly above the sky. I will be a white pigeon to help those who are troubled and suffering. I stand down at the windows of the troubled and suffering people, sing songs and comfort them.

.....
Grandpa, I became ill. My grandpa died and got sick one year later. I can finally go to see Grandpa, too. There will also be a cat tiger. I want to meet you.

.....
.....
..... ”

It was thought that the will was written in a state of drunkenness, and the last part was difficult to read whether alcohol had been turned.

Mr. Y's back is on the veranda on the 8th floor that jumped down, and the small metal container into which the 35% alcohol white liquor had been transferred was almost completely consumed. According to the family, Y's drinking has been continuing for a month and a half ago when I was forced to give up.

We started at A party, formed a band, Y became a vocalist, played music with guitarist Kim, and so on, and was starting to make something that we could call a friend at A party. It was an arrowhead that was bright and active like another person before. Y was a rare boy and an enthusiastic female fan was beginning to appear. It became so bright and active that only the band members could not believe Y's death.

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

As Y mentioned at the first visit, he was active when he was small. The onset was still at the 1st year of junior high school, and at least when I first came under the author, there was no one who could be called a friend.

【Discussion】

Social Anxiety Disorder, which is the fight against loneliness. It is an endless battle with loneliness.

Social anxiety disorder is said to occur mostly in the teens and early 20s. In the past, the name of the disease called interpersonal fear was used, but the name of the disease is not often used recently, and the names of social anxiety disorder and social fear are used.

There is a discrepancy in the concepts of interpersonal fear and social anxiety disorder. Interpersonal fear can be divided into tensional interpersonal fear, which is almost equivalent to social anxiety disorder, and conviction, interpersonal fear with associated delusions and pre- schizophrenic symptoms.

It was explained that fluvoxamine (at the time immediately after the launch of fluvoxamine) could potentially ameliorate social anxiety disorder, and was administered from the first examination, but the effect was hardly observed. Each time milnacipran and paroxetine were released, they were given one by one, but the effect was almost the same. He also mentioned that the benzodiazepine drugs prescribed at the same time hardly work.

Taking into consideration that the effect of benzodiazepines is not good, considering the possibility that schizophrenia exists in the base, 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.

"The anxiolytics are only temporary, but there are cases where the social anxiety disorder will heal one day while they are temporarily temporary. Taking an anti-anxiety drug, and having a strong social life while being jealous That there are a large number of examples. This was explained, and the treatment was based on fluvoxamine, milnacipran, paroxetine, and relatively anti-anxiety drugs.

Y was obsessed with the following contents (note, author's summary) described in "The Perfect Personality Remodeling Manual" which is one of the works of Tsurumi who had been obsessed.

"To change to a bright person, carry a small bottle of concentrated alcohol in a small bottle and drink it little by little. Alcohol is a medicine to brighten up your character. Drink alcohol from morning to all day. 9:00 am, 12:00 noon, afternoon Drink three times at three o'clock and six o'clock, and drink twice a glass for whiskey, 1 bottle for beer, 1 bottle for sake, 2 glasses for wine, etc. Drink alcohol from morning Drink all day, that's how it turns into a bright person!

Alcohol is a legal drug. I feel no tension at work or in the classroom. Every day, from morning to evening, to bring back the suppression function overworked by a small amount of alcohol to normal state and to relieve tension.

It will be safe to drink it once every three or four hours, at places where it is out of sight, such as company or school toilets, gargle immediately after drinking, and chew even with gum for 30 minutes to 1 hour.

To be on the safe side, take medicines for bad breath that are sold at many in the pharmacy.

"

It is thought that Y was as young as 22 years old and did not have the ability to criticize the content written in the book, and at the same time it was thought that Y was strongly affected by social anxiety disorder.

Y's alcohol habit was relatively mild at the first examination, but he gradually escalated, and was aware of his grandmother etc. several months before he committed suicide and was extremely alert. However, Y did not stop alcohol, and on the contrary, the alcohol group escalated rapidly until the day of suicide. I bought a 35% alcohol white liquor because it was financially poor, transferred it to a small metal container, put it in the bag, and carried it around. Y was also supposed to drink alcohol when singing in front of a band.

Y, who had been a friend since the first year of junior high school and was released from loneliness for many years, became an alcoholic patient and jumped down from the veranda on the eighth floor of the apartment in an alcoholic state.

【In the end】

When the ambulance brought Y to the general hospital, Y had already stopped breathing and heart beat. Y bought "Full Personality Remodeling Manual" about a year ago from my first visit to a general bookstore. It was an alcohol bottle from that time.

Y knows that she can not commit suicide with psychiatric drugs since her first visit, and asks the author, "Please give me another easy death that is not psychiatric medicine. Know that such medicine is available to the doctor. It is said that every visit to the hospital relentlessly. It was so persistent that I could not go back until I got the medicine. And it was suicide one month after not mentioning the request. Perhaps it was a change that decided to jump down suicide.

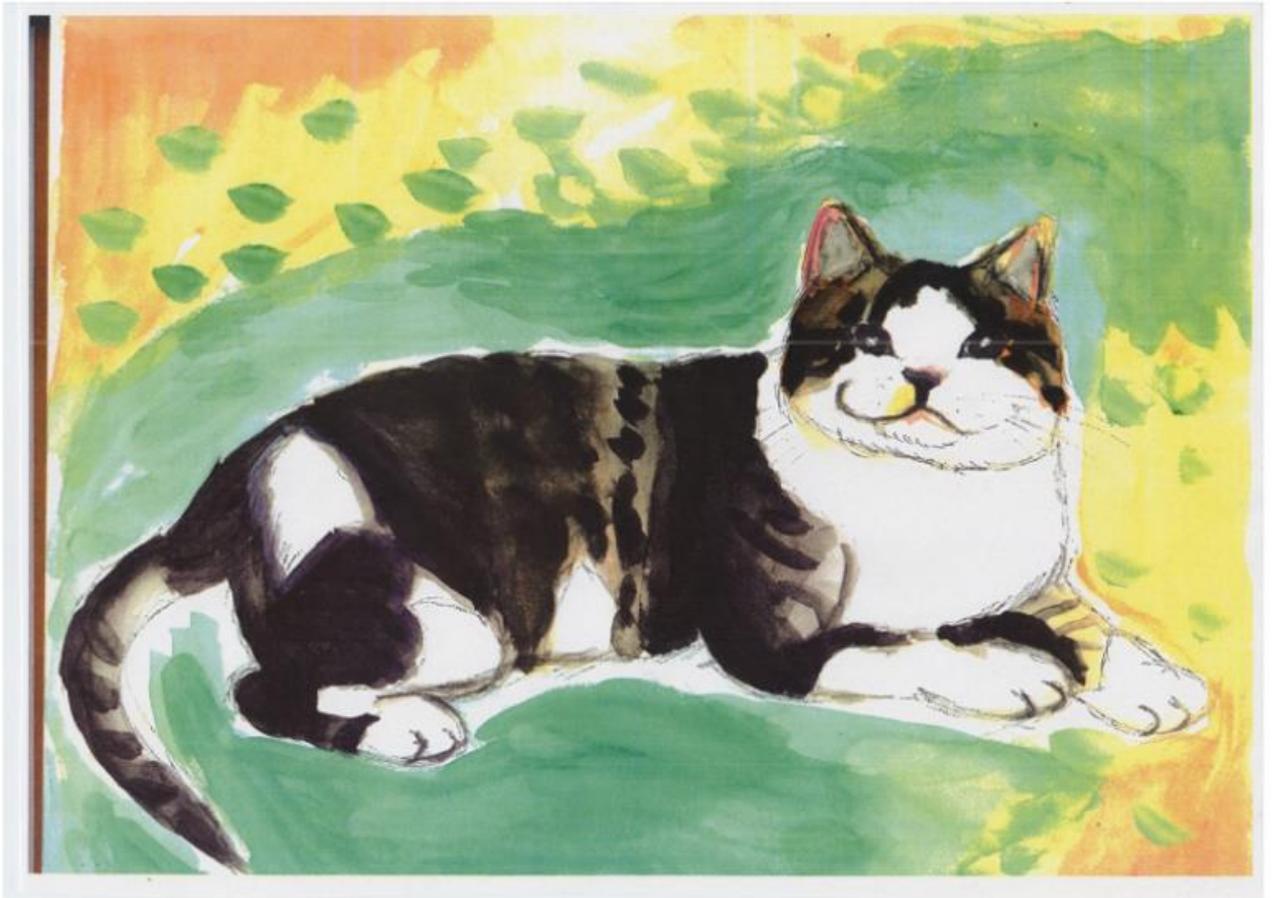
【Supplementary note】

Y has left three pictures of cats. These were drawn about half a year before death. Let that be "picture 1" "picture 2" "picture 3".

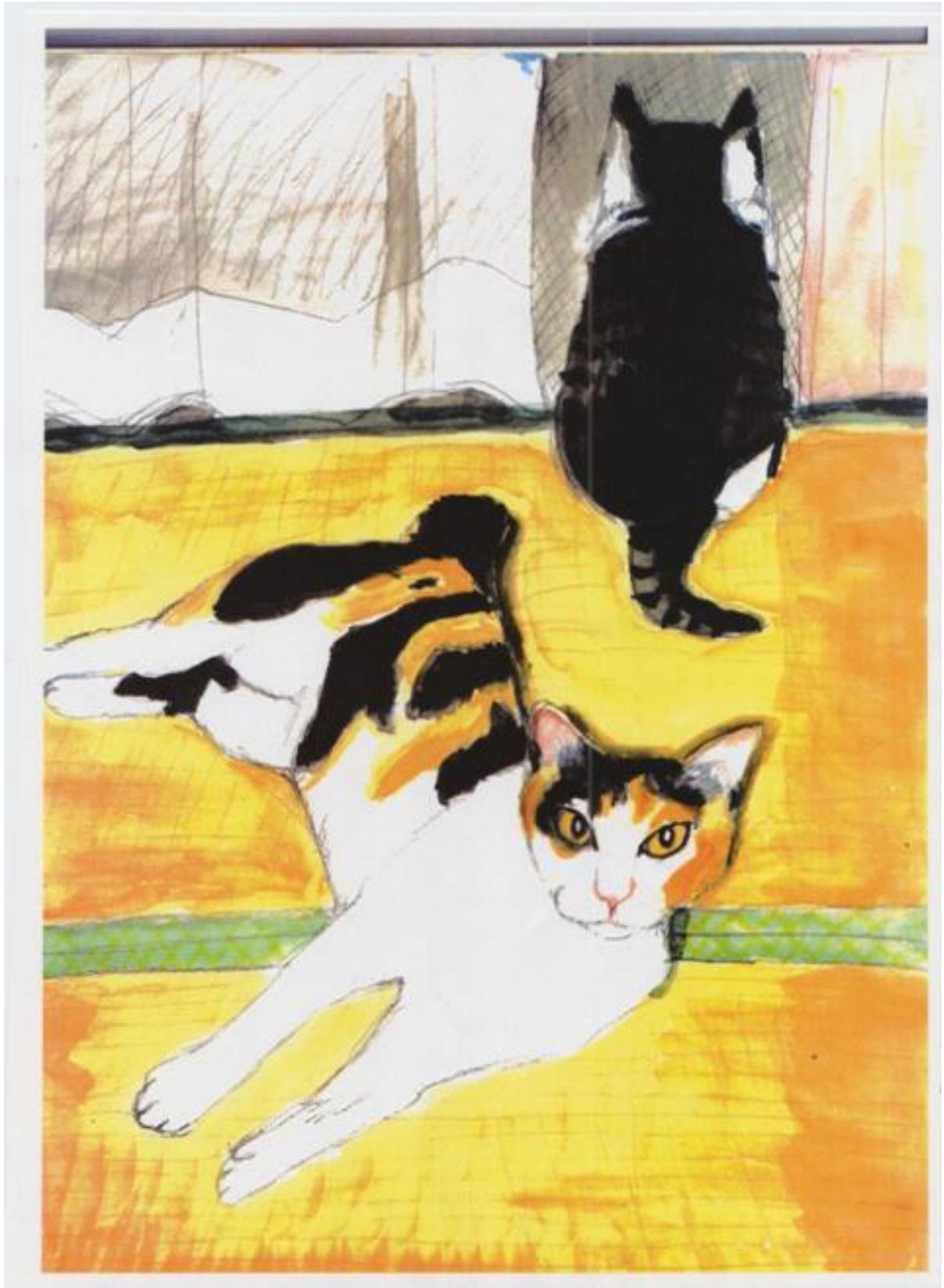
"Picture 1"



"Picture 2"



"Picture 3"



A cat standing like a lion in "Picture 1" expresses anger and determination to fight Y's illness. However, despite Y's determination, Y's social anxiety disorder was severe. The lying cat in "Picture 2" represents the extremely pure heart of Y's childhood. The cat in front of "Picture 3" shows Y's original flaming bright character, and the cat facing the back shows Y's loneliness which can not be crossed even if he wants to associate with people.

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

Complete

「picture 1」

<http://fish007.ninpou.jp/561.jpg>

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

「picture 2」

<http://fish007.ninpou.jp/562.jpg>

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

「picture 3」

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