

# 12 - What Is Social Anxiety Disorder?

Source: [Crunchyroll](#)

Translator:

Editor:

Timer:

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(Please feel free to edit the speaker names if incomplete or inaccurate. Names are handled on a best-effort basis depending on the info on the source file. Dialogue is left as is.)

**SIGN** *Comical Psychosomatic Medicine!*

**SIGN** Episode 12

"What Is Social  
Anxiety Disorder?"

**[00:10] Himeru**

What do I do? What do I do? What do I do?

**[00:14] Himeru**

What do I do? What do I do?

**[00:16] Himeru**

What do I do?

**[00:18] Asuna**

This way, Doctor!

**[00:18] Himeru**

What do I do? What do I do?

**[00:19] Ryou**

O-Okay...

**[00:20] Ryou**

But, Asuna-san, is it true that  
Himeru-san is in big trouble?

**[00:24] Asuna**

Yes. She even left this note.

**SIGN** Asuna, I'm in a major pinch!

You might say... Da Pinchy.

Even Mona Lisa is shocked!

**[00:28] Ryou**

*Is it me or does she seem  
to be taking it in stride?*

**[00:30] Asuna**

Try not to be surprised.

**[00:32] Asuna**

When my sister's in trouble, she changes  
so much, you wouldn't recognize her.

**[00:36] Ryou**

Oh, don't exaggerate...

**[00:38] Himeru**

Oink.

**[00:40] Ryou&Text**

*Who is that, seriously?!*

**[00:42] Asuna**

You're a sow today, Onee-chan?

**[00:44] Himeru**

Oink, oink, oink...

**[00:44] Ryou**

You're treating her normally?!

**SIGN** And you specify "sow"?!

**[00:46] Himeru**

Oink, oink, oink.

**[00:47] Ryou**

She's a pig inside and out!

**[00:48] Asuna**

Uh-huh. I see...

**[00:49] Ryou**

They're holding a conversation?!

**[00:50] Ryou**

Um, what is she saying?

**[00:53] Asuna**

She's saying "oink, oink."

**[00:54] Ryou**

I can tell that much!

**[00:55] Himeru**

Oink, oink, oink.

**[00:58] Himeru**

Oink.

**[00:59] Ryou**

Is she a matryoshka doll?

**[01:00] Ryou**

Just how serious is this?!

**SIGN** Plunk

**[01:02] Ryou**

Um... Why are you a sow?

**[01:04] Himeru**

W-Well, I'm going to be  
joining a certain club,

**[01:07] Himeru**

and I have to introduce myself there.

**[01:09] Himeru**

Just thinking about it makes me anxious,

**[01:12] Himeru**

so I thought I'd dress as a sow  
so I'd be less embarrassed...

**[01:14] Ryou**

I think the sow costume is a few

million times more embarrassing.

**[01:18] Ryou**

So basically,

**[01:19] Ryou**

you get nervous in front of large groups?

**[01:22] Himeru**

Yes.

**[01:23] Asuna**

Then I'll give you some advice rooted  
in the latest psychiatric studies.

**[01:26] Ryou**

Huh?!

**[01:27] Asuna**

Write "person" on your hand and swallow it!

**[01:29] Ryou**

That's not psychiatric or even medical!

**[01:31] Ryou**

Also, that's "enter," not "person," Asuna-san!

**[01:33] Himeru**

Swallow it...

**SIGN** Chew Chew

**[01:34] Ryou**

She's trying to swallow it for real!

**[01:37] Asuna**

Seeing a family member so freaked  
out actually makes me feel calmer.

**[01:41] Ryou**

What good does it do for you to calm down?!

**[01:42] Asuna**

Anyway, Doctor, can't you solve this  
with that psychiatry of yours?

**SIGN** Gurgle

**[01:47] Ryou**

Generally, when anxiety symptoms are strong,

**[01:49] Ryou**

it's known in psychiatry  
as "anxiety disorder."

**SIGN** Anxiety Disorder

**[01:51] [SONG] Text**

Troubled due to anxiety.

**[01:52] Ryou**

It means you're troubled due to anxiety.

**[01:54] Ryou**

There are various types, but the type

**[01:56] Ryou**

that often feels anxious when interacting  
with people, like Himeru-san,

**SIGN** Social Anxiety Disorder or (Social Phobia)

**[01:59] Ryou**

is known as "social anxiety disorder."

**[02:01] Himeru**

Wh-What are the specific symptoms?

**[02:04] Ryou**

The most common one is glossophobia.

**[02:05] [SONG] Text**

Glossophobia

**[02:06] Ryou**

This refers to intense  
anxiety felt when speaking

**[02:08] Ryou**

in front of many people,  
such as receptions or meetings.

**[02:12] Asuna**

What's it called when you're anxious because

**SIGN** Wedding Reception Invitation

**[02:14] ---**

everyone around you is holding receptions?

**[02:16] Ryou**

That's a different matter.

**[02:18] Ryou**

Regardless, many people  
fear public speaking,

**[02:20] Ryou**

so don't feel like you're alone.

**[02:21] Himeru**

Oh, so it's not just me?

**SIGN** Whew

**[02:24] Ryou**

I think you *are* the only  
one who turns into a sow.

**[02:26] Ryou**

Then there's "scopophobia,"

**[02:26] [SONG] Text**

Scopophobia

**[02:27] Ryou**

meaning you feel anxious when  
exposed to the eyes of others.

**[02:30] Asuna**

Is there anyone with scopophobia  
who's also an exhibitionist?

**SIGN** Ah... I want you to look...! But I'm scared...!

**[02:33] Ryou**

If there is, it'd be the  
worst complication ever!

**[02:35] Ryou**

Then there's telephonophobia,

**SIGN** Telephonophobia

**[02:36] Ryou**

an intense anxiety toward  
speaking on the phone.

**SIGN** Social Anxiety Disorder

**[02:39] [SONG] Text**

Scared to interact with people

**[02:40] Ryou**

Whichever you're dealing with,  
the fear of interacting

**[02:42] ---**

with people is social anxiety disorder.

**[02:44] Asuna**

How is it treated?

**[02:45] Ryou**

Well, it's generally treated  
with medication, such as SSRI.

**SIGN** Medical Treatment

**SIGN** Anti-Anxiety Drugs

Etc.

**[02:48] Ryou**

There's also psychological treatment  
and gradual acclimation.

**[02:52] Ryou**

For example, if you can speak  
in front of one person,

**[02:54] Ryou**

you try it with two, then three,  
and increasingly more.

**[02:57] Asuna**

And with each added person,  
your reward doubles, right?

**[03:00] Ryou**

It's not a pyramid scheme!

**[03:02] Ryou**

For starters, why don't you  
introduce yourself to us?

**[03:05] Ryou**

If you practice, you won't get as  
nervous when you do it for real.

**[03:08] Himeru**

O-Okay, I'll try.

**SIGN** I'm H!

**SIGN** I'm H!

**[03:12] Ryou**

Okay, hold on! Right from the start, hold on!

**[03:14] Himeru**

I-I was embarrassed to say my name, so I used my initial.

**SIGN** H for "Himeru"

**[03:17] Ryou**

That's even more embarrassing! Say it right!

**[03:19] Himeru**

I'm Himeru! H me!

**SIGN** H me!

**[03:21] Ryou**

Hold on, again! What is this for, a dating site?!

**SIGN** H for

"How do you do"

**[03:24] Himeru**

It's for "How do you do."

**[03:25] Ryou**

You're the only person in Japan who'd abbreviate that!

**[03:28] Himeru**

I'll do my best, so please, SM...

**[03:31] Ryou**

That's even more abnormal. What's that mean?

**[03:33] Himeru**

"Please spare me."

**SIGN** "SM" for "spare me"

**[03:35] Ryou**

I'm telling you, your abbreviations are what's embarrassing!

**[03:37] Ryou**

But if you're that nervous,

**[03:40] Ryou**

just saying "I'm very flustered" is one option.

**[03:42] Ryou**

That alone can calm you down.

**[03:45] Himeru**

I-I'm very flustered!

**[03:47] Ryou**

Enunciate the whole thing clearly!

**[03:49] Ryou**

By the way, what kind of club is it?

**[03:51] Himeru**

A figure skating fan club.

**[03:53] Asuna**

Wow, that sounds fun!

**[03:54] Ryou**

Well, just say what you want to say simply.

**[03:56] Ryou**

"Hello, my name is Himeru."

**[03:58] Ryou**

"I'm very interested in this activity."

**[04:00] Ryou**

"It's nice to meet you."

**[04:01] Ryou**

I think that'll be fine.

**[04:03] Himeru**

O-Okay. Keep it simple!

**[04:06] Asuna**

Oh, Onee-chan, it's just about time for you to go, isn't it?

**[04:09] Himeru**

Oh, you're right...

**[04:11] Himeru**

I'm going now.

**[04:11] Asuna**

You can do it!

**SIGN** Fall Ice Arena

**[04:16] Himeru**

H-H-Hello!

**[04:18] Himeru**

M-M-My name is Himeru.

**[04:20] Guy**

Nice to meet you!

**[04:21] Guy**

It's a woman!

**SIGN** Hahh... Hahh...

**SIGN** Figures & Skating Fan Club

**SIGN** Our first girl! Hot!

**SIGN** What kinds of figures do you like?

**[04:30] Asuna**

I resign, oink.

**[04:33] Asuna**

Onee-chan's closed her heart again.

**[04:35] Ryou**

I understand how she feels.

**SIGN** If you close your heart too much, visit the mental clinic!

**SIGN** This program is a work of fiction. There is no guarantee that the treatments mentioned herein

will work. Before having a medical exam, make sure the doctor deals in these treatments first.

**[04:40] ---**

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