

15 - What Is Seasonal Affective Disorder?

Source: [Crunchyroll](#)

Translator:

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QC:

(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 15

"What Is Seasonal
Affective Disorder?"

[00:04] Asuna

Hi, everyone! I'm the nurse at
Yuu Mental Clinic, Nurse Asuna.

[00:08] Ryou

I'm the ps—

SIGN Please Wait a Moment.

[00:14] Asuna

Did you know that the name
"bikini" came about because

[00:16] Asuna

nuclear bomb testing was carried
out on a place called Bikini Atoll,

[00:19] Asuna

meaning it's a swimsuit as explosively
shocking as a nuclear bomb?

[00:23] Ryou

Bikini trivia just took priority
over my introductio—

[00:30] Asuna

So on that note, my sister is on vacation at
the beach this week, so she isn't here.

[00:34] Ryou

And I don't know if it was "on that note,"

[00:36] Ryou

but now I know why that
forced fanservice was used.

[00:38] Ryou

Now, this week's the—

[00:41] [SONG] Text

Today's Theme
"Seasonal Affective Disorder"
(Seasonal Depression)

[00:48] Ryou

Seasonal affective disorder
is, as the name suggests,

[00:49] Ryou

when emotions are affected by the seasons.

[00:52] Ryou

In English, it's abbreviated to SAD.

[00:54] Asuna

Seasonal SAD-ism?

[00:56] Lady

Here. Since it's summer, I'll use
a sparkler instead of a candle.

[01:01] Guy

That's even sadder...

[01:02] Ryou

Who wants S&M with an atmosphere like that?!

SIGN "Emotional Disorder"

SIGN "Sexuality"

SIGN "Seasonal"

[01:04] Asuna

But what's an emotional disorder?

[01:07] Ryou

Don't rearrange it to sound sexual!

SIGN Today's Theme

"Seasonal Affective Disorder"
(Seasonal Depression)

[01:08] Ryou

Seasonal affective disorder is,
put more simply, seasonal depression.

[01:13] Ryou

Basically, feeling down only
at certain times of the year is

[01:16] Ryou

known broadly as seasonal affective disorder.

[01:18] Asuna

Only at certain times?

SIGN Christmas

SIGN See you next year!

[01:21] Guy

It's Christmas, but Santa
won't bring me a girlfriend!

SIGN Coming-of-Age Day

SIGN Want to do grown-up things?

[01:25] Guy

It's Coming-of-Age Day,
but I can't do anything grown-up!

SIGN Foundation Day

SIGN King!

[01:28] Guy

It's Foundation Day, but I can't form a
nation where everyone but me is female!

SIGN King!

SIGN King!

SIGN King!

SIGN King!

SIGN King!

SIGN King!

SIGN Constitution Memorial Day

[01:32] Guy

It should be guaranteed by the constitution,

[01:34] Guy

but I can't even have the minimal
cultural level of romance!

SIGN Greenery Day

SIGN I'm Midori!

[01:37] Guy

It's Greenery Day, but I don't
have a girlfriend named Midori!

SIGN Children's Day

SIGN I'd like a child soon...

[01:41] Guy

It's Children's Day, but I have
no one to make children with!

SIGN Hey, wait!

SIGN Marine Day

[01:44] Guy

It's Marine Day, but I don't have
a girl in a bikini next to me!

SIGN Health and Sports Day

SIGN Let's run together!

[01:47] Guy

It's Health and Sports Day, but I can't
do sports with a girl in bloomers!

SIGN Culture Day

SIGN We're just friends!!

[01:50] Guy

Infidelity is culture,
but I have no one to cheat with!

SIGN For you, Master.

SIGN Labor Thanksgiving Day

SIGN Tee- hee

[01:53] Guy

It's Labor Thanksgiving Day,

SIGN I'll do labor for you.

[01:55] Guy

but I don't have a maid
who'll do labor for me!

[02:00] Ryou

That's totally wrong!
National holidays aren't image clubs!

[02:04] Ryou

There are several variations
of seasonal depression,

SIGN Winter

Depression

SIGN Summer

Depression

[02:07] Ryou

but these two are the
representative patterns.

[02:10] Ryou

First, summer depression.

SIGN Occurs around May through September

[02:11] Ryou

Symptoms include reduced
appetite and insomnia.

SIGN Reduced

Appetite

SIGN Insomnia

[02:16] Asuna

Don't we call that "summer exhaustion"?

[02:19] Ryou

It is difficult to distinguish the two,

[02:21] Ryou

but the difference lies in whether
you feel emotionally down or not.

SIGN Winter Depression

[02:24] Ryou

Then there's winter depression.

[02:25] [SONG] Text

Occurs around October through March

[02:25] Ryou

Symptoms are the opposite: increased
appetite, oversleeping, etc.

SIGN Increased

Appetite

SIGN Oversleeping

[02:31] Asuna

Isn't that called storing up fat so you can sleep in a den to make it through winter?

[02:34] Ryou

It's not hibernation!

SIGN Summer Depression

SIGN Winter Depression

[02:36] Ryou

In either case, at a certain time of the year,

[02:38] Ryou

you feel less motivated even though you're not stressed,

[02:41] Ryou

and you feel emotionally uneasy.

[02:44] Asuna

What causes it?

[02:46] Ryou

The definitive cause is unclear,

[02:48] Ryou

but neurotransmitters such as melatonin are known to be influenced by sunlight.

[02:53] Ryou

So, for example, with winter depression,

[02:55] Ryou

it's said that reduced exposure to sunlight throws off that balance.

[02:59] Asuna

I see...

[03:01] Asuna

So how is it treated?

[03:02] Ryou

There's actually something called "light therapy."

SIGN Winner Therapy

[03:05] Asuna

"Winner therapy"?

SIGN Lucky Pendant

SIGN This pendant alone will bring you wealth and gorgeous women!!

[03:09] Pendant

Luck

[03:13] Asuna

If you're relying on something like that, you've already lost.

[03:16] Ryou

What did you just imagine?!

SIGN Winner

SIGN Therapy

[03:18] Ryou

Light therapy is, as the name suggests,

SIGN Light

SIGN Therapy

[03:20] Ryou

therapy exposing the patient to
light for a set amount of time.

[03:23] Ryou

Exposing them to light similar to that
of the sun can improve winter depression.

SIGN Mmph...

Five more minutes...

[03:28] Ryou

Of course, exposure to sunlight is
always important, not just in winter.

[03:32] Ryou

According to research, people who have
trouble waking up feel lonely more easily

[03:36] Ryou

and have a tendency toward depression.

[03:38] Asuna

What?!

[03:39] Ryou

Being slow to start in the morning makes
you less motivated throughout the day.

[03:44] Ryou

By opening the curtains to get sunlight as
soon as you get up, you'll wake up faster,

[03:47] Ryou

and your body's internal balance
will begin to adjust itself.

[03:50] Ryou

This makes you feel better
throughout the day.

[03:54] Asuna

I see!

[03:55] Asuna

In any case, don't keep
watching this anime forever.

[03:58] Asuna

Go outside and get some sun! Right?

[04:00] Ryou

Huh? Oh... Right... I guess...

[04:03] Asuna

And that means my sister's
mental health might improve

[04:06] Asuna

by getting some sun on the beach right now.

[04:08] Ryou

Well, I don't know how "healthy" the
things she comes up with will ever be...

[04:12] Iyashi

Asuna!

[04:17] Iyashi

I got so much sunlight, I burned.

[04:21] Ryou

You're too burned!

[04:28] Iyashi

What should a grown woman do
when she forgets her sunblock

[04:31] Iyashi

and gets depressed just thinking
about what this will do to her skin?

[04:35] Ryou

It's a bit late for that...

[04:37] Ryou

Uh, never mind. I said nothing.

SIGN Before it's too late,
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.

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