

# 6 - What Is Panic Disorder?

Source: [Crunchyroll](#)

Translator:

Editor:

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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 6

"What Is Panic Disorder?"

**[00:10] Asuna**

Hello, everyone!

**[00:12] Asuna**

I'm Asuna, the nurse at Yuu Mental Clinic.

**[00:15] Iyashi**

I'm Iyashi the nurse.

**[00:17] Ryou**

I'm the psychologist—

**[00:17] Both**

Together, we're the Sexy Nurse Sisters!

**[00:20] Ryou**

Completely ignoring me now, huh?

**[00:22] Ryou**

So, today's theme is panic disorders.

**[00:25] Ryou**

Do you know what panic is, Asuna-san?

**[00:28] Asuna**

Panic?

**SIGN** Twinkle

**SIGN** Run Run Run Run Run

**[00:31] Girl**

Oh, no! I'm late!

**SIGN** Thud

**[00:37] Bubble**

Yaaah!

**[00:38] Girl**

Ow...

**[00:40] Girl**

W-Watch where you're going—

**[00:48] Girl**

*My heart is racing!*

**[00:50] Girl**

*I'm in a panic!*

**[00:52] Asuna**

Is this panic?

**[00:54] Ryou**

That never happens in this day and age!

**[00:56] Asuna**

But it's what every girl dreams of.

**[00:58] Ryou**

Every girl dreams of seeing a boy with  
his legs spread and his fly open?!

**[01:03] Iyashi**

What are you saying, Asuna?

**[01:05] Iyashi**

That scenario isn't realistic at all.

**[01:08] Ryou**

That's right.

**[01:10] Iyashi**

When two people collide,  
they end up like this.

**[01:12] Ryou**

That's an erotic accident that  
defies the laws of physics!

**[01:15] Iyashi**

What's crucial here is to utilize this  
established fact while the girl is panicked—

**[01:19] Ryou**

You're continuing this story?!  
And what "established fact"?!  
*SIGN* Panic Disorder

*SIGN* Panic Disorder

**[01:23] Ryou**

Panic disorder is a condition in which  
someone has repeated panic attacks.

*SIGN* Whisper Whisper

**[01:27] Asuna**

Did you hear that, ma'am? It's the  
"panic" part we don't understand.

**[01:31] Iyashi**

I did, ma'am. There are always guys like  
that who just keep talking in circles.

**[01:36] Ryou**

Please stop rebuking me and  
making it look like idle gossip.

*SIGN* Panic Attack

**[01:39] Ryou**

A panic attack is the sudden  
outbreak of symptoms

*SIGN* Heart Palpitations

**[01:42] Ryou**

like heart palpitations, sweating,  
trembling, difficulty breathing,

**SIGN** Heart Palpitations Sweating

**SIGN** Heart Palpitations Sweating Trembling

**SIGN** Heart Palpitations Sweating Trembling Difficulty Breathing

**SIGN** Heart Palpitations Sweating Trembling Difficulty Breathing Chest Discomfort

**[01:45] Ryou**

and chest discomfort due  
to anxiety or stress.

**[01:48] Iyashi**

Chest pleasure...

**[01:50] Ryou**

You're missing an important detail!

**[01:52] Asuna**

That's a sign you're healthy, Onee-chan!

**[01:54] Ryou**

What you're imagining is unhealthy!

**[01:55] Ryou**

Symptoms may also include the feeling that  
your senses are off, such as lightheadedness.

**[02:00] Iyashi**

Like your morals are off...

**[02:03] Guy**

Forget your boyfriend  
and go out with me.

**[02:03] Iyashi**

I'd better be careful.

**[02:05] Girl**

Hmm, what should I do...

**[02:05] Ryou**

Your *senses*!

**[02:06] Ryou**

Bad morals isn't a sickness!  
It's just your personality!

**[02:09] Ryou**

Now, here's a question.

**[02:10] Ryou**

What do you think happens when these  
panic attacks occur repeatedly?

**[02:14] Iyashi**

When panic occurs repeatedly?

**SIGN** Panic

Panic

Panic

**[02:19] Ryou**

Get away from that scenario already!

**[02:21] Ryou**

This girl has way too many erotic accidents!

**[02:24] Ryou**

When panic attacks occur  
repeatedly, patients often...

**[02:27] Girl**

*What if it happens again?*

**[02:29] Ryou**

...begin to worry about this.

**[02:30] Ryou**

We call this anticipatory anxiety.

**SIGN** Anticipatory Anxiety

**[02:32] Ryou**

If this persists for a month  
along with panic attacks,

**[02:35] Ryou**

the patient is diagnosed with panic disorder.

**SIGN** Agoraphobia

**[02:37] Ryou**

And if anticipatory anxiety  
persists too long,

**[02:39] Ryou**

it can lead to agoraphobia.

**[02:42] Iyashi**

Is that when you're scared  
of big, open places?

**[02:45] Woman**

By the way, Yamada-san, next door, is moving  
to a stand-alone house next month.

**[02:51] Woman**

We could never do that.

**[02:53] Woman**

I'm scared of big houses...

**[02:56] Woman**

Our tiny, six-mat, one-room apartment  
is much more relaxing.

**[03:00] Woman**

Oh, big places just terrify me...

**[03:02] Ryou**

That's a demand disguised as a phobia!

**[03:03] Ryou**

The pressure she's putting on  
him is way more terrifying!

**[03:05] Ryou**

It's often misinterpreted, but agoraphobia  
isn't a fear of big, open places.

**[03:10] Ryou**

Let's look at the English term.

**[03:11] Ryou**

"Phobia" refers to a specific fear.

**[03:13] Ryou**

Do you know what "agora" means?

**SIGN** The Chin Beast

Agolla

**[03:17] Asuna**

Agolla!

**[03:18] Ryou**

It's not a monster.

**[03:20] Iyashi**

Agowa...

**[03:22] Girl**

Ah! Go 'way!

**[03:22] Girl**

Ah! Go 'way!

**[03:23] Ryou**

Is the husband from before trying to placate her with sex appeal?!

**[03:25] Iyashi**

He was inspired by the monster.

**[03:26] Ryou**

That wasn't clever at all!

**[03:28] Ryou**

"Agora" originated in ancient Greece,

**[03:30] Ryou**

and referred to a place where many people came together.

**[03:33] Ryou**

So agoraphobia is the fear of places with a lot of people and no way out.

**[03:38] Ryou**

It can be in an elevator, a train, a meeting, or a concert hall.

**[03:41] Ryou**

How big the space is doesn't matter,

**[03:43] Ryou**

and it can occur even if there isn't a huge crowd.

**SIGN** Panic Attacks

**[03:45] Ryou**

So the severity of panic disorder increases with the progression from

**SIGN** Panic Attacks

↓

Anticipatory Anxiety

**SIGN** Panic Attacks

↓

Anticipatory Anxiety

↓

Agoraphobia

**[03:50] Ryou**

panic attacks to anticipatory  
anxiety to agoraphobia.

**[03:52] Ryou**

If symptoms haven't become severe yet,

**SIGN** Today's Theme:

"Panic Disorder"

**[03:54] Ryou**

a majority of cases can be treated  
quickly with medication or counseling.

**[03:59] Ryou**

What's important to remember in panic  
attacks is not to try to handle it all alone.

**[04:02] Ryou**

When you're panicking,

**[04:04] Ryou**

you only put more pressure on yourself  
when you try to handle it alone.

**[04:08] Iyashi**

So it's a vicious circle.

**[04:10] Ryou**

"If it starts to bother me,  
I'll get off the train."

**[04:12] Ryou**

"I'll go talk to my friend."

**[04:14] Ryou**

Just thinking about measures  
like these can calm you down.

**SIGN** Today's Theme:

"Panic Disorder"

**[04:18] Ryou**

There's no need to keep  
everything to yourself.

**[04:20] Ryou**

It's okay to rely on measures like those.

**[04:22] Both**

Got it!

**[04:23] Ryou**

By the way, Iyashi-san,

**[04:25] Ryou**

have you ever been in a situation you  
wanted to escape from, but couldn't?

**[04:28] Iyashi**

Wanted to escape, but couldn't?

**[04:31] Iyashi**

The pressure from my parents to get married.

**[04:34] Ryou**

Uh, that topic runs too deep,  
so let's hold off on that.

**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.

**SIGN** If you want to run away,  
visit the mental clinic!

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Revision #1

Created 2026-01-29 04:05:38 UTC by whimsee

Updated 2026-01-29 04:05:38 UTC by whimsee