

7 - What Kind of Disorder Is Depression?

Source: [Crunchyroll](#)

Translator:

Editor:

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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!*

[00:10] Ryou

Hello. I'm Ryou the psychologist.

SIGN Episode 7

"What Kind of Disorder is Depression?"

[00:13] Ryou

And this is... Huh?

[00:15] Ryou

Asuna-san?

[00:16] Asuna

I'm sorry for all the stuff I did before.

[00:19] Asuna

I'm going to drop the dirty jokes this time.

[00:22] Ryou

What happened?!

[00:22] Ryou

Now, this time, we'll be discussing what's known as "CES-D."

[00:27] Ryou

Asuna-san, do you know what CES-D means?

[00:29] Asuna

CES-D...

[00:31] Asuna

"Cute Acting Manager Endou sexually harassed women by dropping his pants," right?

[00:35] Ryou

Didn't you just say you'd drop the dirty jokes?!

[00:37] [SONG] Text

Dropped Dirty Jokes

[00:37] Asuna

Huh? I meant "dirty jokes *about dropping.*"

[00:38] [SONG] Text

Dropped (Pants) Dirty Jokes

[00:40] Ryou

There's seriously no saving this anime now!

[00:43] Asuna

And so, today we're bringing you the anime

[00:45] Asuna

*Comical Psychosomatic Medicine
just as we always do!*

[00:48] Ryou

*Anyway, CES-D stands for "Center of
Epidemiologic Studies depression scale."*

[00:54] Ryou

*In short, it's a test to determine
one's level of depression.*

[00:57] Asuna

*"If you're in pain, take a
CES-D right away," right?*

[00:59] Ryou

That's Seds!

[01:01] Ryou

There are a total of 20 questions,

[01:03] Ryou

but we'll just look at a few today.

[01:06] Ryou

If any apply to you lately, answer "yes."

SIGN Question: You are unable to concentrate.

[01:12] Ryou

Asuna-san, are you able to concentrate?

SIGN Looking for a Boyfriend

SIGN Serious, As In "For Real"

[01:14] Asuna

*Yep! I'm concentrating
on finding a boyfriend!*

[01:16] Ryou

*Not that! You're concentrating,
but I didn't mean like that!*

SIGN Question: You feel as if you're talking less than usual.

[01:21] Asuna

Oh, yeah, I haven't been talking much.

[01:23] Asuna

*I'm not very good at talking
to begin with, anyway.*

[01:27] Asuna

You know, when a cute girl like me talks,

[01:27] Ryou

So that's a "no."

[01:28] Asuna

everywordisperceivedas
reallymeaningful,right?

SIGN Question: You feel as if your life is a failure.

[01:33] Asuna

I hate the word "failure."

[01:36] Ryou

Huh? What's gotten into you?

[01:38] Asuna

The moment I say "failure," (*shippai*)
I feel like I've given up on everything.

[01:42] Asuna

That's why I only say part of the word.

SIGN —pai

[01:45] Asuna

The "pai" part.

[01:46] Ryou

Don't omit that part!

[01:47] Ryou

You'll give people the wrong image!

SIGN Question: You often feel afraid of something.

[01:52] Asuna

Yes, of...

[01:54] Asuna

my own beauty.

[01:55] Ryou

Yeah, that's scary, all right.

SIGN Question: You can't sleep well.

[01:59] Ryou

Are you sleeping well lately, Asuna-san?

[02:01] Asuna

What? How rude! Of course
I would never do that!

SIGN Housewives in the Bedroom in the Afternoon

[02:05] Asuna

That's when a mature woman
goes to sleep, right?

[02:07] Ryou

The "mature woman" thing aside,
you're thinking like an old man!

[02:10] Ryou

Anyway, this test can diagnose
depression with 70-90% accuracy.

SIGN Diagnoses depression

with 70-90% accuracy

[02:15] Ryou

I'll omit the other questions
and the scoring standards,

[02:18] Ryou

but if you answer a fourth or more of the
questions with "yes," you should take action.

[02:21] Asuna

I see!

[02:22] Ryou

By the way, medicines to treat depression
are called "antidepressants,"

SIGN Antidepressants

[02:24] Ryou

and the type used by about 70%
of patients is called "SSRI."

[02:29] Asuna

What?!

[02:32] Guy

Rub, rub, rub, rub, rub...

SIGN Rubbing (*susuri*)?

[02:36] Asuna

This guy's a pickpocket (*suri*)!

[02:37] Ryou

That's just plain molestation!

[02:39] Ryou

SSRI stands for "selective
serotonin reuptake inhibitors."

[02:45] Asuna

I don't understand English.

[02:47] Ryou

Why are you a foreigner?!

[02:49] Ryou

Also, if you're a foreigner,
you should know English!

[02:51] Ryou

In simple terms, it's a drug that inhibits
the reuptake of the neurotransmitter serotonin.

SIGN Inhibits the reuptake of the
neurotransmitter serotonin

[02:57] Ryou

Try and imagine a cabaret club.

[02:59] Asuna

A cabaret club?!

[03:00] Ryou

And think of serotonin as a
hostess working at the club.

SIGN Serotonin

[03:03] Girl

Thank you for requesting me!

[03:05] Asuna

I can't imagine that!

[03:06] Asuna

Using a cabaret club hostess as
an analogy is too bold, Doctor!

[03:10] Ryo

Tsk, tsk, tsk.

[03:11] Ryou

The pros call them the "cast."

[03:13] Asuna

That doesn't matter here!

[03:14] Ryou

And the guests at the club are nerves.

SIGN Nerve

SIGN Normal

[03:17] Ryou

The ones we refer to as depressed

[03:18] Ryou

have fewer cast—that is,
less serotonin—than those who are not.

SIGN Depressed

[03:22] Ryou

That's why the guests are depressed, too.

[03:24] Asuna

Do you really want people
to understand it this way?!

[03:26] Ryou

And after some time,

[03:27] Ryou

the cast is called by a guy in a suit
and vanishes into the back of the club.

[03:29] Guy

Seroko-san, you've been requested.

[03:32] Girl

Sorry, I'm being called.

[03:35] Ryou

That reduces their numbers even further.

[03:37] Ryou

This is the reuptake of serotonin.

[03:40] Asuna

He should go home! He should just go home!

SIGN SSRI Man

[03:42] Ryou

And that's where SSRI comes in!

[03:45] Ryou

He stops the guy in the

suit from doing his job.

[03:47] Ryou

Then the cast can no longer vanish
into the back of the club,

[03:51] Ryou

so more and more arrive as they're requested.

[03:52] Ryou

This is "inhibiting the
reuptake of serotonin,"

[03:55] Ryou

also known as Shangri-La!

[03:57] Asuna

D-Doctor?!

[03:58] Ryou

When this happens, the guests are happy!

[04:00] Ryou

And so, they are relieved
of their depression.

[04:02] All

Thank you, SSRI Man!

[04:04] Asuna

This almost sounds like a nice story
now, even though it's a cabaret club!

[04:07] Ryou

By the way, there's a similar
type of drug called "SNRI."

[04:10] Ryou

These inhibit the reuptake of the

[04:10] Asuna

SSRI and SNRI?

[04:10] Asuna

Is there one called SIRI?

[04:12] Ryou

neurotransmitter norepinephrine,
as well as serotonin.

SIGN Butt

[04:14] Ryou

That would be "shiri" (*butt*)!
There's no drug with that name!

SIGN Today's Theme:

"Depression"

[04:17] Ryou

Anyway, be sure to consult a doctor
before taking any medication.

[04:21] Asuna

Got it!

[04:22] Asuna

But, Doctor, did you know
there's a drug that's

[04:24] Asuna

better than anything else
for calming people's hearts?

[04:27] Ryou

Huh?

[04:31] Asuna

It's love.

[04:33] Ryou

If you think the value of love
is going to mean anything in

[04:36] Ryou

an anime so full of dirty jokes, you're very wrong.

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're lacking in love,
visit the mental clinic!

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