

Patient A, male, 23 years old at the time of first visit

[Chief complaints] Feeling of nervousness with people; stiffness in face; inability to act as I wish

[History] Patient A was born as the second of three siblings, with an older sister and a younger brother. Currently he lives with his parents, who are self-employed, and his sister. He has never experienced a major failure in his life up to his visit. He is a perfectionist with a high ideal. He studied hard so that he could enter a top-notch university, and has been academically a high achiever. On the other hand, he has had a tendency to worry. He worried that he would fail the entrance exam, and instead of applying for the elite university in the metropolitan area, which was everyone thought he should apply for, he applied for another slightly less prestigious university, which he thought was a safer bet and enrolled in. At his university, he joined a students' club for those with interest in arts, but in a few months, he found it different from his expectations and left. As far as his studies were concerned, he attended his classes regularly, while he also kept a part-time job as a private school teacher for elementary school children. He was very motivated and active to find a job also. Soon he got hired by the most influential bank in the area, where many alumni from his university also worked.

Upon graduation, he started working at the bank in April. By June, he was getting used to his new life and the work environment where he worked with many older colleagues. Around the same time, he started feeling tense when he was with people, and also bothered by stiffness in his face. They were so bothersome that he started worrying about the other person's attitude and his own behavior. It became such a distress for him to go to work in September, he told his parents that he wanted to quit, to which they responded by suggesting that he should give it a try for at least three years. His concern that he might be making people uncomfortable with his eye contact and nervousness became overwhelming, and in November, he visited a local psychiatric clinic without telling anyone, including his parents.

At the first visit, he described that he could not help himself being conscious of how he may look to other people, especially to his superiors, that his face was stiff, which worsened as he tried to act normally, and that he was very anxious that his boss would criticize him for the way he was. He said that he could not perform well with the distressing feelings haunting him, that he felt he should just quit, and that he desperately wanted the symptoms in his face corrected. At the interview, he barely showed symptoms of depression, such as depressed mood or decreased interest, and reported no unusual experiences such as auditory hallucination.

[Note] In Japan, a patient like A may receive an indigenous diagnosis, i.e. unique to Japan (For the sake of good discussion at the symposium, the diagnosis is not disclosed at the moment). Please make sure to make note of any special diagnosis or treatment for patients like this that exists in your country, if applicable.