



A SILENT VOICE

ABNORMAL PSYCHOLOGY
ASSIGNMENT

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Introduction

Normally when we talk about Japanese animations or anime if you will or any other western animation, we think about it is for kids, but when we go past that there are some animation that more related to us than we think or even we have to think twice when we watch it. Therefore, this assignment we will talk about a character in Japanese animation movie called “a silent voice” and we will talk about the character Shoyo Ishida and his struggle with depression and the connection he had between the people around him.

Definition

So, when we talk about depression what do we really think? That it is a part of being sad and we will get over it in with in one or two days? That is what most of the people in our society thinks and sometimes we leave these people to lose in the sorrow ending with something that none of us could ever imagine.

(UNICEF, n.d.) describe it as follows “Depression is one of the most common types of mental health conditions and often develops alongside anxiety.

Depression can be mild and short-lived or severe and long-lasting. Some people are affected by depression only once, while others may experience it multiple times.

Depression can lead to suicide, but this is preventable when appropriate support is provided. It’s important to know that much can be done to help young people who are thinking about suicide.”

The question is do we leave the person as they be with out helping them or reaching out to them?

The movie: Battle with depression and connection

The movie takes back a few years to when Shouya was in elementary school. He used to be a lively and carefree young boy who enjoyed every day with his friends. Shoko Nishimiya, a strange little girl, transfers to his school one day. Shouya is fascinated by her after learning that she is completely deaf. Shoko is initially treated quite well at this new school. Most of the students try to make her feel like she belonged there. However, some of the kids grow tired of Shoko and her notebook, which was her of communication with others. Shouya decides to bully Shoko by mimicking the way she speaks after noticing how annoyed she is by Shoko. Following this, many of the students in her class begin to ignore Shoko, leaving her all alone. The bullying against Shoko is becoming more harsher with each passing day. Things got out of hand one day when Shouya decided to forcefully remove Shoko's hearing aids. The girl's ears begin to bleed. The next day, a teacher from the school enters Shouya's class and complains about someone bullying Shoko. The teacher asks the bully to come out, or the parents of the students will have to intervene. Shouya's entire class blames him for bullying the deaf girl.

Shouya's mother takes him to see Shoko's family after he returns home. Shouya's mother completely repays Shoko's mother for all of the lost hearing aids, and she also rips her earrings out of her ears to compensate for the pain caused by her son. The next day, Shouya notices that things changed. Instead of Shoko, he transforms into the kid who was bullied at school. Which is why he blamed Shokok which led Shouya to confront Shoko, Shoko wanted to help him by being friends with him which turned it around and they got into a fight. Shoko transfers to another school after this fight.

The second act of the film returns us to the present day. Shouya had considered suicide, but he did not go through with it. Following his failed suicide attempt, Shouya has decided to make peace with Shoko by bringing her notebook. Shoko is terrified of him and attempts to run away from him, but Shouya pursues her and asks her in sign language if she wants to be friends.

When Shouya wakes up the next morning, his mother discovers a large sum of money that he had collected for his mother before killing himself. His mother threatens to burn all of Shouya's hard-earned money if he doesn't stop thinking about suicide. Shouya apologizes to her. We learnt here that Shouya has turned into a complete introvert with no friends. Shouya tries not to interact with anyone.

The next day, Shouya discovers another boy in his class being bullied into giving him his bike. Shouya stands up for the boy by giving the bully his own bike instead.

Shouya decides to pay Shoko another visit on his way home from school and brings a loaf of bread with him. Shouya is obstructed by a small child, and she refuses to let him meet up with Shoko. Shouya then runs into the kid who was being bullied at school on his way home. The boy had spent the entire day looking for Shouya's bike and had come to return it. Shouya's first friend that he had made in a long time at school is this boy named Tomohiro Nagatsuka.

Shoko decides to change her hairstyle for Shouya the next day and gives him a gift. Shoko admits to Shouya that she is madly in love with him. Instead of writing it down or explaining it with hand gestures, the girl chooses to say it aloud. Shouya is unable to understand what Shoko is trying to say, and she runs away embarrassed. Thinking that he does not have the same feeling as her.

After a long time he decided to invite his elementary friends, and for the first time in many years he felt like he was having fun. But a while later one of his friends approached him and said that she hates Shoko and she was the reason that she and him were not friends anymore, which Shouya totally disagrees.

They all get together on the day of the fireworks. While watching the fireworks, Shoko abruptly declares that she wishes to return home and departs ahead of the others. Shouya follows her to retrieve a camera from her house. When Shouya arrives at her house, he notices Shoko on the balcony, watching the fireworks. Shoko abruptly decides to commit suicide by jumping from the balcony, as she believed that Shouya's life is going downhill because of her. Shouya rushes towards her and saves her life, but the boy falls and is rushed to the intensive care unit.

The movie ends with Shoko going to the bridge where they fed the fish and cry, at the same time Shouya wakes up from the coma and decided to go to the same bridge where they met and Shouya apologizes to Shoko and asked her to help him live again. This led him to call all his "friends" and go to the festival which they all agreed up on, this is where he started to notice all the people around which made him cry as his life was changed. (JPbound, n.d.)

Cause and symptoms of Depression

According to (MayoClinic, n.d.) the symptoms for teens are as follows “In teens, symptoms may include sadness, irritability, feeling negative and worthless, anger, poor performance or poor attendance at school, feeling misunderstood and extremely sensitive, using recreational drugs or alcohol, eating or sleeping too much, self-harm, loss of interest in normal activities, and avoidance of social interaction.”

Which we can clearly see after people decided to ignore him and spreading rumors that he will never be a good person he avoid all social interaction where he marks everyone's faces as 'X'. And as he believed he is worthless, and no one ever would be friends with him he decided to commit suicide.

There are not known biological reason depicted in the movie as both his father and mother have a great marriage and both of them were good parents. What I believed led him to bully at first was that he liked to be in the center of attention, and he was making friends by bullying Shoko for being deaf. Which led him to a deeper hole where he thought everyone blames him for everything and no one would ever be friends with him after what has happened which led him to not socially interact.

Treatment

From every source that I have read it stated the same thing that Medication and psychotherapy are the most effective for depression.

Medications

Many types of antidepressants are available now some of them are:

Selective serotonin reuptake inhibitors (SSRIs). Doctors often start by prescribing an SSRI. These drugs are considered safer and generally cause fewer bothersome side effects than other types of antidepressants. SSRIs include citalopram (Celexa), escitalopram (Lexapro), fluoxetine (Prozac), paroxetine (Paxil, Pexeva), sertraline (Zoloft) and vilazodone (Viibryd).

Serotonin-norepinephrine reuptake inhibitors (SNRIs). Examples of SNRIs include duloxetine (Cymbalta), venlafaxine (Effexor XR), desvenlafaxine (Pristiq, Khedezla) and levomilnacipran (Fetzima).

Atypical antidepressants. These medications don't fit neatly into any of the other antidepressant categories. They include bupropion (Wellbutrin XL, Wellbutrin SR, Aplenzin, Forfivo XL), mirtazapine (Remeron), nefazodone, trazodone and vortioxetine (Trintellix).

Tricyclic antidepressants. These drugs — such as imipramine (Tofranil), nortriptyline (Pamelor), amitriptyline, doxepin, trimipramine (Surmontil), desipramine (Norpramin) and protriptyline (Vivactil) — can be very effective, but tend to cause more-severe side effects than newer antidepressants. So tricyclics generally aren't prescribed unless you've tried an SSRI first without improvement.

Monoamine oxidase inhibitors (MAOIs). MAOIs — such as tranylcypromine (Parnate), phenelzine (Nardil) and isocarboxazid (Marplan) — may be prescribed, typically when other drugs haven't worked, because they can have serious side effects. Using MAOIs requires a strict diet because of dangerous (or even deadly) interactions with foods — such as certain cheeses, pickles and wines — and some medications and herbal supplements. Selegiline (Emsam), a newer MAOI that sticks on the skin as a patch, may cause fewer side effects than other MAOIs do. These medications can't be combined with SSRIs.

Other medications. Other medications may be added to an antidepressant to enhance antidepressant effects. Your doctor may recommend combining two antidepressants or adding medications such

as mood stabilizers or antipsychotics. Anti-anxiety and stimulant medications also may be added for short-term use. (MayoClinic, n.d.).

Psychotherapy

Psychotherapy is a broad term for talking about your depression and related issues with a mental health professional. Talk therapy and psychological therapy are other terms for psychotherapy.

Different types of psychotherapy, such as cognitive behavioral therapy or interpersonal therapy, can be effective for depression. Other types of therapies may be suggested by your mental health professional. You can benefit from psychotherapy.

Some other treatments include the ECT or otherwise known as elctroconvlusive therapy In the ECT, an electric shock is passed through the brain to impact the function of the neurotransmitter to relieve depression. This is normally used as a last resort for people who do not get better with medications and are at a high risk of suicide.

Conclusion

At the end of the day depression is not something that you can treat on your own but with the help of the professionals and changing your lifestyle according to them they might be effective some of them being that you educating yourself about the mental illness to motivate you to stick to your plan. In addition to that, never skip your psychotherapy sessions or even the medications as this will lead to more withdrawals. You want to avoid your warning signs as well, you want to work with your doctors to recognize the triggers of the depression and take action given by the professional. And lastly, the only way that you can recover and get back to your feet is taking care of yourselves, like eating healthy, exercising and sleeping 8 hours of sleep every day. Before ending this assignment this one quote from Jonathan from cinematherapy struck to me which was “Psychotherapy is a broad term for talking about your depression and related issues with a mental health professional. Talk therapy and psychological therapy are other terms for psychotherapy.

Different types of psychotherapy, such as cognitive behavioral therapy or interpersonal therapy, can be effective for depression. Other types of therapies may be suggested by your mental health professional. You can benefit from psychotherapy.” (Therapy, 2021).

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