

Psychosomatic Consultation at High School–Based on a Survey of Actual Conditions

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Abstract : The author conducted a survey on the actual situation of psychosomatic consultations of 59 high school students to whom the author provided consultation as a school physician. 1. The number of psychosomatic consultations was 11.8 consultations per year per person over the course of a year, 28 (47%) of which were for freshman students, and the number of such consultations decreased with the progression of grades. 2. As for the breakdown of those seeking consultation, 35 were guardians, followed by 29 being the students themselves. 3. As for the background of those seeking psychosomatic consultation, 22 cases were requested by parents, comprising the largest number, followed by 11 cases requested by students, comprising the smallest number. 4. As for the breakdown of the contents of such consultations, the largest number was 49 cases with psychological symptoms, followed by 36 cases with somatic symptoms. Such symptoms frequently appeared at each grade. 5. As for the outcome of the psychosomatic consultations, 34 cases resulted in the students making changes, comprising the largest number in this category, followed by 31 cases of changes made by the adviser. 6. Psychosomatic consultation provides support not only for children with problems but also for parents or school officials with problems regarding childcare or guidance, and it also makes the early detection of psychiatric disorders in children possible.

Key words : Adolescence, Early Detection, School Consultation, School Nurse