

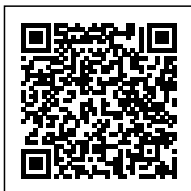
# IN BETWEEN ORDINARY SADNESS AND CLINICAL DEPRESSION

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## Limits between ordinary sadness and clinical depression

### Abstract

Since Kraepelin and Kretschmer, the clarification of the limits between ordinary sadness and clinical depression has been a major concern. Much of the controversy has focused on whether and on which bases can be fixed a boundary in the continuum from the experience of sadness to major depressive episode. The new emphasis on the role of clinical judgment introduced by DSM-5 can be regarded as a way to address these issues, though leaving several questions open. After examining the implications of the main topics raised by this still ongoing discussion, we will argue that in a clinical reality both mobility and intensity of emotional states may account for the discontinuity between ordinary sadness and clinical depression.

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Un itinerario di formazione e ricerca deve svilupparsi lungo una traiettoria singolare che tocca i metodi della psicologia, psichiatria e della psicoterapia, e percorrere i sentieri delle scienze naturali fino a giungere al tema del significato e dell'interpretazione dell'esperienza personale.