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Anhedonia psychology definition

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Article PubMed PubMed Central Google Scholar Page 2 From: Understanding anhedonia: a qualitative study exploring loss of interest and pleasure in adolescent depressionPseudonymsAgeGenderEthnicityMFQSHAPS score (/56)Sub-sampleLong score (/26)bAdam17MaleWhite British18-39ClinicalAlice13FemaleWhite British37-32ClinicalAmy15FemaleWhite British-2440CommunityAnna13FemaleWhite British-1046CommunityBen14MaleOther31-37CommunityCarl16MaleWhite British59-37CommunityChris15MaleWhite British-1146CommunityClaire17FemaleWhite British56-30ClinicalElliot16MaleOther Asian background30-29ClinicalGarry16MaleWhite British46-33ClinicalHelen17FemaleWhite British-1350CommunityIvy13FemaleWhite British39-35ClinicalIssa15FemaleOther Asian background-1536CommunityIndia16FemaleWhite British45-26ClinicalJasmine14FemaleWhite British46-23ClinicalJacoby16MaleWhite British41-36ClinicalJennifer17FemaleWhite British42-37ClinicalJoanne15FemaleWhite British-1638CommunityKaryl14FemaleWhite British-2216CommunityLucy16FemaleWhite British44-34ClinicalMaya15FemaleWhite British-2141CommunityMel13FemalePakistani or Pakistani British 1947CommunityMatthew18MaleWhite British32-53CommunityMaddie15FemaleWhite British-1846CommunityNeil15MaleChinese33-44CommunityQuentin15MaleOther mixed background-1143CommunityRichard18MaleOther White background27-40CommunityRoss18MaleWhite British37-32CommunityStuart16MaleOther White background31-44CommunityTessa17FemaleWhite British-20CommunityTylo15MaleOther White background31-39CommunityTheo13MaleWhite British27-43CommunityTimothy17MaleWhite British34-40CommunityMFQ Mood and Feelings Questionnaire (higher scores indicate more depression). Participants completed either the long or short MFQ. SHAPS Snaith Hamilton Pleasure Scale (higher scores indicate more pleasure)Age at interviewbMFQ score at screening or diagnosis In order to continue enjoying our site, we ask that you confirm your identity as a human. Thank you very much for your cooperation. "I feel like I'm just going through the motions," a depressed client told me during our therapy session.The client continued describing how she, slowly but surely, noticed that she rarely feels excitement, has interest, or even pleasure in doing things that she typically liked doing.This realization hit her like a ton of bricks. She felt a deep sense of helplessness and hopelessness as she questioned if she'll ever have those feelings of pleasure again. What this client was experiencing is called anhedonia; an often overlooked yet important symptom that can manifest in different mental health conditions.Interestingly, this may also appear on itself, in absence of any mental health conditions.What is Anhedonia? 'Anhedonia' is reportedly derived from the Greek "a- (without) hedone (pleasure, delight)."Anhedonia is a difficulty experiencing interest, joy, or pleasure in activities that you used to enjoy. It is important to note that this symptom may vary in different levels of intensity and that this is not an absolute loss of the capacity to experience joy. In other words, some people may feel incapable of experiencing pleasure at all, while others may feel diminished, dulled, or have a lower sense of pleasure/joy.It could also be an important symptom in mental health conditions such as Major Depressive Disorder, Bipolar Disorder, Schizophrenia, Substance Use Disorder, PTSD, among other neuropsychological disorders.Two Main Types of Anhedonia:Physical Anhedonia- Difficulty or inability to experience pleasure from sensory or physical experiences like eating, touching, sex, or movement (e.g., physical activities, hobbies). For example, a person may not feel pleasure from being hugged or eating a meal they used to enjoy.Social anhedonia- Difficulty or inability to experience pleasure from interacting with others or of being in social settings. For example, a person may find it difficult to enjoy being with others and have little motivation to engage in or seek out social situations. This can also contribute to experiencing emotional detachment and difficulty in building intimacy and/or emotionally connecting with others. Signs and Symptoms of Anhedonia:Tendency to isolate and/or social withdrawalDifficulty engaging with others or adapting in social situationsDecreased interest or difficulty listening, engaging, or following conversationsTendency to exhibit inauthentic emotions or feign emotions believed to be appropriate for situations (e.g., pretending you're happy at a graduation or engagement party)Trouble seeking help or support from othersHaving negative thoughts or feelings toward yourself and othersDiminished emotional abilities (e.g., exhibit less verbal/non-verbal expressions, difficulty managing emotions or expressing yourself, etc.)Loss of sex drive (libido) or interest in physical/sexual activityFrequently being sick (persistent physical problems)Feelings of hopelessness and/or suicidal thoughts DOWNLOAD A FREE PLEASANT ACTIVITY SCHEDULER TO COMBAT ANHEDONIAResearch divides the experience of pleasure into two phases:Anticipation is related to imagining, expecting, or predicting pleasure/reward from future activity. On the other hand, consumption is related to experiencing pleasure/reward in the moment, while engaging in the activity. Further research proposes that anhedonia is associated with deficits in the reward system in the brain, more specifically "the anticipation, consumption, and learning of reward."According to different studies, reward processing involves several steps including the association between stimulus and perceived reward, and a cost-benefit analysis, which subsequently impacts interest, desire, and motivation. If there is enough motivation, there may be a sense of expected reward and could be followed by behavior (consummatory); which could lead to a sense of pleasure.Important areas in the brain that have been associated with the reward system include the frontal-striatal circuit, composed of the striatum, orbital prefrontal cortex (OFC), and the anterior cingulate cortex (ACC). Furthermore, evidence suggests that neurons in the OFC are linked to sensory experience and can represent more abstract dimensions of reward such as probability (which could contribute to seeking reward). Anhedonia could represent a key symptom in different mental health conditions, or it could present independently. Experiencing anhedonia could significantly impact a person's perception about their quality of life as it relates to interest and/or pleasure. Furthermore, some research suggests that it could be associated with thoughts of suicide, and it could present in different mental health conditions such as Major Depressive Disorder, Bipolar Disorder, PTSD, Substance Use Disorder, Schizophrenia, etc. If you believe you might be struggling with anhedonia, I hope that this article has been helpful. If you believe you might benefit from extra support and guidance, you may consider trying therapy for depression. 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