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Distimia, Unipolar and Bipolar Depression: Are Modern Nosology Making Us Crazy?

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Present day Psychiatric nosology allows for three syndromes of psychopathological sadness segregated by intensity and stability of symptoms as well as vegetative and premorbid particularities. Yet it is mostly a matter of seeing the advancement of the disorder (duration and presence of polarity) rather the particularity of the episode that roots the possibility of a diagnosis. We propose an exegesis of the various psychopathological studies contributions that might help segregating phenomenological particularities of each episode. Ultimately we aim shed light on the differences that were ground to the nosology so that increased clarity is reached for diagnosis and research.