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Depression and aesthetic experience: can people with depression appreciate beauty?

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Psychology experiments and interventions pose some puzzles: appreciation of beauty is positively correlated with well-being or high life satisfaction, so why isn’t appreciation of beauty negatively correlated with depression? Given that appreciation of beauty is positively correlated with well-being, why do some interventions that increase appreciation of beauty not seem to be more effective in improving depressive symptoms? Looking at first-hand accounts of perceptual experience in depression and drawing on philosophical work on the phenomenology of depression, I argue that a sense of alienation from the interpersonal and, by extension, the aesthetic world, as distinct from an inability to appreciate beauty per se, is characteristic of depression. I then discuss some therapeutic implications.