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Medical Definition of Anhedonia



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Anhedonia: Loss of the capacity to experience pleasure. The inability to gain pleasure from normally pleasurable experiences. Anhedonia is a core clinical feature of depression, schizophrenia, and some other mental illnesses.

An anhedonic mother finds no joy from playing with her baby. An anhedonic football fan is not excited when his team wins. An anhedonic teenager feels no pleasure from passing the driving test.

"Anhedonia" is derived from the Greek "a-" (without) "hedone" (pleasure, delight). Other words derived from "hedone" include hedonism (a philosophy that emphasizes pleasure as the main aim of life), hedonist (a pleasure-seeker), and hedonophobia (an excessive and persistent fear of pleasure).



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