



### Endogenous versus psychogenic phenomena in psychopathology. Different realms or emergent structures?

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*This paper reviews and analyses a classic but outdated distinction in clinical psychopathology, the one between phenomena of psychogenic and endogenous origin. In the first section, I will briefly review the roots of this distinction, starting from the original dualism between exogenous and endogenous causes. The second section will explore the so-called "phenomenal view", i.e. the approach trying to change the emphasis from the causes (which are bracketed admitting causal lack of knowledge) to the phenomenal features typical of the endogenous and psychogenic orders. In the final section, the phenomenal view will be critically discussed, remarking its limitations. "Endo-reactive" depression and anorexia nervosa will be used as examples to suggest a possible alternative pathway in which, at least in some cases, endogenous-like features appear during the development of an initially psychogenic syndrome as qualitative structures emerging from a quantitative variation.*

**Keywords:** descriptive psychopathology, psychiatric classification, phenomenology, history of psychiatry

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#### THE ROOTS OF THE DISTINCTION

To my knowledge, the first psychiatrist who borrowed from botany the distinction between exogenous and endogenous mental diseases is Möebius (1893). In his view, the exogenous diseases were due to external causes, while the endogenous diseases were characterized by quantitative factors linked to an internal liability. Kraepelin (1913) agreed with this view, considering the exogenous/endogenous as a distinction by nature. However, it was noted that the Kraepelinian distinction was not a rigid one, because he also acknowledged that there were cases in which internal and external causes were intertwined, making impossible a rigid distinction (Lewis, 1971). Following the introduction of the concept of exogenous reactions by Bonhoeffer (1909), Lange (1928) added to the Kraepelinian exogenous and endogenous depressions a third type: the depressive forms reactive to life events, whose symptoms were similar to typical endogenous symptoms but externally triggered. In this way, the role of psychological "causes" in producing such reactions entered the debate. In the same period, Braun (1928) mixed the concept of reaction and that of psychogenic, calling "psychogenic reactions" the result of

the interaction between a specific liability to a mental disease and a psychological experience triggering the disorder itself.

In general, the distinction depends on the way we trace the dividing line: if we make a distinction between the person and his environment, then endogenous are all the diseases arising from within the organism and exogenous are those coming from the outside (e.g., brain cancer is endogenous while brain infections are exogenous). However, if we make a distinction between mind and body, then endogenous are the mental disorders while exogenous are all diseases coming from the body (including neurological disorders). If we add a further distinction within the mental realm between the psychogenic disorders (understandably arising from motivations, according to Jaspers, 1913), and those without psychogenic reasons ("cryptogenic", "idiopathic", supposedly "constitutional", etc.), then we have a psychiatric distinction in three levels: the psychogenic, the endogenous and the somatogenic disorders. It is well known that Kurt Schneider (1980) was inclined to reduce the field to two levels, considering endogenous diseases as those mental

# Shrink Wrap And Other Psychogenic Phenomena

**Ying-Ying Zheng**



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