



THE MUSICAL VERNACULAR OF DEPRESSION

Guest lecture: Jessica Holmes
(The University of Copenhagen)
Friday 10th of October, 13:15-15
Room 1584-112

The Art, Aesthetics and Communities research programme is excited to present this open guest lecture by associate professor Jessica Holmes.



Abstract:

"In recent years, depression has become an undeniable focal point in Western popular music in several key ways, including as a term freely invoked by pop artists and fans to disclose, destigmatize, and normalize everyday experiences of sadness, loneliness, anxiety, and despair; as an explicit pretext for listening to pop music as a form of "mood regulation" in connection with mood, vibe, and activity-based playlists on music streaming platforms and video sharing apps; and as a distinct musical and visual style forming around key musical personae and different gendered and racially-coded subgenres.

I ultimately argue that **what I call "the musical vernacular of depression"** blurs a clinical definition of depression as a common and serious mood disorder (DSM-5; ICD-11) with a generational sensibility that is unbounded by diagnosis and pathology, thereby transforming the ways young people conceive of, communicate about, and tend to their mental health amid a worldwide disparity of mental health care."