

III SIMPÓSIO INTERNACIONAL DE  
PSICOPATOLOGIA FENOMENOLÓGICA**Beyond anecdotes: establishing systematic methods for phenomenological psychopathology**

Anthony Vincent Fernandez

Despite its century-long history, the field of phenomenological psychopathology has no widely agreed upon or systematically developed research methods. Historically, the field has relied largely on clinical anecdotes and case studies of individual patients. More recently, some researchers have used large-scale surveys or phenomenological interview techniques to generate new qualitative data on the experiences of living with conditions such as depression or schizophrenia. These approaches help to advance the field by making phenomenological psychopathology more empirical. However, these approaches also have some shortcomings, and alternative approaches may be needed to generate the kind of data required for descriptive—and, specifically, phenomenological—psychopathology. I introduce Phenomenologically Grounded Qualitative Research (PGQR) as one such approach for generating rich and nuanced descriptions of specific aspects of pathological experience. And I argue that this approach complements the use of surveys and more traditional interview techniques, better supporting the project of articulating the signs and symptoms of mental illness.

**Keywords:** Phenomenological psychopathology; Methods; Qualitative research; Phenomenologically Grounded Qualitative Research (PGQR).