Psychiatric disorders may only be understood on the basis of multifactorial genesis. Psychosocial and biological factors (brain neurotransmitters) participate in depression. Our childhood experiences interact with our genetic background, therefore mental health is a complex phenotype influenced by both types of factors. An important line of investigation is the emotional life of people. At present, studies focusing on the psychodynamic factors are also including neurobiologic factors, which study the biochemical modifications caused by stress. The hippocampus is a fundamental structure in learning and memory processes, which may be affected by emotion and stress. There is a high concentration of glucocorticoid receptors (the stress hormone) in the hippocampus, therefore it is considered as the key site for the integration of the cognitive, neurohormonal and neurochemical response to emotion and stress. Hypocampal dysfunction produces a series of memory disorders. Glucocorticoids generated by prolonged stress may not only reduce the hippocampal volume, but also affect the modulation of genetic expression, immunity, reproduction and bone construction. The most recent imagenology technics have shown disorders in this neuroanatomic structure in patients having experienced traumatic childhood life events or stressing experiences in adulthood (as in battle). The cerebral response to stress is closely related to the immunologic system. Intercommunication between the nervous and immunologic systems is carried out not only by neurotransmitters generated in the brain, and hormones produced by the endocrine system, but also by the cells regulating the immune response, such as citocines, whose action on the brain and on behavior is being actually investigated.

**Keywords**

Emotion, stress, citocines, mind, mental health.