

This work is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike License](https://creativecommons.org/licenses/by-nc-sa/4.0/). Your use of this material constitutes acceptance of that license and the conditions of use of materials on this site.



Copyright 2011, The Johns Hopkins University and Judith Bass. All rights reserved. Use of these materials permitted only in accordance with license rights granted. Materials provided "AS IS"; no representations or warranties provided. User assumes all responsibility for use, and all liability related thereto, and must independently review all materials for accuracy and efficacy. May contain materials owned by others. User is responsible for obtaining permissions for use from third parties as needed.



JOHNS HOPKINS
BLOOMBERG
SCHOOL *of* PUBLIC HEALTH

Gender and Mental Health

Judy Bass, MPH, PhD, MIA
Johns Hopkins University

Class Objectives

- Be able to ...
 - Describe how gender might influence rates of different disorders
 - Understand some of the issues particularly related to women's mental health
 - Continue to develop your own research methodology based on examples provided



JOHNS HOPKINS
BLOOMBERG
SCHOOL *of* PUBLIC HEALTH

Section A

What We Know about Differences

Differences across Genders

- Higher rates of mood and anxiety disorders in women
- Higher rates of substance use and antisocial personality disorder in men
- Comorbidity structures consistent across genders

Consistency across Cultures

- Girls show more internalizing than boys across cultures, and boys show more externalizing
- Adult depressive disorders and syndromes more prevalent in females than males in virtually all cultures
- Female-to-male ratios differ



Age Differences

- Childhood: no gender difference generally identified in depressive and anxiety disorders
- Adolescence: girls (but not boys) show marked increase in anxiety and mood disorders and symptoms
- Adulthood: females twice as likely as males to be depressed and anxious

Why?

- What accounts for the gender gap?
 - What types of research questions need to be asked?
 - Might the variables differ?
 - How will the investigation proceed?

Women's Issues

- Multiple roles
 - Childbearing and rearing, running the home, caring for the sick, earning income
- How do multiple roles lead to higher rate of depression?



Photo by Shivanataraja1. Creative Commons BY-ND. Retrieved from <http://www.flickr.com/photos/shivanataraja/4721888359/sizes/m/>

Women's Issues: Reproductive Issues

- Reproduction
 - Expectation of childbearing
 - ▶ Gender selection of child
 - ▶ Issues of infertility
 - Stress and vulnerability
 - Additional burden on woman



Photo by hewy. Creative Commons BY-NC-ND. Retrieved from <http://www.flickr.com/photos/hewy/3252534679/sizes/z/>

Women's Issues: Gender Inequality/Domestic Violence

- Gender inequality in power and status
 - Access to:
 - ▶ Services
 - ▶ Education
 - ▶ Health care
 - Financial decision maker

- Domestic violence
 - Most prevalent against women

Gender-Based Violence

- Tool of war—rape
- Domestic violence
 - “Accepted” part of a culture?
 - Linked with HIV infection
 - Alcohol and substance abuse
 - Stress and poverty

Gender-Based Violence

- Tool of war—rape
- Domestic violence
 - “Accepted” part of a culture?
 - Linked with HIV infection
 - Alcohol and substance abuse
 - Stress and poverty

Gender-Based Violence

- Male guilt/reactivity
- Interventions—very challenging



The material they are wearing is emblazoned with the “International Day for the Elimination of Violence against Women” message (in Spanish) and the sponsors (UNFPA, Equatorial Guinea government, etc).