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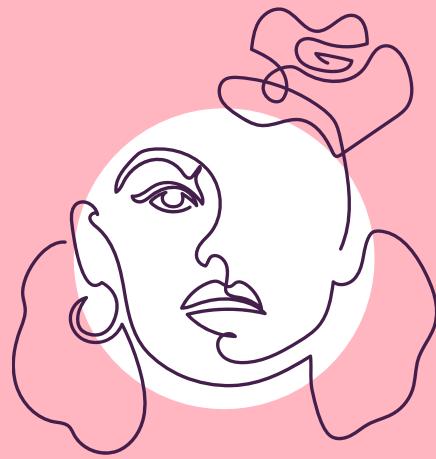


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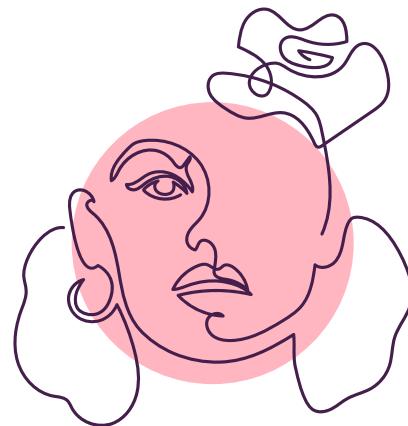


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Why We Need To Pay Attention to Women's Mental Health

Published By Dr. Aysha Ahmed

When it comes to the importance of mental health care for women, it is important to take a look at how their mental health issues differ from those of men. Newer research suggests women are more prone to psychological problems, such as depression, largely due in part to differences in the brains of men and women.

There are long-standing stereotypes around differences in genders that have been immersed in our societies and cultures. Gender discrepancies have even made their way into mental health research and care.

Even though progress has been made in decreasing the stigma surrounding mental health issues, there is still more work to be done in the field, especially when looking at variations in mental health between genders. It's so important for all mental health providers and patients to understand how gender may impact the diagnosis and treatment of mental health issues.

Sex and gender differences are important determinants of mental health and mental illness. For clarity, sex refers to biological differences between males and females. Gender refers to social roles and behaviors usually exhibited by men and women in society.

The development of mental health issues is usually a combination of genetics and the role and experience the person has in society. Different genders have very different experiences. The combination of the two can influence how mental health issues develop.

Research has also shown that there are significant differences between genders when it comes to the development of common mental health disorders. These include eating disorders, post-traumatic stress disorder, depression, and anxiety.

By unearthing the causes of gender differences in mental health, more people can benefit from increased accuracy in diagnosing mental health conditions and more effective, tailored treatment options.



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