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DOST 1's third GAD Webinar: How Gender Affects the Way We Think

The Department of Science and Technology Region 1, through its Gender and Development (GAD) Program, facilitated the third GAD webinar entitled, "Psyche It Away: Psychological and Mental Health Issues and How Gender Affects the Way We Think" as part of the pre-National Science and Technology Week (NSTW) Celebration in Region 1 last October 19, 2021 via Zoom platform and Facebook Live through the Official Facebook Page of DOST 1.

DOST 1 Regional Director and Chair of the GAD Focal Point System, Dr. Armando Q. Ganal welcomed all participants.

The webinar started with warm up games on the various things men and women use daily and a discussion of their realization was done after.

Dr. Dem Mina Mamaat correlated the games to the topic and stated that "Our differences makes us unique and that we should respect each men an women in our society. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel and act."

Dr. Mamaat also discussed gender impacts on health and mentioned the importance of medical research that it should not be gender blind because health issues might affect women and men differently.

She also added that "When we psyche it away, in terms of mental health, women are more likely than men to experience anxiety and depression, while men are more likely to be diagnosed with substance use and even antisocial disorders.

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Hence, the division between men and women in power, responsibilities, and personal characteristics are relevant for mental health."

A discussion of various mental health problems were done, like anxiety disorders, depression, and antisocial personality disorders.

Dr. Mamaat concluded that, "We need to convince more men to seek help, and we accord the respect and support to women who wants to speak up, regardless of whatever issues they may have."

Atty Jasmin C. Bañez, Assistant Regional Director for Finance and Administrative Services and Co-Chair of the DOST 1 GFPS-Technical Working Group, stated during her closing remarks, "I hope that this virtual webinar helped us, in one way or another, cope with our mental struggles, especially now that we are facing many challenges."

The webinar was participated by 114 DOST 1 staff, students, member agencies of the Regional Gender and Development Committee (RGADC) of the Regional Development Council (RDC), and the general public.


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