**Nathaly B.**

There are so many differences between males and females aside from just anatomical, there are psychological differences as well. One of the biggest findings in differences is that more females are likely to suffer depression than males, in fact in a prevalence rate done in 2010, 5.5 percent of females were suffering from depression compared to 2.9 of males. (Denmark, F. L. (2017). p. 263). In a study talked about in an article on Psychiatric Times, it was found that females in the United States are two thirds more likely to suffer from depression than males. (Nazroo, J. Y. (2001).). There are three different categories in which depression can affect a person, biologically, psychologically, and psychosocially, in each of these categories males and females have also reported differences.

The terms of the biological factors are based on a females menstrual cycle. The changes in hormones in a females menstrual cycle as well as during menopause is what increases their chances of suffering from either depression or reposting depression like symptoms. (Denmark, F. L. (2017). p. 264). Females moods change a lot during their period, I know that personally I don't suffer from depression but I do tend to have depression like symptoms and when my hormones are fluctuating based on my menstrual cycle I begin to feel more unexplained sadness and would rather be by myself and shut others out. This would make sense in explaining why women are more likely to suffer from depression.

As for psychological factors, there are three subcategories, neuroticism, sociotropy, and rumination. Neuroticism is conceptualized as a disposition to experiencing negative affect, this has been found to be a potential vulnerability factor in depression. (Denmark, F. L. (2017). p. 266). In studies, higher neuroticism has been found to have a link between the female gender and depression but when that link has been "fixed", females still were likely to suffer from depression which showed that there was more to the link between females and depression. (Denmark, F. L. (2017). p. 266). Sociotropy is a cognitive personality that makes an individual more sensitive to certain situational stressors and can increase the vulnerability to depression. (Denmark, F. L. (2017). p. 266). These individuals are more likely to try and please others and will form relationships around that, if these relationships are disrupted, these individuals are more than likely to become depressed. Since females place a higher value in close relationships, women are more likely to suffer from sociotropy-depression. Even though the study done on this has been very mixed and shows that this type of depression can be based on different situations. Lastly, rumination is when someone repetitively thinks about personal problems and/or the meanings, the causes, and implications on depressed moods. (Denmark, F. L. (2017). p. 267). Studies have shown that females are more likely to ruminate than males in in turn are more likely to develop depression because of it. Through explanation of these three categories, it makes sense as to why females are more likely to suffer from depression in a psychological factor than males. We tend to think a lot more into situations or place our dependence on our happiness on our friendships.

Lastly as for psychosocial, there are some subcategories explaining why females are more likely than males to suffer from depression, stress and coping, and gender-role association. When it comes to stress and coping with that stress, studies have shown that females experience more stressors than males and are more likely to view these stressors in a more negative and threatening way. (Denmark, F. L. (2017). p. 268). This could have to do with how some females view themselves as weaker than men and if a man is the reason for her stress, they might feel like there isn't much that they could do about it, this can also be the case with gender-role association. (Denmark, F. L. (2017). p. 270). Females are always believed to be more feminine like and should have more feminine roles. This can cause stress on females who aren't as feminine and feel the stress to keep up with social norms.

I think that out of the three, psychological differences are the most important. This is because these are factors that tend to be hard to change. With rumination, if a person constantly is thinking about the meanings of personal problems and their meanings, there is almost nothing that can be done to stop it, I know because I tend to do it a lot. If someone has said something to me, I will constantly think about it and wonder what they meant, why they said that and what implications it may have. With sociotropy, it is a cognitive personality, that person is going to be like that no matter what and lastly neuroticism is a link that is there and also can't be changed.

EXAMPLE OF OTHERS REPLYING TO HER POST:

Hi Nathaly,

It was interesting to read about rumination because it's something that I find myself doing so much. Especially when I first meet someone. I read an article that says women are more likely to ruminate because of social expectancies and I think that's so true. In public, women are expected to look and behave in a certain way that is "attractive" so women are constantly overthinking their actions, movements, sayings, behaviors, etc. which evidently leads to depression.

**Amber D.**

 There are some biological differences in depression based on gender that are reported. Biological differences are going to have a lot to do with hormonal differences. According to Denmark, “the presence of depression has been found to correspond with hormonal changes in women that are linked to puberty…studies tend to show that the gender disparity in depression appears during puberty” (2017). Girls tend to go through puberty before boys do which means that they may develop depression at a younger age than boys. Puberty can be an extremely hard and challenging time for girls as well as boys. An individual’s body is changing drastically, and life begins to become much more challenging. The hormone changes that a girl goes through during puberty “may increase some girls' risk of developing depression. However, temporary mood swings related to fluctuating hormones during puberty are normal — these changes alone don't cause depression” (MayoClinic 2019). Ultimately, the hormones that women have help regulate women but if the variations begin to impair a woman that is when there is an issue. In my opinion, puberty was an awful time for me, and it is when I started to realize more things about the world along with myself. It was a very scary time and also when I began my menstrual cycle. The shift in my mood overall during my menstrual cycle is a horrible time and impairs how I feel greatly. It is key to understand that the hypothalamic-pituitary-adrenal axis is where the stress response is regulated. If there are changes within this axis, then the risk of depression can be heightened. Things that may have occurred within one’s early life can affect this and present biological susceptibility. One may say that women may have experienced “child sex abuse” (Denmark 2017) more than men and this can create a much higher risk of depression. If one has went through a lot of early childhood trauma then this can affect the HPA axis. I feel that this biological difference really varies based on the person because childhood trauma is different for everyone.

           There are psychological differences in depression based on gender. A personality trait that has to do with depression is neuroticism. Neuroticism has to do with negative emotions like mood swings, worrying about things often, along with self-doubt. Neuroticism has “also been found to moderate the link between the female gender and depression… even after the trait had been statistically adjusted, the female gender still held a significant association with depression” (Denmark 2017). It can be seen that women tend to be more susceptible to neuroticism than men. Neuroticism does increase a greater risk to depression, but it is not the only link that there is. I feel that women may tend to be more prone to neuroticism because of certain events that they have went through within their life. For example, my ex-boyfriend cheated on me and this created problems for my current relationship. I felt worried that my current boyfriend was cheating on me because of my past. I would continue to question my current boyfriend and it was not fair to him. I try not to do this anymore, but I still have worry within my mind at times. Another psychological difference in depression is rumination. Rumination can be better understood as constantly thinking about past issues, current personal issues, causes, as well as the meaning behind it. It seems that women tend to go through this more than men overall and this could be because they feel responsible for a lot of things as well as feeling a loss of control over those things. Also, I feel that women may experience this more because they may value relationships more than a man does. Personally, I have experienced this and have become fixated on negative thoughts as well as feelings. It is very frustrating, but it is ultimately like a consistent worry. Again, women tend to ruminate much more than men which has been the consistent pattern with all of the differences demonstrated.

           Lastly, there are psychosocial differences in depression and gender. These differences all present that more women than men are depressed. It seems that when it comes to stress and coping “women experience more chronic stress and daily hassles than men. They also view their stressors as being more negative, threatening, and uncontrollable…” (Denmark 2017). Women are experiencing more social interactions that are causing them a lot of stress daily over men. It seems that men simply look at their stressors like challenges while women feel disconnected and unable to control certain things. Women were also taught to always be caring, loving, and relational while men are taught to be distant. This plays into gender roles greatly because if women are more caring of all these things then they will be more stressed overall when things do not go well. A man may not care at all because he is so distant overall. The stress generation model seems to pertain to more women than men and is about life events that have contributed to one becoming more stressed. Again, it may be that women go through more trauma in their life than men and this creates a lot of stress for them. Girls may be more vulnerable in general because of gender roles along with social factors. If girls are under the societal pressures of being feminine and conforming to the expectations this can cause an immense amount of stress. This has to do with gender-role socialization and girls are very restricted while growing up which is a huge stressor. I know that when I was growing up if I did not conform to wearing girly clothes I would be disciplined. Gender roles are real along with very high pressures of society and men are supposed to be tough along with strong. So, if a man comes out saying he has depression he may then be seen as weak. This is not true whatsoever but society may look at a man differently for this because of gender roles.

            It is constant that women tend to have depression more than men overall. It’s important to understand that one of the artefactual reasons there is such a huge gender gap is because men are less likely to seek help over women. Many men do not like to seek help with anything, especially when it comes to doctors. This can be seen as a stereotype, but I have seen it quite a lot actually. Men also do not like to speak about their feelings because it may have them looking weak, this is not true at all, but this may deter men from seeking help. Personally, my boyfriend never goes to the doctor for anything and he does not even remember the last time that he went. He thinks the doctor is unnecessary and that he is always fine. It might not be that a larger number of women are depressed, but instead, that women may be more likely to seek help or receive a diagnosis. The factor that I think is most important is the psychological factors because these factors give a better understanding of a person’s well-being overall. If a woman is going through any of those personality traits, she is quite vulnerable to depression. I feel that these factors are very strong overall but there can always be more research done with men. I also feel that I have come face to face with many of those traits myself and I am able to understand them the best. I feel that in general, all of these differences need more research with men, but I think it may be hard getting men to agree to be apart of the research. In my opinion, I think depression is very different from person to person overall. Again, everyone goes through different experiences as well as trauma within their life. The main consistent factor that has a link to depression seems to be childhood trauma as well as daily life events. This can be very diverse depending on the person so I think that in the end, the life events one goes through will really mold and change a person in the end when it comes to depression.

EXAMPLE OF OTHERS REPLYING TO HER POST:

Hey Amber,

I really enjoyed your post and liked how in depth you talked about each difference. I definitely agree with you that the gap can be because men don't seek medical help. If there are no men seeking help, how will psychologists or anyone researching into this gap know if there are men who suffer from depression? I agree that depression is different from person to person not just between genders. Even though a group of females may all suffer from depression, not every single one of them may have the same symptoms or express it the same way. One may suffer because of hormones while the other may be because of the importance they place in relationships and their lack there of.

Hi Amber,

I really liked what you said about depression being different from person to person. I think this is so true and agree with what you said about it depending on their life situation and what kind of trauma they went through. I think everyone goes through stuff and deals with a very traumatic experience at some point in their life and how they handle it  does mold a person and change them.

**Kody K.**

 “Sex refers to a person’s biological make-up as male or female. Typically, a person’s genotype (genetic makeup) and phenotype (observable traits) are used to determine a person’s sex.” A person’s biological sex classifications leads to differences in gender such as genitalia, reproductive system’s, hormones, and a presence of a menstrual cycle. These differences are the most important because it has an influence on the other psychological and psychosocial differences. If you were classified as a biological male or female, you would be taught a role in a social setting. If you were a biological male or female, your composition would influence psychological emotions and feelings. These factors are not controllable rather occurring because of a biological gender classification. (generally speaking)

[https://courses.lumenlearning.com/boundless-sociology/chapter/gender-and-biology/ (Links to an external site.)](https://courses.lumenlearning.com/boundless-sociology/chapter/gender-and-biology/)

Depression seems to be a lifelong issue that affects many men and women. However, there are reported differences between men and women psychologically as they get older. “Older women, compared to older men, experience more frequent emotions and a lower sense of well-being (Canetto, 2001) (Denmark, 2017 pg.276). On the other hand, women as they get older are able to have better emotional control which relates to psychological health. Men’s depression on the other hand increases after 60 and by 80 both genders depressions disappear.

From birth, we are placed in gender related environments where interactions and roles are completely different. This “influences the ways in which our brains develop’’ and that ‘‘gender and gender role appear to be key determinants of the kinds of psychosocial experiences we have (Denmark, 2017 pg.306).” Gender identity which we can say now is an option, however from birth most parents and guardians will place their child in the same environment. This has a major long-term effect on brain and psychosocial development. For years, boys are girls are separated where they learn from each other (same gender) which is supposed to influence their roles and personality. This is key for a boy or girls’ development because they have different experiences and learn different values. As early as I could remember boys and girls early on are afraid of each other and label each other as having “cuddies”. This is a psychosocial gender label that children used based on the group they are in. This alone is influenced by gender and you can be deemed as having them even if you don’t choose to. There are many other experiences and exposures that will influence social preference later on for both males and females in future development.