

Men's hidden depressions

Svend Aage Madsen, Ph.D.

Head of Department

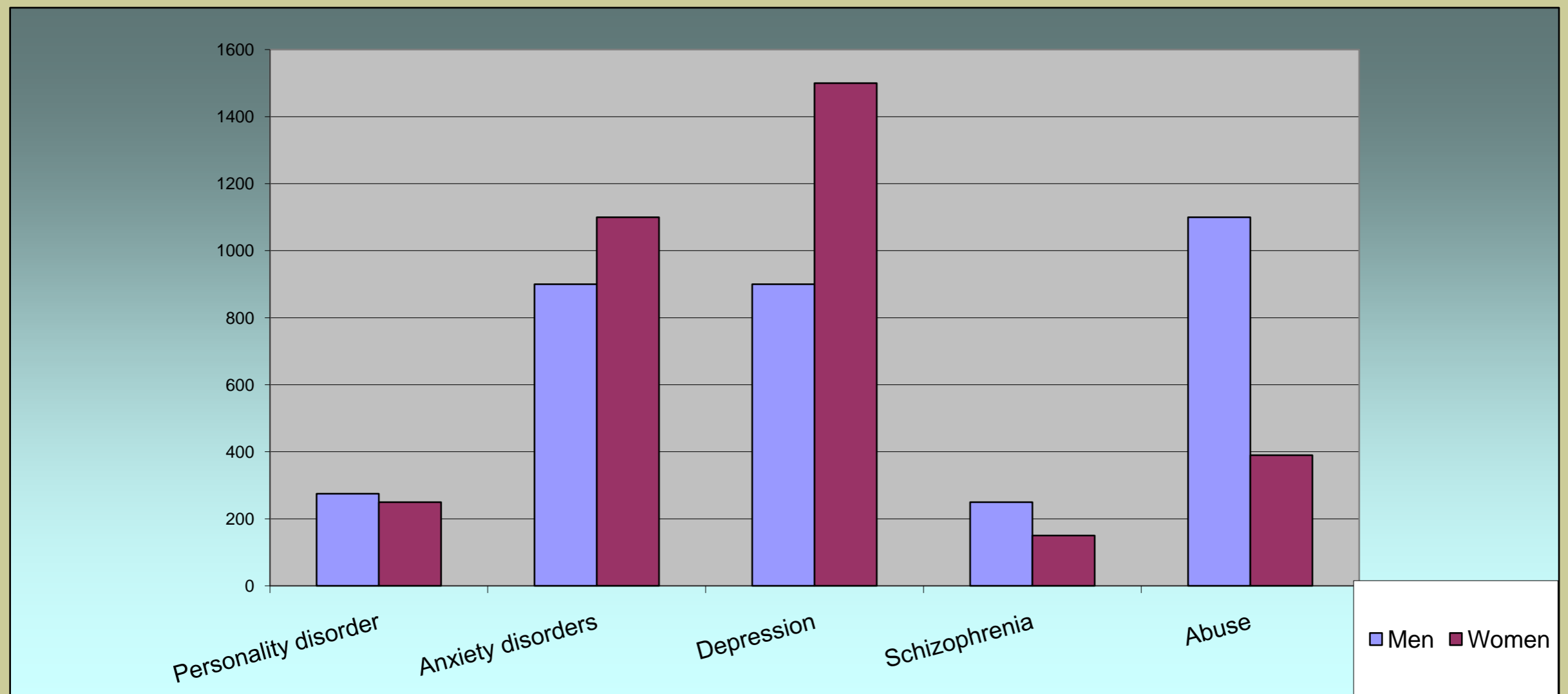
Copenhagen University Hospital, Rigshospitalet

Denmark

Svend Aage Madsen

Gender differences in mental health statistics

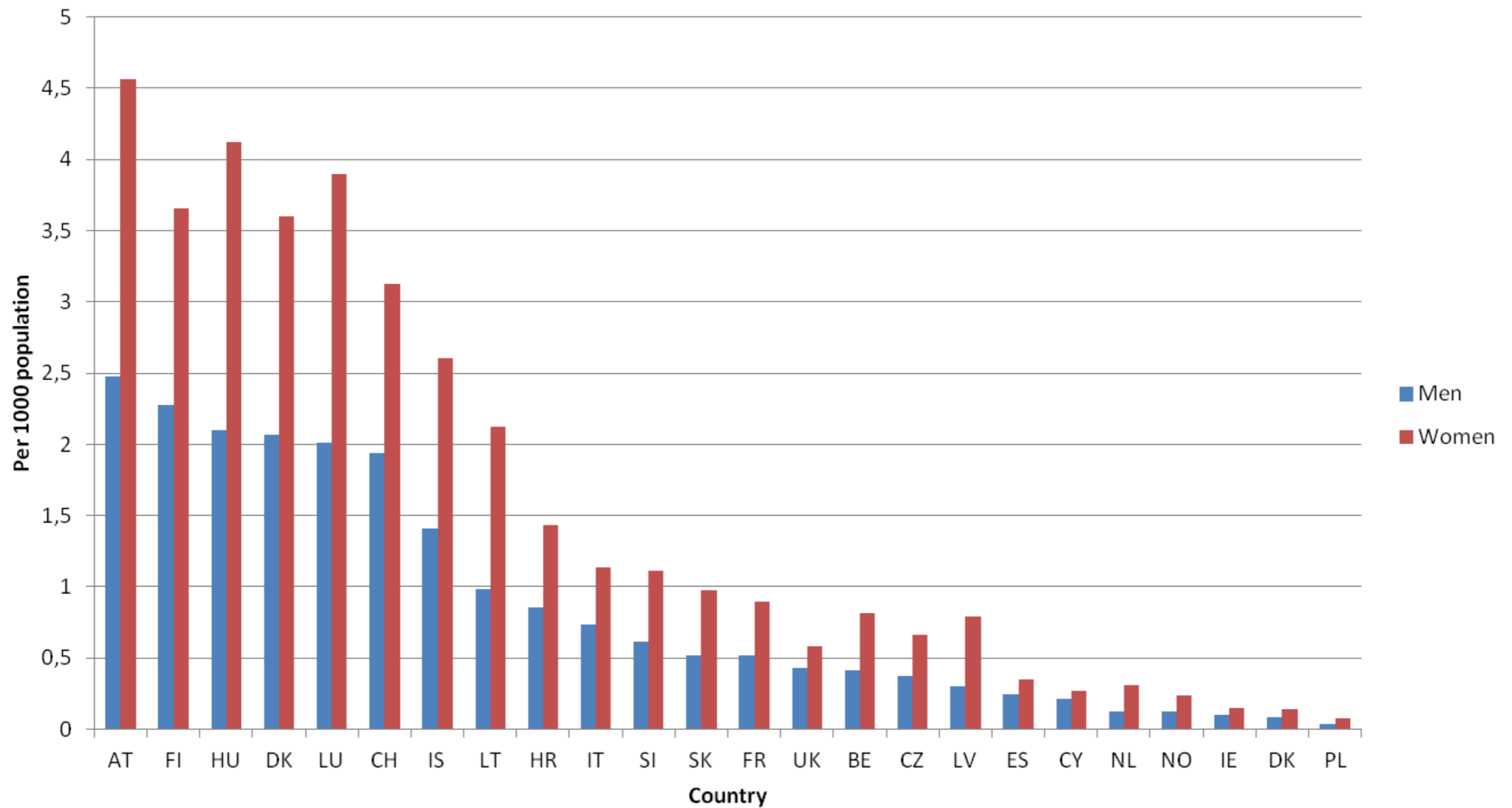
There are significant gender differences in mental health statistics



Overview

- Men's mental health problems, especially depression, are under detected and under treated in all European countries.
- This is due to
 - Men's lack of seeking help
 - The lack of appropriate mental health services for men
 - Men's different presentation of symptoms
 - Men's higher levels of substance abuse and challenging behaviours
 - Lack of recognition and detection of men's Post Natal Depressions

Depression

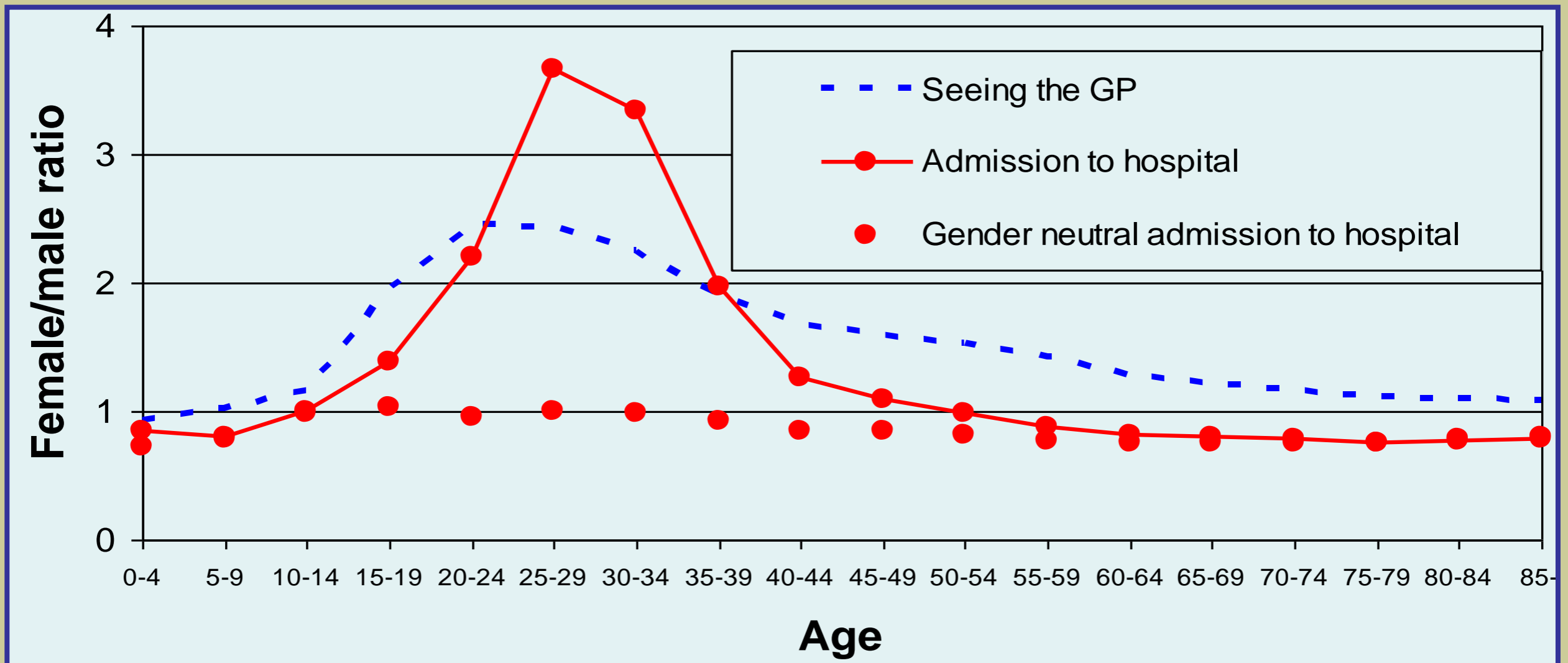


Svend Aage Madsen

The Gotland experience

- Men's perceptions of their problems as mental problems
- Men's use of health services Mænds brug af sundhedsvæsenet ved psykiske problemer
- The ability of health services to identify mental health difficulties in men
- Men's presentation of uncommon mental health symptoms
- A 'Male depression'

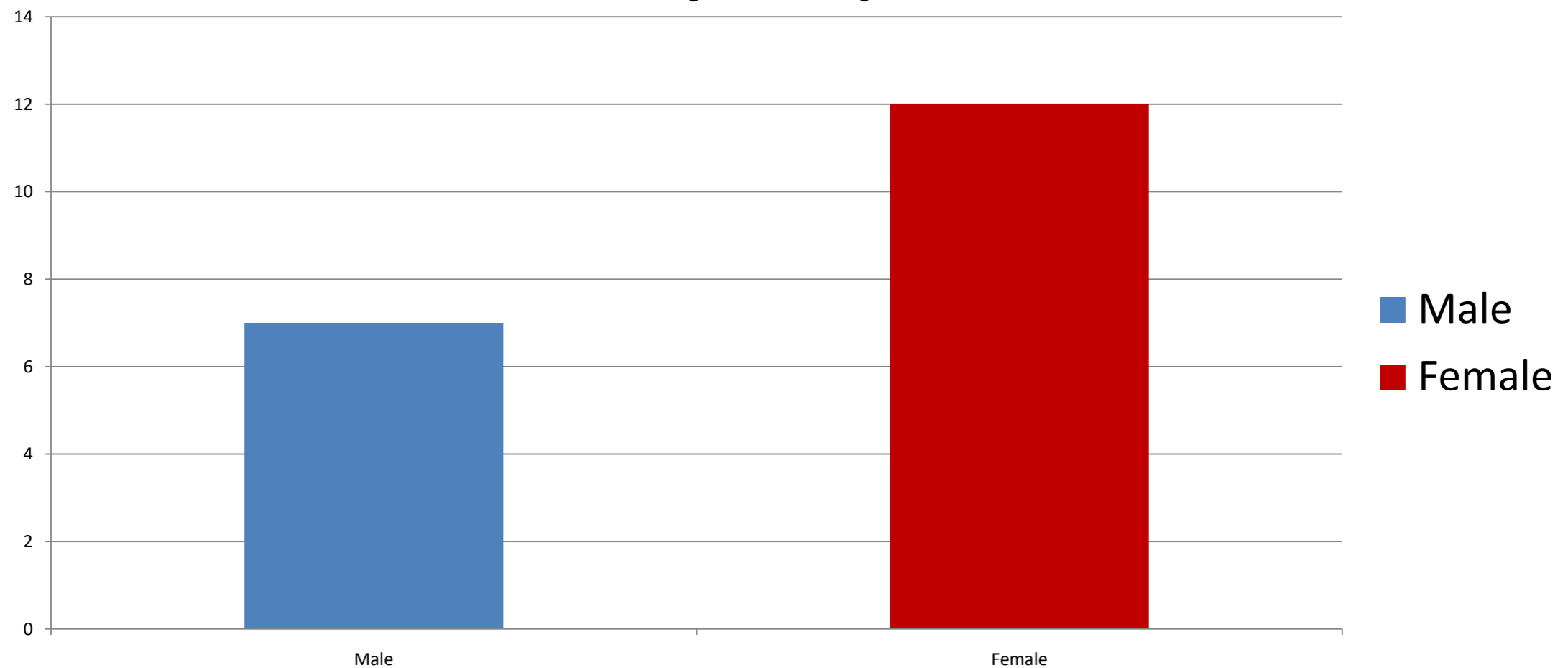
Use of GPs



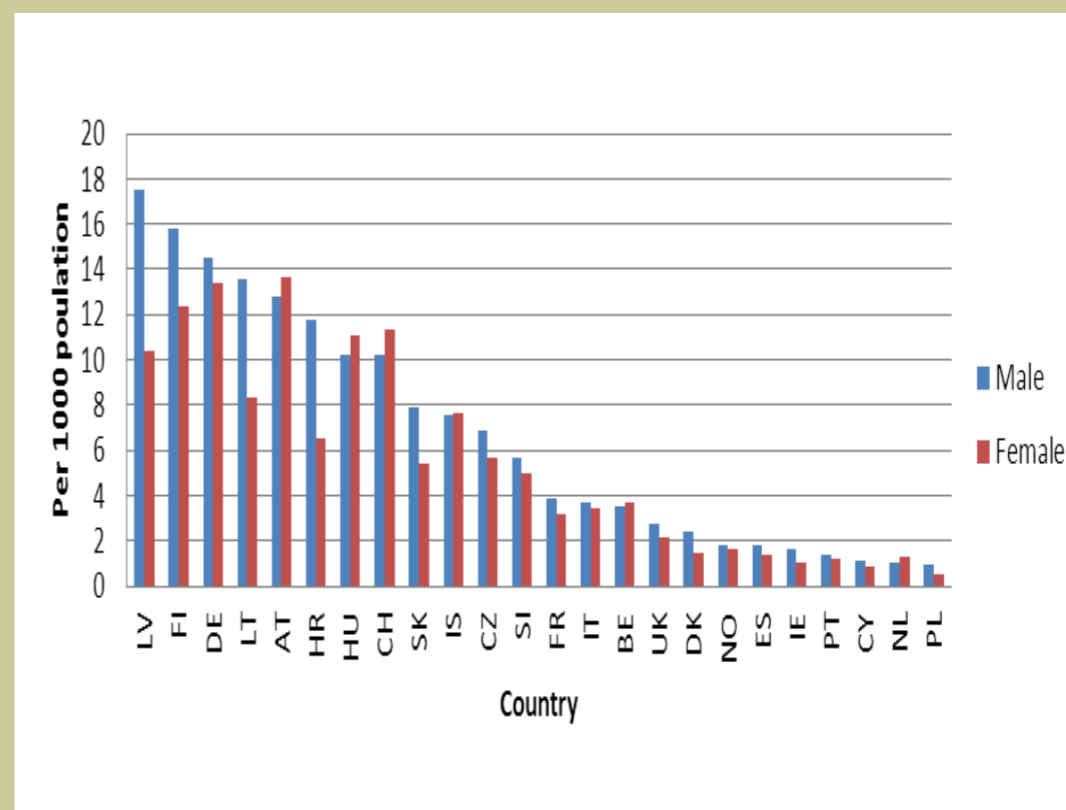
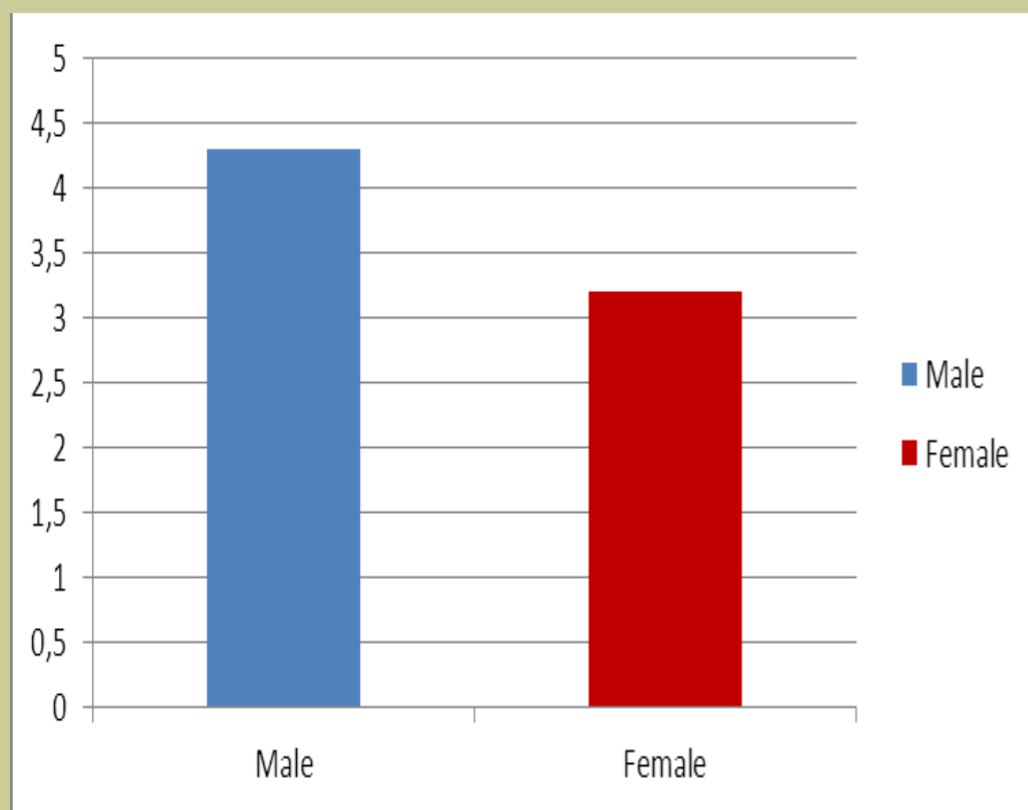
Juel & Christensen: J Public Health (2008)

Depression & anxiety

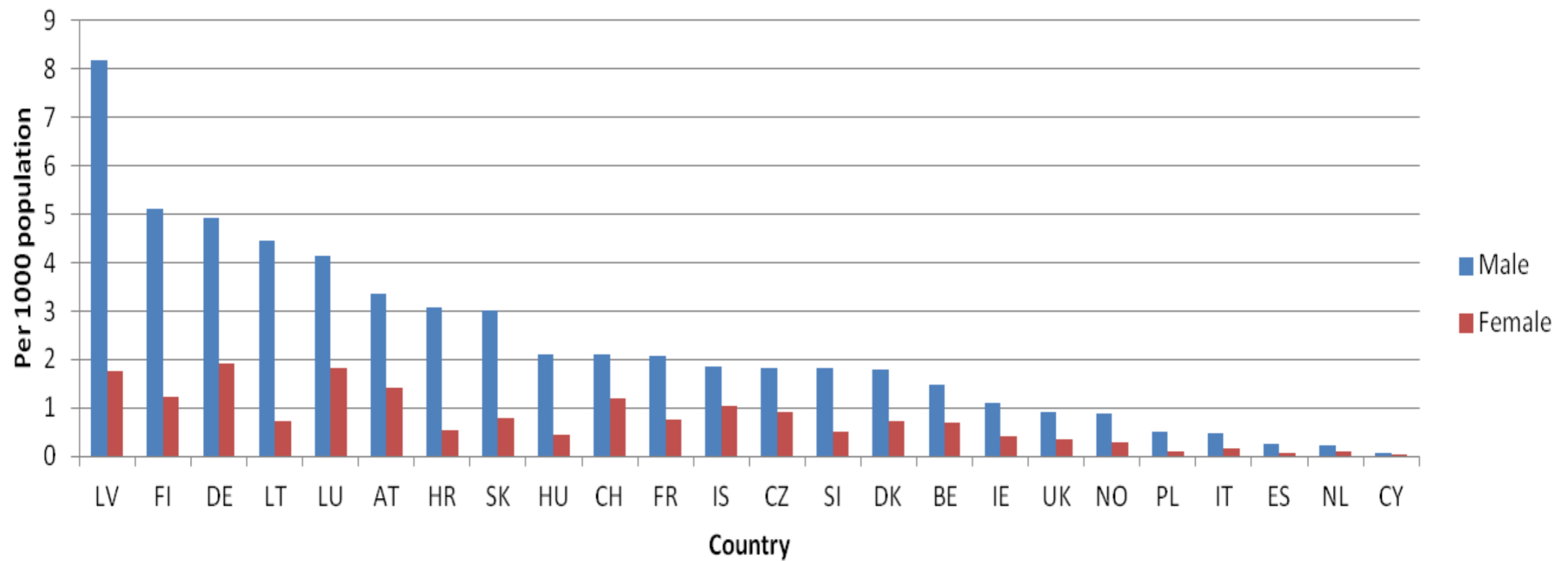
Undergoing medical long-term treatment for chronic anxiety or depression: %



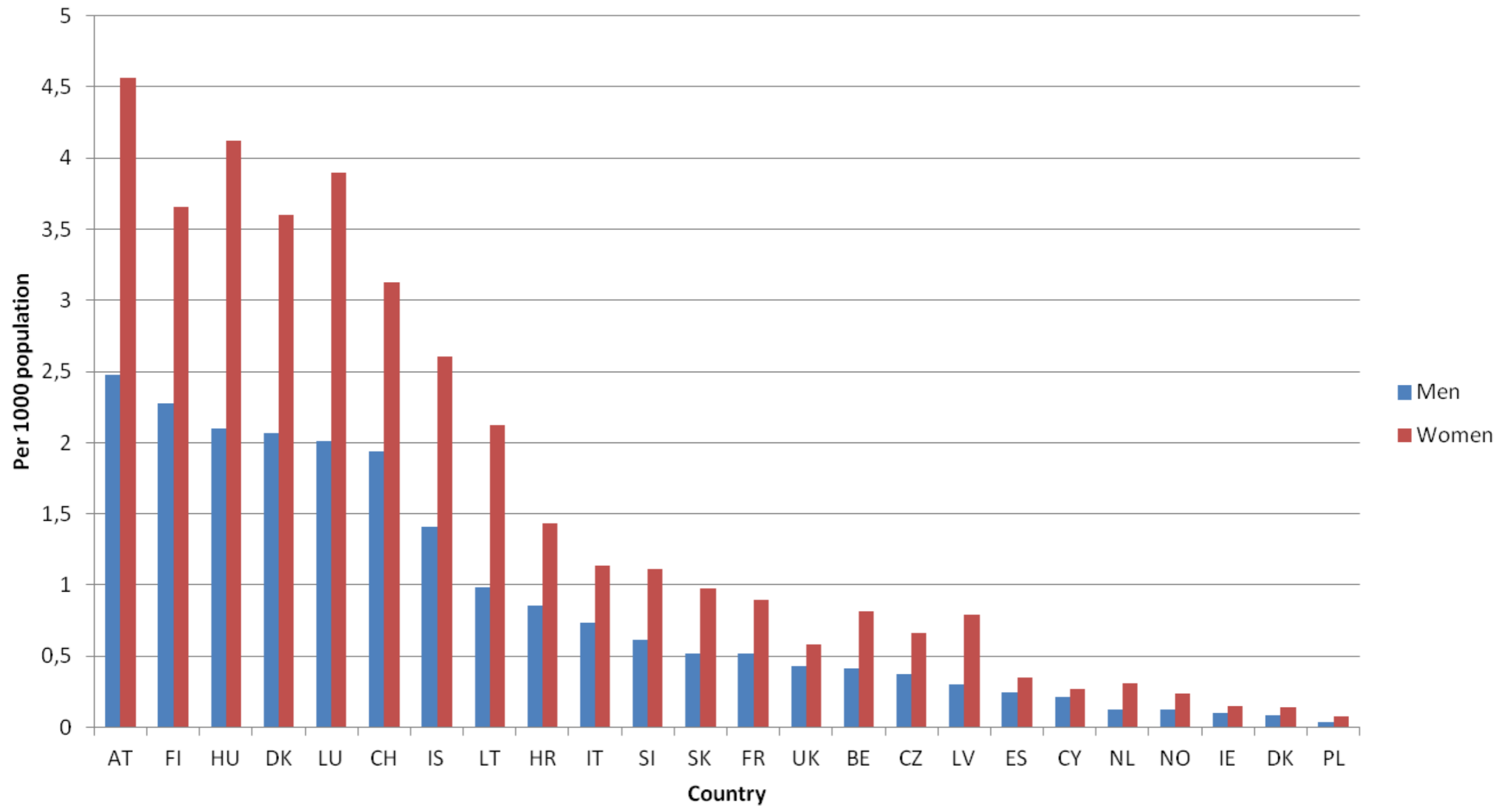
Hospital admissions for mental and behavioural diseases



Alcohol abuse disorders

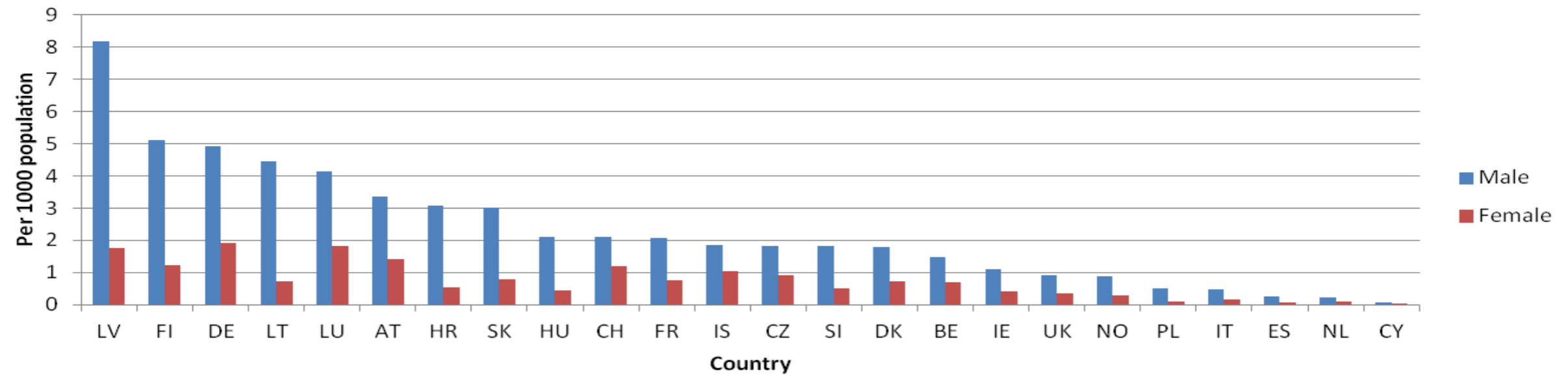
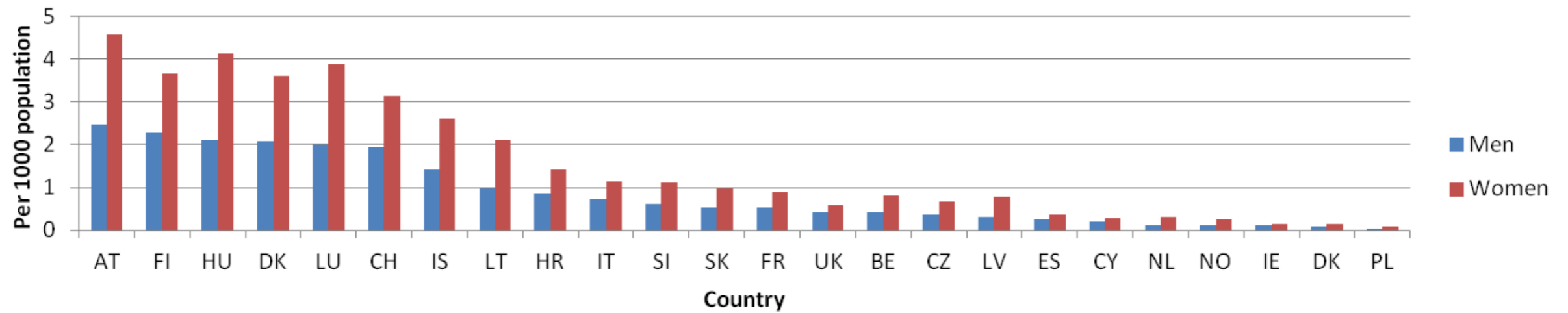


Depression



Svend Aage Madsen

Depression vs. Alcohol Disorders



Svend Aage Madsen

Men's depressive symptoms

European psychiatry (Gotland experience)

- Acting out, aggressiveness
- Low impulse control
- Tendency to blame others and to be implacable
- Low stress threshold
- Restlessness
- Risky and socially unacceptable behaviour
- Abuse, especially alcohol.
- General dissatisfaction with oneself and one's own behaviour.

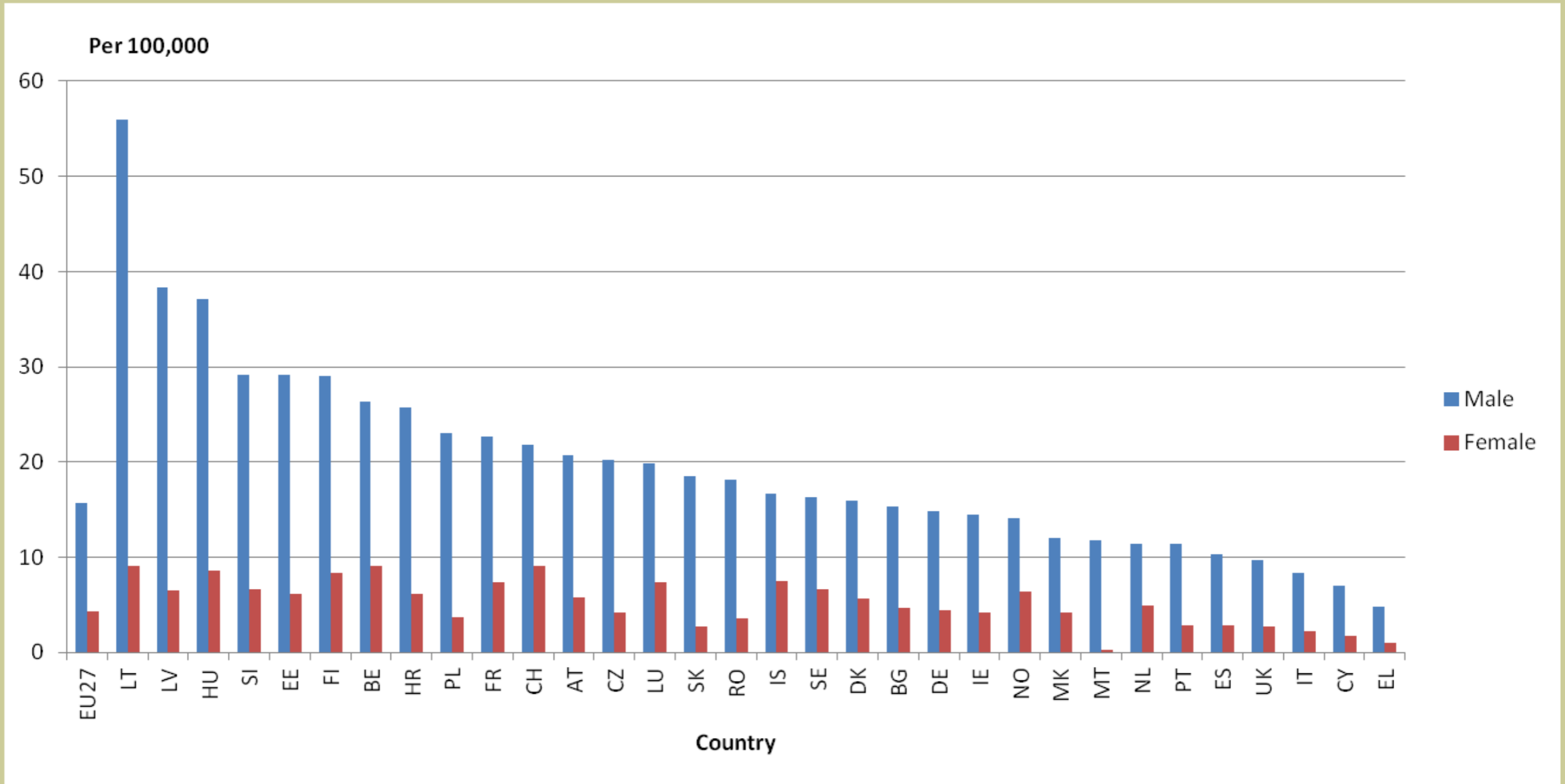
American gender psychology

- Withdrawal from relationships
- Over-involvement with work
- Denial of pain
- Rigid demands for autonomy
- Rejection of getting help
- Abuse, drugs and alcohol

Suicides

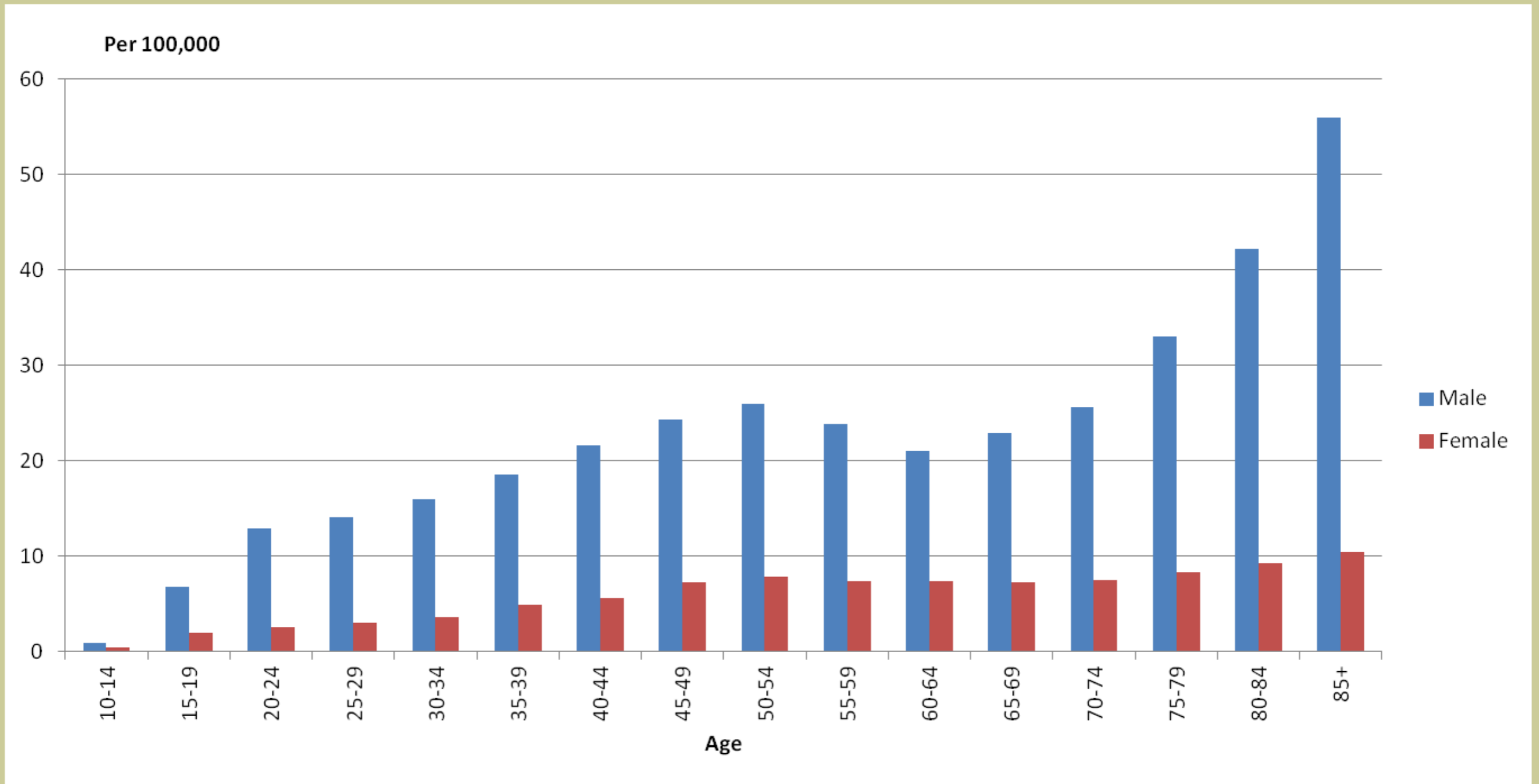
- More than three times as many men as women commit suicide
- The higher suicide rates in men are linked to undiagnosed mental health problems.

Suicides



Svend Aage Madsen

Difference: Up to five times among the elderly



Men and Post Partum Depression

Svend Aage Madsen

How many men?

- The disorder affects 10-14% women postpartum (EPDS)
- The Fatherhood Research Program in Denmark including 607 men (EU Grant)
- Method:
 - Edinburgh Post Natal Depression Scale (EPDS) and
 - Gotland Male Depression Scale (GMDS)

EPDS ('Traditional' depression)

- Unable to laugh or be humorous
- Unable to look forward to things
- Blaming myself unnecessarily when things go wrong
- Feeling anxious or worried for no good reason
- Feeling scared or panicky for no good reason
- Things get on top of me
- Have been so unhappy that I have had difficulty sleeping
- Feeling sad or miserable
- Feeling so unhappy that I have been crying
- The thought of harming myself has occurred to me

GMDS ('Male' depression)

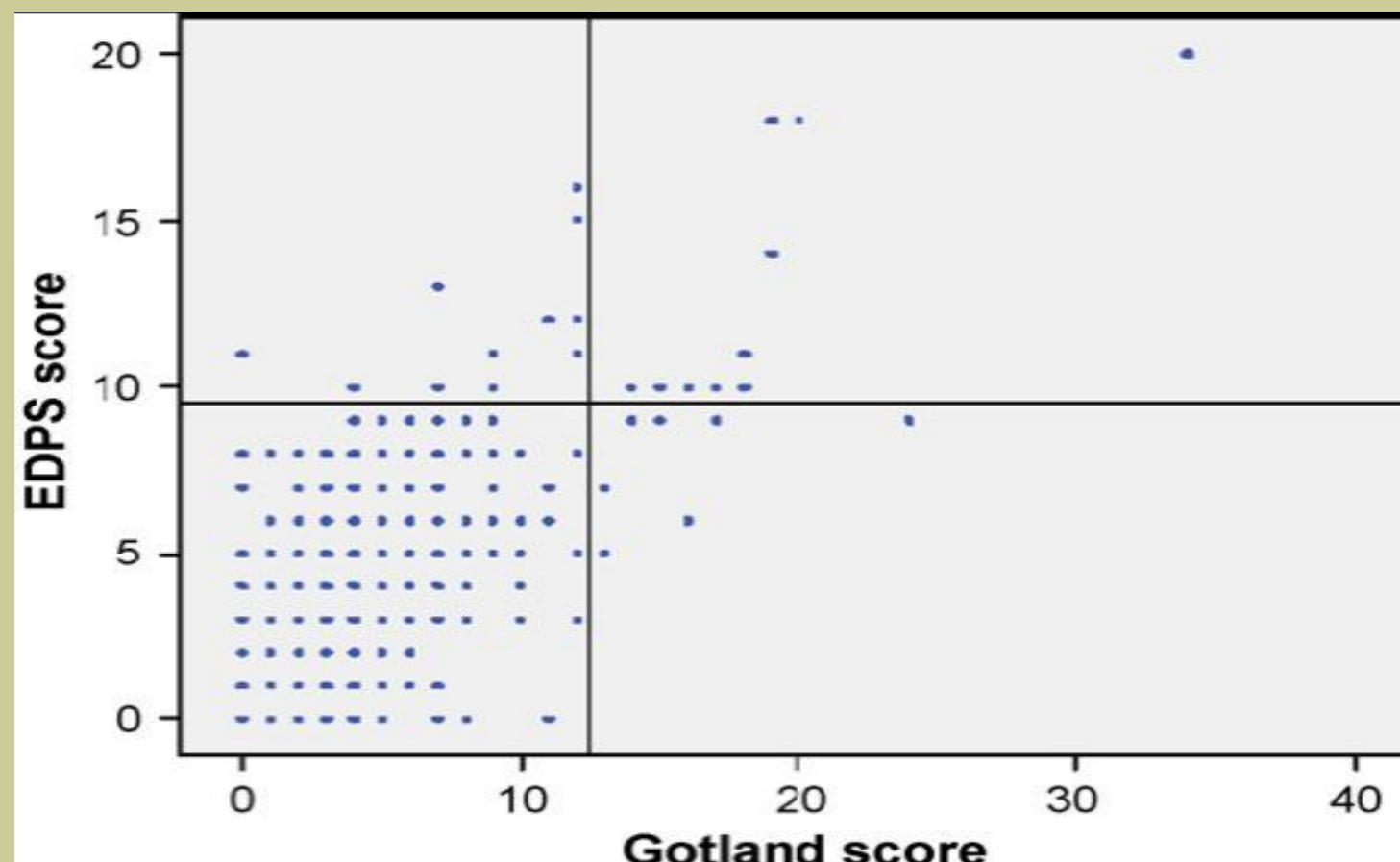
- Lower stress threshold/tolerance/feeling more stressed
- Feeling aggressive, outward-reacting, low impulse control
- Feeling burned out and empty
- Inexplicable fatigue
- Feeling irritable, restless and frustrated
- Difficulty making everyday decisions
- Sleeping too much/too little/sleeping fitfully
- Difficulty falling asleep/early waking
- Feeling agitated/anxious/uncomfortable
- Excessive use of pills and/or alcohol
- Excessive activity: working, jogging etc. hard
- Altered behaviour makes, difficult to be around
- Perceiving oneself/others perceive one as gloomy, negative
- Feeling / others perceiving one as moaning, self-pitying

Results

EPDS	5,0 %
Gotland	3,4 %
Depression including EPDS + Gotland	6,5 %

Cases included in both scales are only counted as one.

General depression: 3.5% of 20 to 50-year-old men



Consequences

- Current annual births in Denmark is 65.000: Roughly 4-4,500 men suffer from post-partum depression annually.
 - Paulson et al (2010): 10 pct.
- Nearly none are identified
- There are only one or two places for treatment
- Fathers' mood disorders affect their children's emotional and social development

Special mental states in men with post partum depressions

- Withdrawal
- Feelings of abandonment by own parents
- Difficulties with attachment to the infant
- Marital problems with much aggression
- Anger and quickly getting away from pain

Men and anger – the study

- An analysis of referral and treatment records of 169 men with pre and post partum depressions – many of the texts were e-mails from the men
- The men were undergoing treatment with psychotherapy at the department clinic.

Men and anger - results

Anger in men with postpartum depression

	N:	%
Total number of cases	169	
Cases in which anger occurs	52	31 %
Cases in which violence is verified	3	2 %
Cases with verified violence among 'anger cases'	3	6 %

Results 1

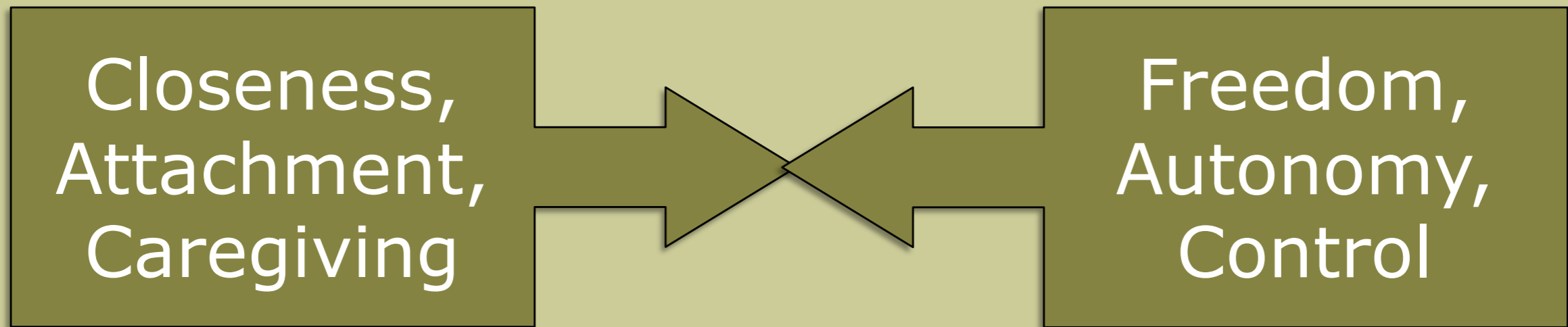
- Anger is frequently occurring in men with pre and post partum depression: One third
- The number of cases with verified violence is around two percent of the total number of men in treatment
- Approximately six percent of the men who express anger also exhibit violent behavior
- No violence is reported in cases without expressed anger

Results 2

Men with postpartum depressions most often show these mental states:

- *Withdrawal*
- *Quickly getting away from pain and weakness*
- *Acting-out*
- *Ambivalence between autonomy and attachment.*

Between autonomy and attachment



- Often an essential issue in the psychotherapeutic dialogue
- Maybe essential in masculine psychology for many men

Thank you!

Svend Aage Madsen