

DEPRESSION IN WOMEN

While depression affects each individual uniquely, women tend to experience it quite differently than men. Depression is much more common in women than in men. Specifically unique to women are the reproductive life stages related depression, such as **premenstrual dysphoric disorder**, **postpartum depression**, **perinatal depression**, and **depression during menopause**.

Women's depressive symptoms tend to be classified as "**atypical depression**" and include:

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- reactive mood which improves in response to positive events
- overeating/weight gain
- oversleeping
- excessive physical fatigue
- feelings of sensitivity to rejection by others
- somatic symptoms (headaches or body pains)
- negative thinking patterns
- loss of interest in sexual activity

Risk factors for women

- **Biological factors** include genetics, chemicals and hormones, and medical illness.
- **Socio-cultural factors** include trauma, multiple role conflicts, and social oppression.
- **Psychological factors** include thoughts, emotions and how we respond to events in life which are shaped by our genetics, socialization and past

experiences.

(Contents adapted from Women's College Hospital; *Women's Health Matters*)

Depression often goes untreated because people feel stuck, ashamed or worried that nothing can help. I have worked with women living with depression for over fifteen years. With psychotherapy, people can move their lives forward. They begin to feel confident and strong again and they are able to get well. If you or someone you know wants to make a change but isn't sure where to start, I can help. Depression can get better. I work towards your goals so that you can achieve change. To learn more about how I work or to see if I am the right therapist for you, call, email, or visit my website.

For more information or to make an appointment, contact:

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