

GENDER DIFFERENCES IN THE DEPRESSION AND ITS CLINICAL FORMS

Nowadays the psychical illnesses mean the most considerable burden to the society. The frequency of psychiatric clinical pictures is in growing. Kessler found the prevalence of lifetime referred to the totality of psychiatric illnesses 48.7%, while the totalized point-prevalence in other examinations was between 9% (Australia) and 11.2 % (USA). The mood illnesses all in their frequency, all in their significance excel from among psychiatric illnesses; most of the epidemiological examinations confirm the high frequency of the depression. In Hungary Szadocky found 15.1% lifetime-prevalence regarding depression. The examination of the gender differences gained increasingly bigger space in the past decades literature. It is for a long time known, that certain illnesses turn with different frequency in the two genders, this is most characteristic for example in the case of the distressful illnesses and depression. In the analyzing examinations of the prevalence of the depression according also to the surveys, in the unipolar depression of lifetime prevalence it was demonstrable the female's 2:1 proportion predominance.

Aims

- ⌚ The examination of the gender differences in the frequency of appearance of depressed illnesses.
- ⌚ The examination of the gender differences in the clinical appearance of depressed illnesses.

Material and method

We made our examination on the section of the Targu Mures, Psychiatry Clinic Nr 1, collected the material of patients who were taken on the section in the retrospective examination, and who were issued according to the DSM-IV diagnostic system with a diagnosis of unipolar major depression. The sampling happened in 2011 – 2012 and we used Beck Depression Inventory and Zung Scale.

Results

Between the depressed patients (female/male proportion 1:1.42) the higher female proportion was typical, beside all in the other available factors, for example in the age (men: 38.5 years. women: 41.2 years, $p=0.29$), we did not find significant differences.

In the course of the examination 30.6% of the patients had Zung points higher than 55 points, it can be said it is serious depression, (men: 28.7%. women: 32.5%). According to the results although the male and female symptom representation are similar, certain characteristic differences are demonstrable (see it in Table V.). The men's five most frequent complaints were: self-accusation, self-evaluation disturbance negative future vision, negative present picture and sexual disturbance, while the women's five most frequent complaints were: bad morning mood, sexual disturbance, negative future vision, dejection, unable of decision. Women complained more frequently about somatic symptoms (palpitations, lack of appetite, constipation, and losing weight) which are in good harmony with the literature data.

Conclusion

Females were overrepresented amongst inpatient depressives as well as in anxious peoples in the population. The more severe was the anxiety the more high was the rate of females. Examined it's severity objectively, depression and anxiety did not differ significantly in both genders, but with more subjective methods, females rate their depressions more severe. Females presented significantly much anxiety symptoms in the population. There were characteristic differences in both depression and anxiety symptom-profiles. The most frequent depressive symptoms were sexual disturbances in males and hopelessness in females. The most frequent anxiety symptoms were feeling dizzy or faint in females and sweating in males.