HOPE FOR DEPRESSION
RESEARCH FOUNDATION

• Lecture: “Science and Silence: The Future of Research and Treatment for Depression in Men”

• Event: HOPE Scientific Seminar & Luncheon
Palm Beach - February 20th, 2009

• Speaker: Michael Addis, Ph.D
Professor of Psychology, Clark University
Principal Investigator: The Men’s Coping Project

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Science and Silence:
The Future of Research and Treatment for Depression in Men
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Men’s Depression:
Why Study it?

Understudied
Stigmatized
High Risk Behaviors, Public Health Concerns

Research Shows that Beliefs about manhood affect...
Experience of Depression
Expression of Depression
Willingness to seek and accept treatment
Illicit Drug or Alcohol Dependence or Abuse, by Age and Gender: 2004

![Bar Chart]

Source: SAMSHA

Most victims and perpetrators in homicides are male

<table>
<thead>
<tr>
<th>Male offender / male victim</th>
<th>65.3%</th>
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<tbody>
<tr>
<td>Male offender / female victim</td>
<td>22.7%</td>
</tr>
<tr>
<td>female offender / male victim</td>
<td>9.6%</td>
</tr>
<tr>
<td>female offender / female victim</td>
<td>2.4%</td>
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Source: Bureau of Justice Statistics

Compared to women, men in the U.S.:  

- Violent Crime
- Substance Abuse
- Depression and Anxiety
- Help-Seeking for Mental and Physical Health Problems

4:1 Suicide Ratio
Fundamental Question

How can men, as a group, be so visible, so audible, and in such positions of power in society, and yet as individuals, often feel so disempowered, and experience inner vulnerability and pain that remain silent and invisible?

Social Learning
Gender-Based Motivational Interviewing
For Men

1. Informal Interview
2. Personalized Assessment

3. Personalized Feedback

Results

After one 2-hour session, three months later, men showed:

- Decreased symptoms of depression and anxiety
- Decreased shame about depression
- More positive attitudes toward seeking professional help
The Center for the Study of Men’s Mental Health

Clark University

➢ First in the world focused on men’s mental health

➢ Research addressing the causes and treatment of depression, anxiety, substance abuse, and related disorders in men

➢ Developing, evaluating, and disseminating effective non-traditional interventions for men

➢ Countering stigma and other barriers to effective treatment through education and community outreach