



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

Michael Addis, Ph.D.

Professor of Psychology

Clark University

Principal Investigator: The Men's Coping Project

maddis@clarku.edu

Men's Depression: Why Study it?

Understudied

Stigmatized

**High Risk Behaviors,
Public Health Concerns**

Research Shows that Beliefs about manhood affect...

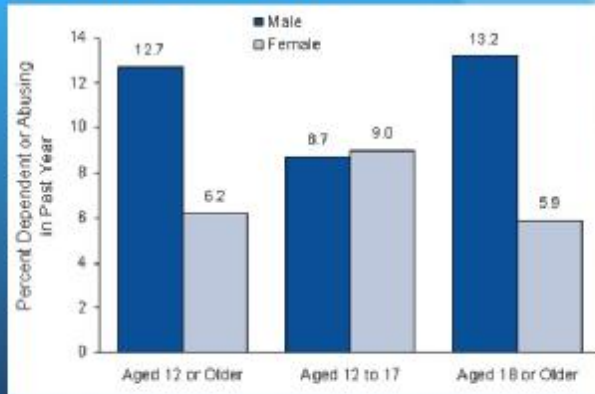
Experience
of Depression



Expression
of Depression

Willingness to seek
and accept treatment

Illicit Drug or Alcohol Dependence or Abuse, by Age and Gender: 2004



Source: SAMSHA

Most victims and perpetrators in homicides are male

Male offender / male victim	65.3%
Male offender / female victim	22.7%
female offender / male victim	9.6%
female offender / female victim	2.4%

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



Men's Coping Study - Microsoft Internet Explorer, provided by Clark University

Google www.menscoping.net Go Home Favorites Send to Settings

Address http://www.menscoping.net/ Go

WELCOME TO *The Men's Coping Project*
CLARK UNIVERSITY WILMINGTON, MASSACHUSETTS

FOR PARTICIPANTS	<p>The Men's Coping Project is a research study at Clark University funded by the National Institute of Health.</p> <p>Our goal is to better understand men's well-being. We're interested in how men cope with stress and other problems in their lives.</p> <p>This site offers information for men interested in participating in the study, and for others who share the goal of understanding and improving men's well-being.</p>	
FOR RESEARCHERS		
WHO WE ARE		
MEN'S WELL-BEING		
IN THE MEDIA		
RESOURCES AND LINKS		
CONTACT US		
HOME		

NIMH Grant# R34 MH073073

Done

start menscoping Study... menscoping-overview...

Gender-Based Motivational Interviewing For Men



1. Informal Interview

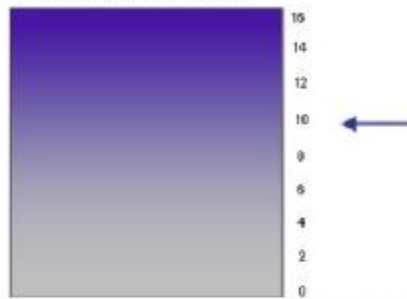


2. Personalized Assessment

CLARK UNIVERSITY
MEN'S COPING PROJECT

Personalized Feedback Report

Trouble on the Inside



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