

DEPRESSION IN MEN NEWS FROM THE LATEST RESEARCH

DWIGHT L. EVANS, MD

Ruth Meltzer Professor
Chair of the Department of Psychiatry
Professor of Psychiatry, Medicine, and Neuroscience
University of Pennsylvania
Perelman School of Medicine

“I am now the most miserable man living. If what I feel were equally distributed to the whole human family, there would not be one cheerful face on the earth. Whether I shall ever be better I can not tell; I awfully forebode I shall not. To remain as I am is impossible; I must die or be better, it appears to me.”

Abraham Lincoln, 1841.

People Suffering From Depression or Bipolar Disorder Historical Figures

**Abraham Lincoln – Cole Porter – Dylan Thomas
Edgar Allan Poe – Lionel Aldridge – Ernest Hemingway
Eugene O’Neill – Ezra Pound – Lord Byron – Michelangelo
Graham Greene – Jackson Pollock – Henry James
Herman Hesse – Isaac Newton – John Keats – Leo Tolstoy
F. Scott Fitzgerald – Edna St. Vincent Millay
Lord Alfred Tennyson – Ralph Waldo Emerson
Samuel Clemens – Sylvia Plath – T.S. Eliot – Victor Hugo
Tennessee Williams – Georgia O’Keefe – Virginia Woolf
Vivien Leigh – William Faulkner – Walt Whitman
Winston Churchill – Peter Tchaikovsky – Irving Berlin
Paul Gauguin – Vincent Van Gogh
Ludwig Von Beethoven – Georg Friederich Händel
Jimi Hendrix – Hans Christian Andersen – Marlon Brando
Williams Carlos Williams**

“Depression is a wimp of a word for
a howling tempest in the brain.”

William Styron

People Suffering From Depression or Bipolar Disorder

Contemporary Figures

William Styron – Patty Duke – Margot Kidder

Art Buchwald – Mike Wallace – Kathy Cronkite

Kay Jamison – Andrew Solomon – Pat Conroy

Thomas Eagleton – Dick Cavett – Kitty Dukakis

Brian Wilson – Jonathan Winters – Judy Collins

Mariette Hartley – Anthony Hopkins

James Taylor – Terry Bradshaw – Lorraine Bracco

Brooke Shields – Jane Pauley – Chamique Holdsclaw

Depression in Both Men and Women is:

- Misunderstood
- Understudied
- Underfunded
- Stigmatized
- Undertreated

Depression in Men is Tragic

Research shows that 80% of suicides are men

Long Accepted Views Challenged By the Latest Research

View:

Depression is twice as common in women as men
(and perceived as a woman's illness)

New Research:

When depression's "symptoms are properly recognized in men, major depression may be EVEN MORE COMMON IN MEN THAN IN WOMEN."

Reference: The Experience of Symptoms of Depression in Men vs. Women, JAMA Psychiatry, August 28, 2013, Vol 70, No. 8

Traditional Symptoms of Depression

- Depressed mood, sad or empty, most of the day, nearly every day
- Anhedonia – lack of interest or pleasure
- Sleep – insomnia/hypersomnia
- Appetite or weight change
- Fatigue, loss of energy
- Agitation/retardation
- Diminished ability to think or concentrate
- Low self-esteem or inappropriate guilt
- Recurrent thoughts of death or suicidal ideation

Five (or more) symptoms nearly every day for at least two weeks, and clinically significant distress or impairment in social, occupational, or other important areas of functioning.

Newly-Recognized Symptoms More Common in Men

- Anger
- Irritability
- Aggression
- Frustration
- Workaholism
- Substance abuse – alcohol, drugs
- Risk taking & reckless behavior – gambling, womanizing

Reference: The Experience of Symptoms of Depression in Men vs. Women, JAMA Psychiatry, August 28, 2013, Vol 70, No. 8

Long Accepted Views Challenged by the Latest Research

View:

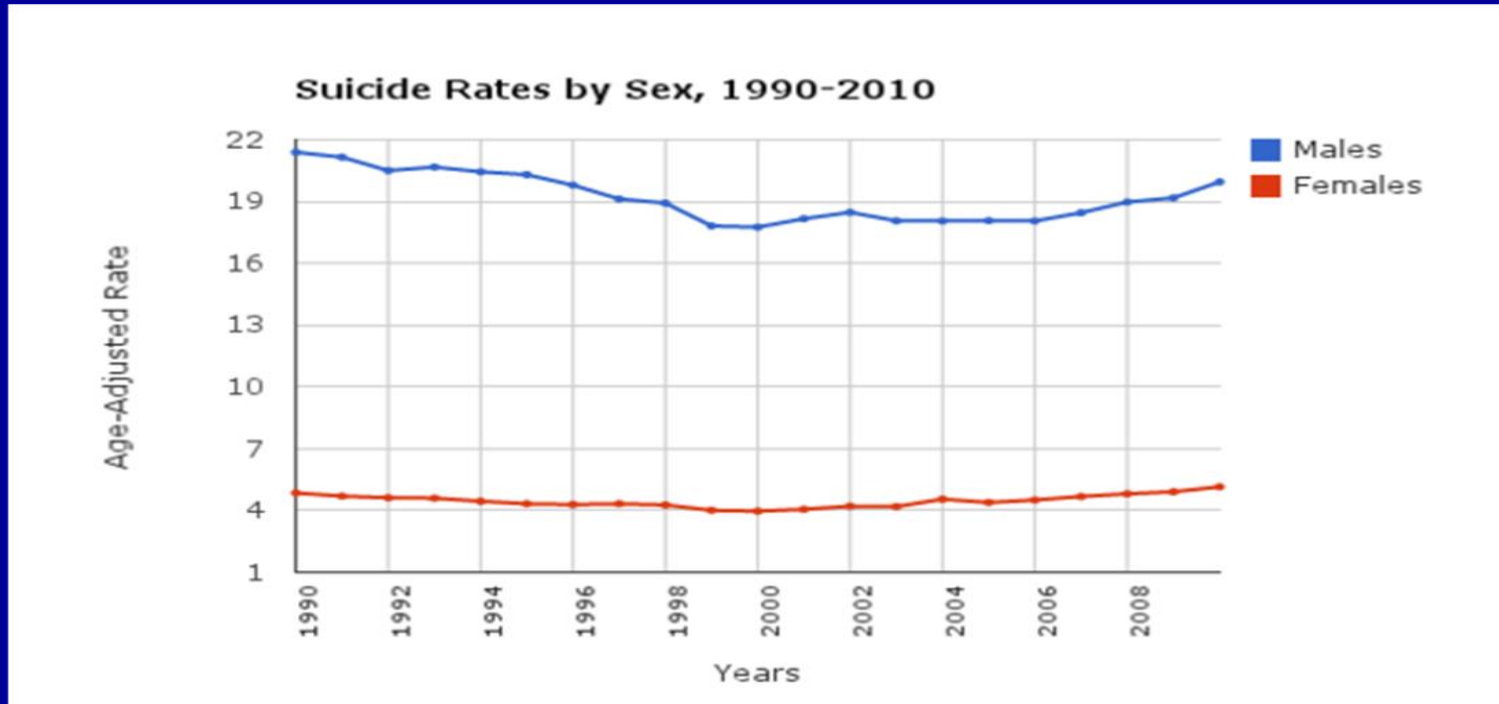
Depression is an emotional weakness
and not a major medical issue

New Research:

Depression is a killer

The Death Rate From Suicide Is:

- Four times higher in men than women



Suicide Rates by Sex, 1990 – 2010

Source: AFSP (<http://www.afsp.org/understanding-suicide/facts-and-figures>)

The Death Rate From Suicide is:

- Higher than the death rate from homicide
- Higher than the death rate from HIV/AIDS and similar to the death rate from breast cancer
- Second leading cause of death for college students
- Third leading cause of death for ages 15-24
- Fourth leading cause of death for ages 24-65

DEPRESSION IS A KILLER

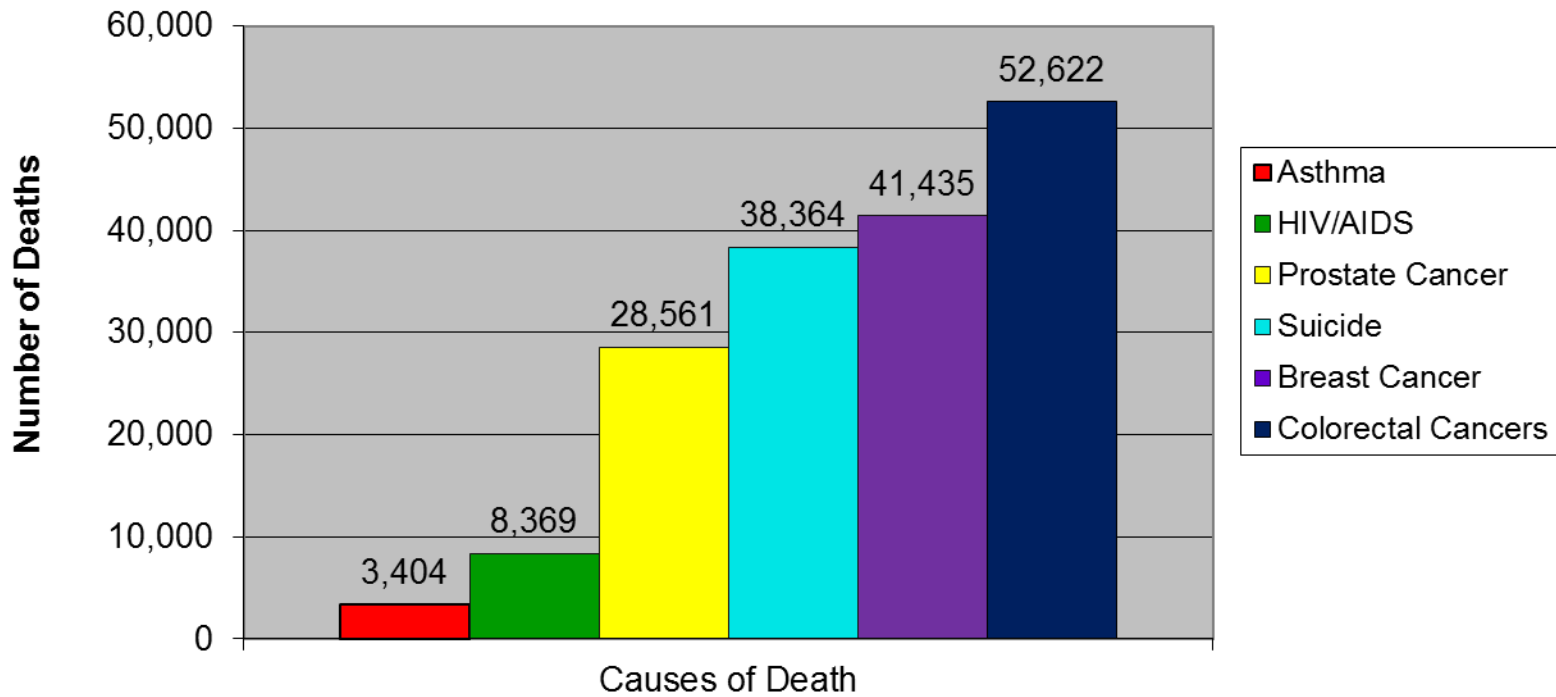
Depression is the major risk factor for suicide

- 38,000 suicides/year
 - 1 suicide attempt every minute
 - 1 death from suicide every 14 minutes
- 16,000 homicides/year
- 3,000 deaths September 11, 2001
- 58,000 deaths Vietnam War
- 8,000 deaths HIV/AIDS/year
- 41,000 deaths Breast cancer/year

“There has been in the past and is currently a dramatic mismatch in terms of the federal dollars devoted to the understanding and prevention of suicide contrasted with other diseases...There is every reason to expect that a national consensus to **declare war on suicide** and to fund research and prevention at a level commensurate with the severity of the problem **will be successful and will lead to highly significant discoveries as have the wars on cancer, Alzheimer’s disease, and AIDS.**”

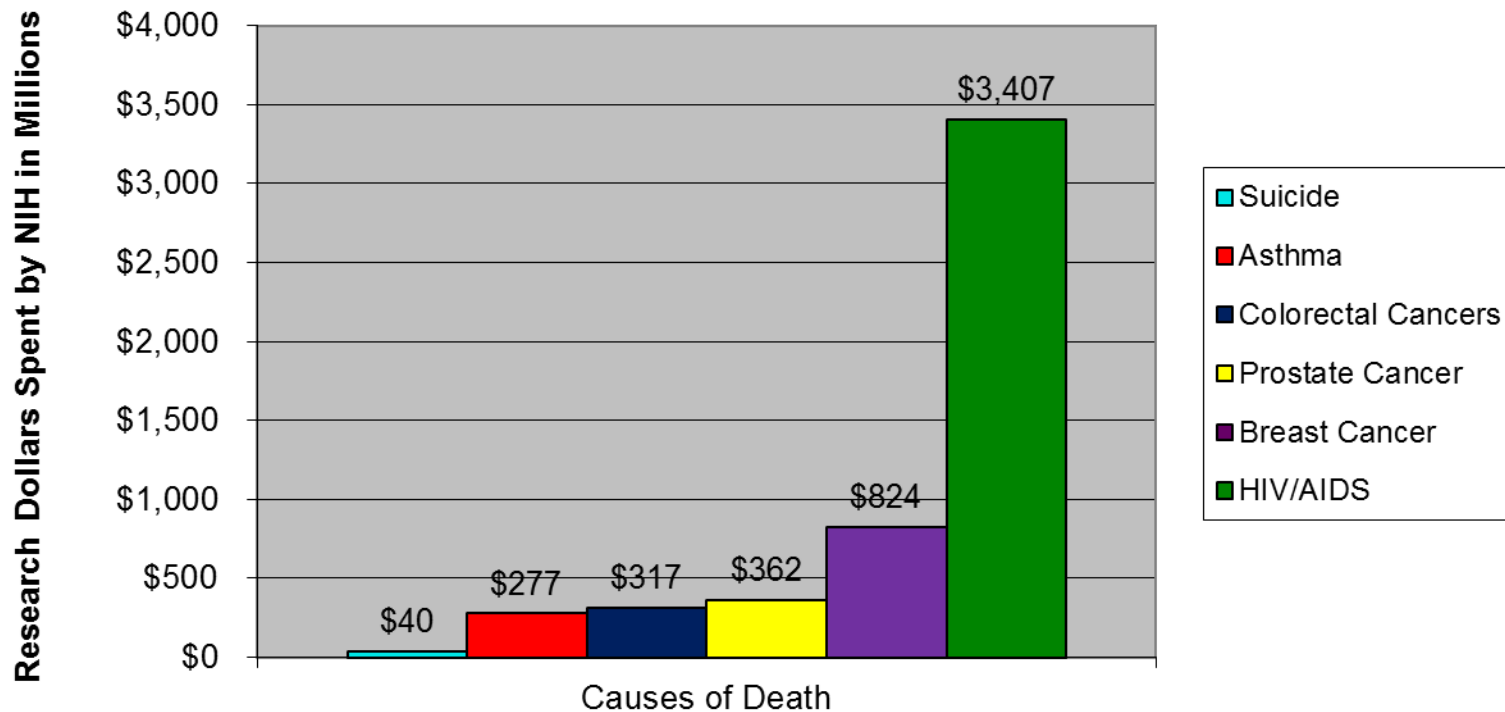
Annual Deaths, by Cause

Number of Deaths, by Cause, 2010

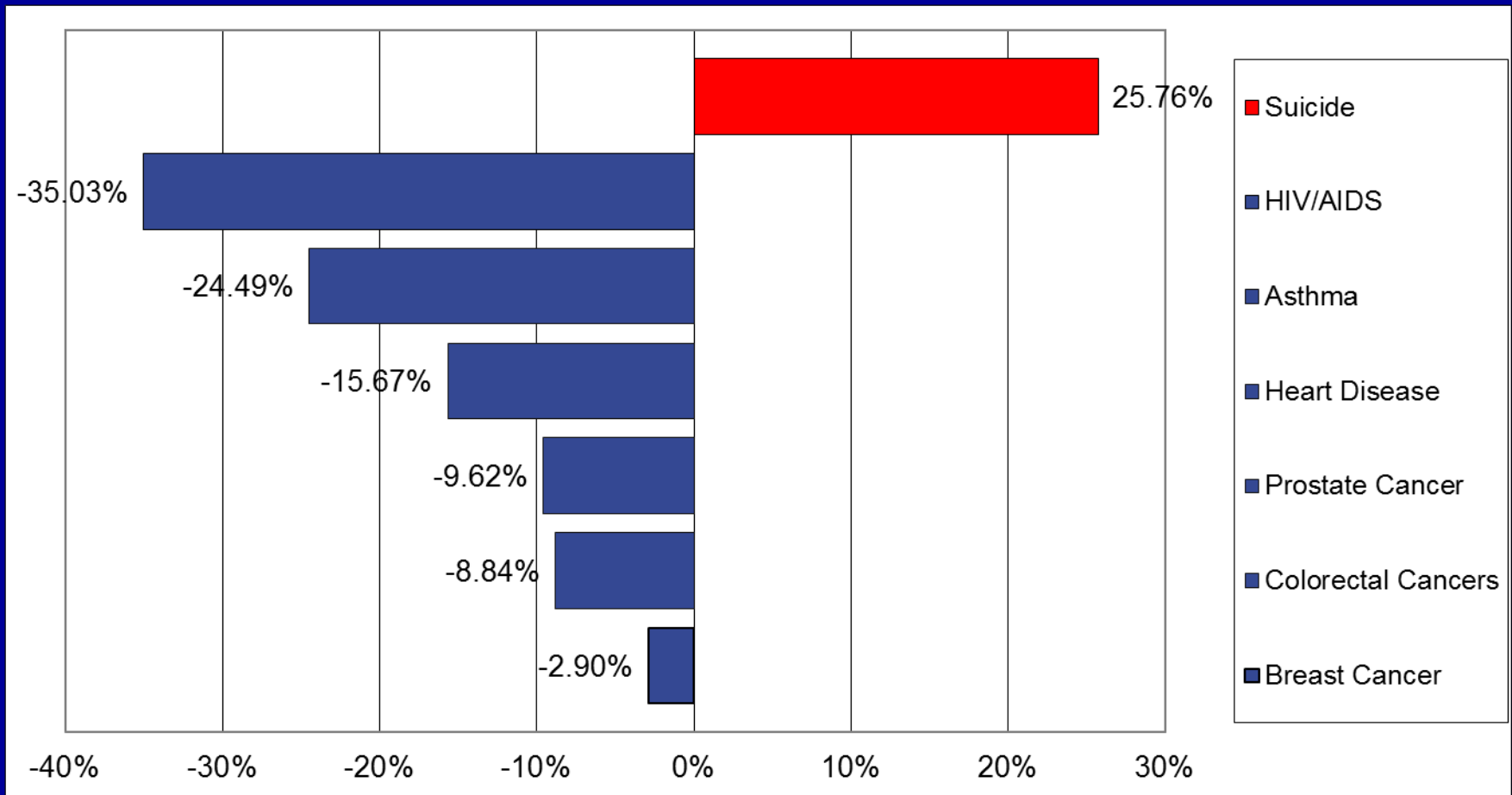


Spending for Medical Research

Research Dollars Spent by NIH, FY 2010, by Cause



Change in Number of Deaths by Cause: 2000-2009*

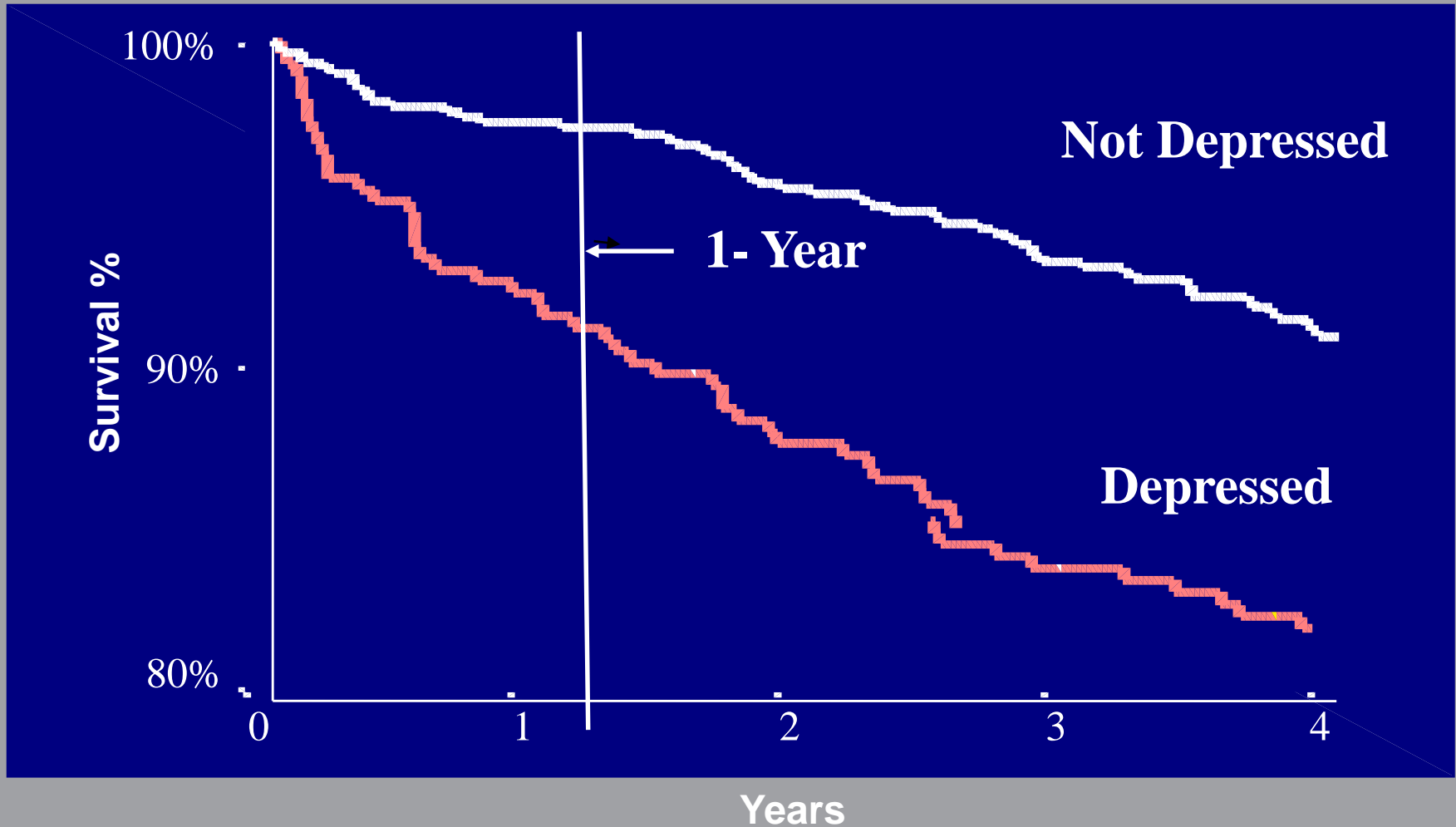


* Centers for Disease Control and Prevention (CDC)'s actual 2000 data versus preliminary final data from 2009; retrieved from http://www.cdc.gov/nchs/data/nvsr/nvsr50/nvsr50_15.pdf and http://www.cdc.gov/nchs/data/dvs/deaths_2009_release.pdf

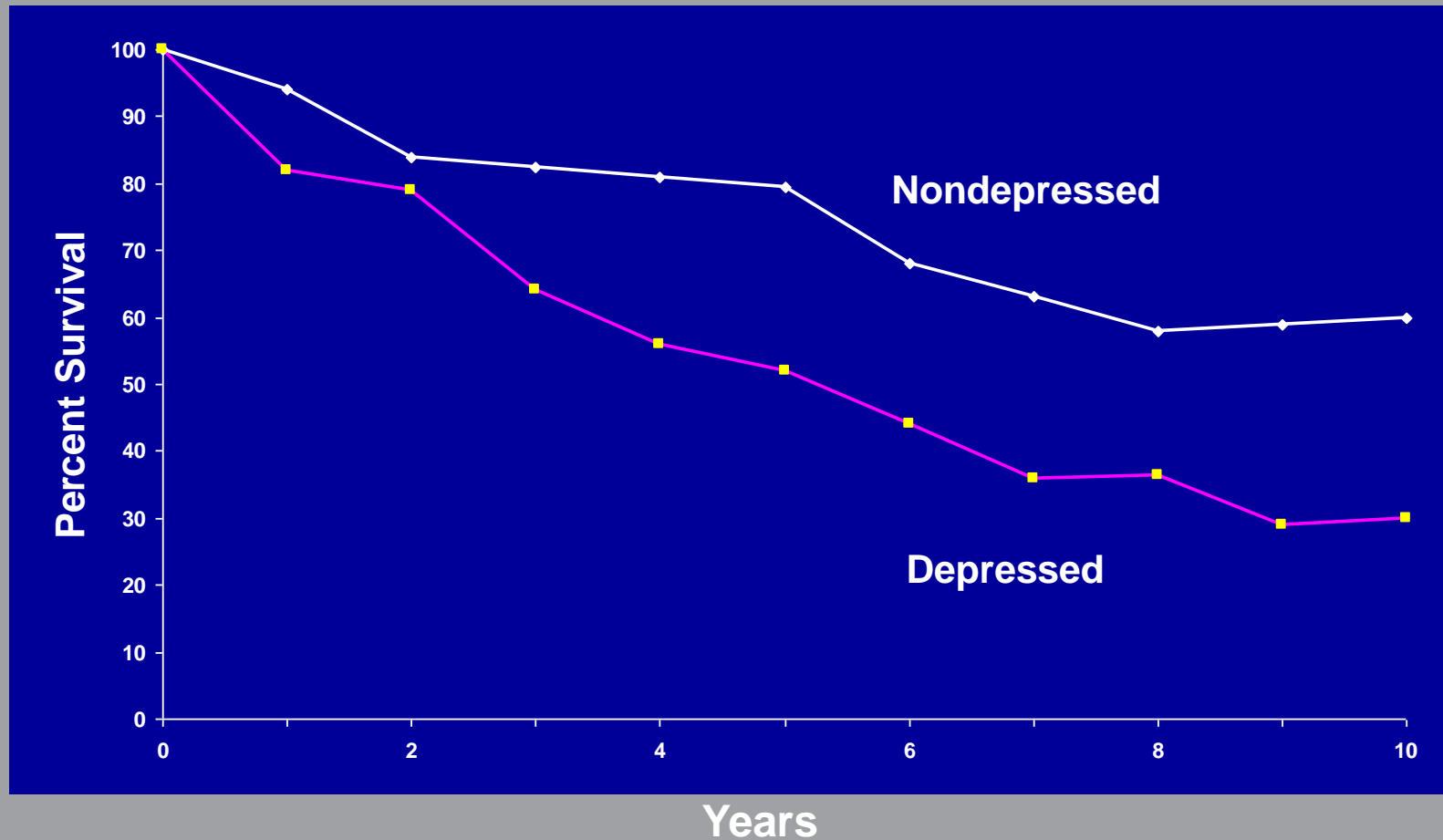
Depression Is a Risk Factor for the Development of Cardiovascular Illness

- Large-scale studies have followed subjects without Coronary Artery Disease (CAD)
 - Depression is a significant independent risk factor for CAD morbidity and mortality
 - Relative risk for depression is similar to tobacco smoking

Depression Increases the Risk of Death After Heart Attack



Depression Increases the Risk of Death After Stroke



Depression in Men

What is Behind the Statistics?

- Social & Cultural Education
- Beliefs about manhood begin in childhood
- Macho image
- Show of emotions viewed as a weakness
- Asking for help viewed as a weakness

Depression in Men

What Breaks the Cycle?

- Information and education
- Diagnosis
- Treatment
- Research