

Women & Mental Health

Women represent a disproportionate percentage of people with depression & anxiety

According to the World Health Organization, the Anxiety and Depression Association of America & CAMH Research:

- The leading cause of death and disability among women aged 18-44 is major depressive disorder
- Post-partum depression is the most common complication of childbearing, affecting 13% of women
- 20% of women going through Menopause experience depression
- Women can be more treatment resistant due to a variety of factors (substance abuse, suicidal ideation, increase suicide attempts, feelings of isolation, alienation, etc.)
- Women get significantly more Electroconvulsive therapy (ECT) than men
- Women disproportionately experience a variety of risk factors for common mental disorders, including gender based violence, income inequality and caregiver responsibilities (75% of informal care givers are women. 48% of women report that this has caused emotional stress)
- Women are more likely to develop depression, yet 3x more likely to experience barriers in accessing mental health care
- The high prevalence of sexual violence to which women are exposed and the correspondingly high rate of Post Traumatic Stress Disorder (PTSD) following such violence, renders women the largest single group of people affected by this disorder.
- Having access to psychological supports during psychological distress can improve mental health outcomes
- From the time a girl reaches puberty until about the age of 50, she is twice as likely to have an anxiety disorder as a man. Anxiety disorders also occur earlier in women than in men.
- According to CAMH's Ontario Drug Use and Health Survey, girls are twice as likely as boys to experience psychological distress.
- Women are also more likely to have multiple psychiatric disorders during their lifetime than men. The most common to co-occur with anxiety is depression.
- Reducing the overrepresentation of women who are depressed would contribute significantly to lessening the global burden of disability caused by psychological disorders.