



# Women's Mental Health Series

Week 1:

Diagnoses Common to Women

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# Learning Objectives:

By the end of the training, participants will be able to

- explain the prevalence of mental health disorders common to women
- describe symptoms of common mental health disorders
- discuss treatment of common mental health disorders

## OBJECTIVE 1:

Explain the prevalence  
of mental health disorders  
common to women

## POLL QUESTION 1:

Which mental health conditions do you think are most common among women?  
(select as many as you think)

Depression

Schizophrenia

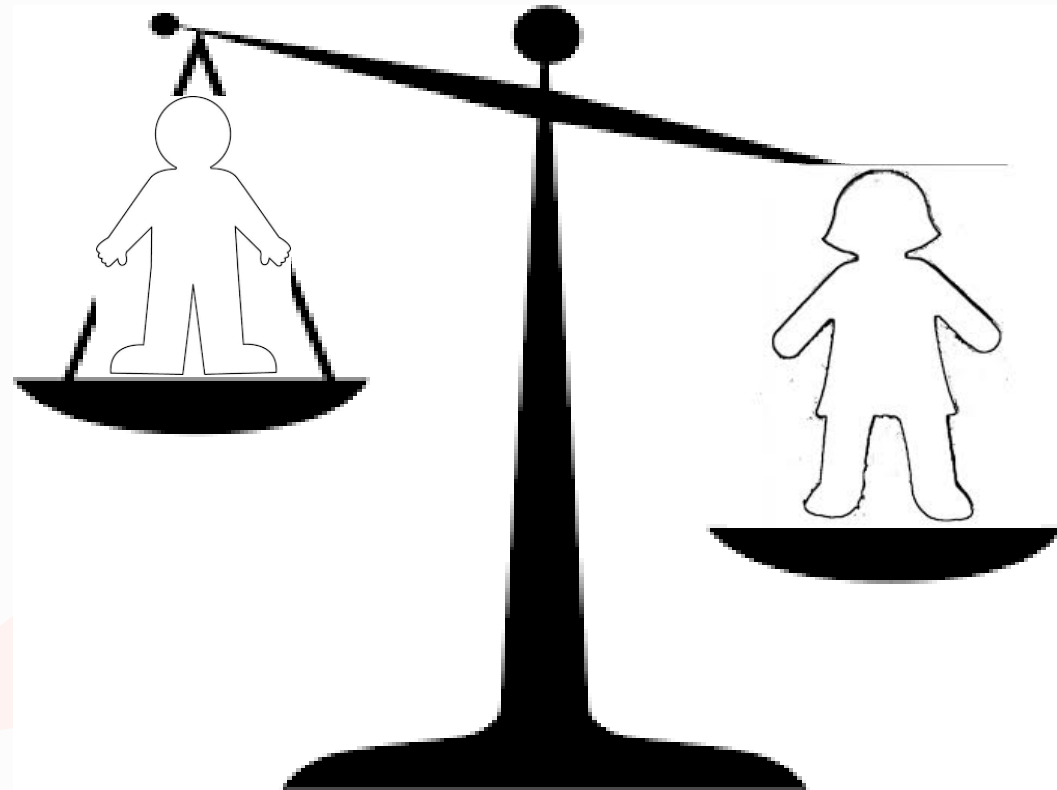
PTSD

Alcohol abuse

Eating disorders

# Women have higher rates of prevalence of common mental health disorders

- ❖ Unipolar depression
- ❖ Anxiety
- ❖ PTSD
- ❖ Somatic complaints
- ❖ Comorbidities
- ❖ Eating disorders
- ❖ depression, organic brain syndromes and dementias in older adults



# Gender-Specific Risk Factors

- Power differential
- Socioeconomic determinants
- Social pressures
- Economic and social policies
- Gender discrimination
- Domestic violence and sexual abuse



## OBJECTIVE 2:

Describe symptoms  
of common mental health disorders

# Generalized Anxiety Disorder

*A disorder in which a person experiences severe, ongoing anxiety that interferes with daily activities*

## Symptoms:

- **Pain areas:** in the back
- **Whole body:** fatigue, lightheadedness, restlessness, or sweating
- **Psychological:** severe anxiety, fear, or repeatedly going over thoughts
- **Behavioral:** hypervigilance or irritability
- **Cognitive:** lack of concentration or unwanted thoughts
- **Also common:** emotional distress, excessive worry, difficulty falling asleep, headache, nausea, palpitations, or trembling



# Major Depressive Disorder

*A disorder in which a person experiences a persistent feeling of sadness or loss of interest.*

## Symptoms:

- **Mood:** anxiety, apathy, general discontent, guilt, hopelessness, loss of interest, loss of interest or pleasure in activities, mood swings, or sadness
- **Sleep:** early awakening, excess sleepiness, insomnia, or restless sleep
- **Whole body:** excessive hunger, fatigue, loss of appetite, or restlessness
- **Behavioral:** agitation, excessive crying, irritability, or social isolation
- **Cognitive:** lack of concentration, slowness in activity, or thoughts of suicide
- **Weight:** weight gain or weight loss
- **Also common:** poor appetite or repeatedly going over thoughts

# Post Traumatic Stress Disorder

*A disorder in which a person has difficulty recovering after experiencing or witnessing a terrifying event.*

## Symptoms:

- **Behavioral:** agitation, irritability, hostility, hypervigilance, self-destructive behavior, or social isolation
- **Psychological:** flashback, fear, severe anxiety, or mistrust
- **Mood:** loss of interest or pleasure in activities, guilt, or loneliness
- **Sleep:** insomnia or nightmares
- **Also common:** emotional detachment or unwanted thoughts

## Poll Question 2:

Which area do you most often see symptoms show up?

- 10 Somatic
- 10 Psychological
- 10 Behavioral
- 10 Cognitive

## OBJECTIVE 3:

Discuss treatment  
of common mental health disorders

# Barriers to Mental Health Treatment for Women

## Gender Bias

in diagnosing  
in medicating



## Gender Differences

in seeking specialty treatment  
in using inpatient care  
in accurate in reporting

# Key needs to be met

 Autonomy

 Access

 Assistance

# Approaches to Care



## Poll Question 3

**Which approach to care do you believe is most effective?**

- ✓ **Self-care**  
(exercise, nutrition, etc.)
- ✓ **Medication**
- ✓ **Counseling / talk therapy**



# Q & A

# Resources

Brody, D.J., Pratt, L.A., Hughes, J. (2018). Prevalence of depression among adults aged 20 and over: United States, 2013 – 2016. *NCHS Data Brief, no 303*. Hyattsville, MD: National Center for Health Statistics. <https://pubmed.ncbi.nlm.nih.gov/29638213/>

Substance Abuse and Mental Health Services Administration (2016). Creating a healthier life: A step-by-step guide to wellness (PDF, 387 KB). *HHS Publication No. SMA 16-4958*. Rockville, MD: Substance Abuse and Mental Health Services Administration. <https://store.samhsa.gov/sites/default/files/d7/priv/sma16-4958.pdf>

World Health Organization (n.d.). Mental Health and Substance Use. <https://www.who.int/teams/mental-health-and-substance-use/gender-and-women-s-mental-health>

# TRAINING OPPORTUNITIES

## Preceptorships

An intensive clinical training program offered to healthcare providers in Florida who have an interest in learning more about the diagnosis and management of HIV/AIDS, opportunistic infections, and co-morbid conditions. Each preceptorship is structured to meet the unique needs of the individual participant based on his or her previous experience, geographic location, and time available. Experience 4 to 240 hours of clinical training at adult, pediatric, obstetric, and/or family practice clinics where care is provided to HIV-infected patients. All training provided is consistent with current guidelines from the Department of Health and Human Services or other nationally recognized guidelines when available.

## Clinical Consultation

Individual and group clinical consultations are offered. Individual clinical case consultation is provided on the diagnosis, prevention, and treatment of HIV/AIDS and related conditions. These consultations take place by telephone, email or face-to-face meetings. Group clinical consultation with case-based discussions include information on pharmacology, clinical antiretroviral therapy updates, drug-drug interactions, and antiretroviral resistance.

FOR MORE INFORMATION, PLEASE VISIT:  
<http://hivaidsinstitute.med.miami.edu/partners/se-aetc>

# National HIV/AIDS Clinicians' Consultation Center UCSF – San Francisco General Hospital

## **Warmline**

National HIV/AIDS Telephone Consultation Service  
*Consultation on all aspects of HIV testing and clinical care*  
Monday - Friday  
9 am – 8 pm EST  
Voicemail 24 hours a day, 7 days a week

## **PEPline**

National Clinicians' Post-Exposure Prophylaxis Hotline  
*Recommendations on managing occupational exposures to HIV and hepatitis B & C*  
9 am - 2 am EST, 7 days a week

## **Perinatal HIV Hotline**

National Perinatal HIV Consultation & Referral Service  
*Advice on testing and care of HIV-infected pregnant women and their infants*  
*Referral to HIV specialists and regional resources*  
24 hours a day, 7 days a week

HRSA AIDS ETC Program & Community Based Programs, HIV/AIDS Bureau  
& Centers for Disease Control and Prevention (CDC)  
[www.nccc.ucsf.edu](http://www.nccc.ucsf.edu)

Need Additional Information?

# Contact the South FL SE AIDS Education and Training Center

Venada Altheme, Program Manager:

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Thank you!