

# WOMEN & ANXIETY, DEPRESSION, AND CO-OCCURRING DISORDERS

Anxiety disorders affect women and men differently. Researchers are only now understanding the different biological and psychosocial factors that may impact the mental health treatment of women and men.



## Some Common Assumptions People Make...



- "Maybe it's just your period?"
- "You're being too sensitive. It's all in your head!"
- "Maybe you're pregnant?"
- "You're just stressed out"
- "You just need to slow down. You don't need to be superwoman."

## THE REALITY: DIFFERENCES IN BRAIN CHEMISTRY

The brain system involved in the **fight-or-flight response** is activated **more readily in women** and stays activated **longer** than men, partly as a result of the action of estrogen and progesterone.



### ANXIETY

#### What is General Anxiety Disorder? (GAD)

Generalized anxiety disorder (GAD) is a common anxiety disorder that involves chronic worrying, nervousness, and tension.

Women are more than **twice** as likely as men to develop an **ANXIETY DISORDER**.

From puberty to age 50 women are **2x more likely** than men to have an anxiety disorder

### DEPRESSION

#### What is Depression?

Depression is a common but serious mood disorder. It causes severe symptoms that affect how you feel, think, and handle daily activities, such as sleeping, eating, or working.



1 in 8 women experience **DEPRESSION** in their lifetime; twice the rate as men.

## DID YOU KNOW?

### POSTPARTUM DISORDERS



#### POSTPARTUM DEPRESSION

**13%**

of women may experience the condition between a week and a month after delivery.

#### POSTPARTUM OCD

**3-5%**

of new mothers will experience symptoms of postpartum obsessive compulsive disorder.

#### POSTPARTUM ANXIETY

**9%**

of women experience postpartum post-traumatic stress disorder following child birth.

## EATING DISORDERS

Eating disorders affect both genders, although rates among **women and girls are 2½ times greater** than among men and boys.



**1 in 5 women experience an eating disorder**



You **can** triumph over anxiety and depression! There are many treatment options available for women of all ages. Contact your primary care or mental health provider to further discuss symptoms, diagnosis, and treatment.

Find more information and resources at:  
[www.adaa.org](http://www.adaa.org)



ANXIETY AND DEPRESSION ASSOCIATION OF AMERICA