

Mental Notes

A Monthly Newsletter

Volume I, Issue 3, March 2007

MEN-tal Health Men's Mental Health Issues

MOOD DISORDERS IN MEN

Each year, an estimated six million men will suffer from **clinical depression**. Although more women are diagnosed with depression than men, this may be due to the fact that women are more likely to seek professional help when they experience depression. Also, **doctor's** are more likely to diagnosis depression in women than men, even when when they have similar scores on standardized tests used to measure depressive symptoms. Women are also more likely to be prescribed psychotropic drugs like antidepressants than men.

Men and women are almost equally likely to develop **Bipolar Disorder** which is characterized by severe mood swings. A person with Bipolar Disorder experiences alternating symptoms of both depression and mania. Mania is characterized by feelings of elation and euphoria or irritation and suspiciousness. The manic phase is also associated with rapid thoughts and speech, a great increase in physical activity, insomnia, distractibility, and grandiosity.

ANXIETY DISORDERS IN MEN

The most-frequently diagnosed anxiety disorders in men are Obsessive-Compulsive Disorder, Social Anxiety

Disorder, and Panic Disorder. **Obsessive-compulsive Disorder** is marked by intrusive thoughts, compulsive rituals such as hand-washing, cleaning the house several times a day, or playing out specific patterns repeatedly.

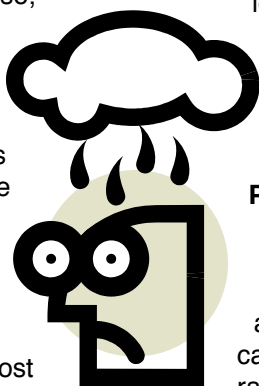
Social Anxiety Disorder is characterized by intense fear of being negatively evaluated or embarrassed. This disorder can lead to the avoidance of social situations, even to the point of being unable to leave one's home. Some men with Social Anxiety Disorder find it difficult to initiate or engage in intimate adult relationships.

Panic Disorder is marked by panic attacks. Panic attacks are brief episodes of intense fear and anxiety that is not caused by any outside threat. The attacks can involve difficulty breathing, rapid heartbeat, sweating, or even the feeling that one is going to die.

After experiencing such an attack, the sufferer becomes afraid that they may recur, or that something is wrong with their heart.

SUBSTANCE-RELATED DISORDERS

Substance use disorders are three times more common in men than in women.



Couples Counseling
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These disorders are marked by continued pathological use of a drugs, medications, alcohol, or toxins. The abuse of these substances leads to adverse physical, social, and mental problems. These can include failure to go to school or work, interpersonal conflicts, depression, and even suicide. Twelve-Step groups like Alcoholics Anonymous have been helpful for some people with a strong desire to quit.

EATING DISORDERS IN MEN

Men make up at least ten percent of people with Anorexia Nervosa and Bulimia Nervosa. The most common eating disorder, however, is Binge Eating Disorder, and men are much more likely to suffer from this disorder than Anorexia Nervosa or Bulimia Nervosa. Binge Eating Disorder is characterized by binge-eating, eating past the point of comfort, the feeling that one has lost control of one's appetite, and feelings of guilt. It is similar to Bulimia Nervosa, except people with Binge Eating

Disorder do not "purge." Anorexia Nervosa is characterized by a pathological fear of being overweight leading to extreme weight loss, primarily through self-starvation. Some anorexics also binge and/or purge. However, they remain significantly underweight, while bulimics are usually normal-weight.

SPRING WORKSHOPS

- ☑ Men's Issues March 7 12:30 PM
- ☑ Public Speaking March 28 12:30 PM
- ☑ Relationships April 12 12:30 PM
- ☑ Career Planning April 25 12:30 PM

**All workshops are held in Kirschman Hall Room 301.*