

GENDER-SPECIFIC CLINICAL MANIFESTATION OF UNIPOLAR DEPRESSION

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It is well known that the incidence of depression is twice as often in women than in men. However, data about the clinical picture and the course of the disorder in men and in women are inconsistent. The purpose of our research is to find out if there are any differences in terms of symptomatology and course of unipolar depression in men and in women.

The study included 84 subjects affected by unipolar depression, who were divided in two groups according to the gender: a group of males, comprising 20 subjects and a group of female subjects, that comprised 64 affected persons. We used the general semi-structured questionnaire with questions about the course of unipolar depression and socio-demographic data, Patient Health Questionnaire-9, Symptom Checklist-90-Revised (SCL-90-R), Cambridge Depersonalization Scale (CDS) and Beck Anxiety Inventory.

Regarding symptoms occurring within unipolar depression, there was no statistically significant gender-specific difference finding. Males tended to somewhat higher frequency of anhedonia and hostility, while females tended to more frequent sleep disturbance and decrease in energy. In terms of the course of disorder, it was found that there was a statistically significant difference in the age at the onset of disorder ($M: \bar{Z}=43.9:34.72$ years) and frequency of episodes (males had more frequent episodes).

Men and women, affected by unipolar depression differ in terms of the course of unipolar depression, but not in the sense of its clinical manifestation. *Acta Medica Medianae 2016;55(2):5-11.*

Key words: major depression, gender, anxiety, depersonalization