

Impact of sex and gender aspects in depression/Quiz

The questions in the quiz refer to the article on depression.

Point added for a correct answer:

Points for an incorrect answer:

Ignore the questions' coefficients: ☐

1

Which statement regarding affective disorders in men and women is false?

- ☐ More women than men suffer from unipolar depression.
- ☐ With manic disorders, no difference between the sexes in the prevalence statistics can be observed.
- ☐ The depression rate between female and male sex seems to differ beginning in puberty.
- ☐ More men than women suffer from bipolar affective disorder.

2

Which statement is true?

- ☐ Hormones can never contribute to depression.
- ☐ An acute drop in gonadal hormones (e.g. postpartum) can promote the development of depressive symptoms.
- ☐ A low estrogen level can be considered a protective factor in depression.
- ☐ The somatostatin produced in the hypothalamus can promote depression in men.

3

Which statement is correct regarding the symptoms or behavior in depression?

- ☐ Depressive symptoms such as sadness, depression and anhedonia are reported by men and women almost equally.
- ☐ Men are more likely than women to react to depression with risk-taking behavior and aggressiveness and consume alcohol and drugs more often.
- ☐ Women are more likely than men to react with atypical symptoms (e.g. increased appetite) or somatic complaints and pain.
- ☐ Women are much more likely than men to commit suicide as a result of depression.

4

In which of the following phases of life is there an increased risk of depression, especially in women?

- ☐ Seniors in general.
- ☐ Mostly in the second pregnancy.
- ☐ In primary school age.
- ☐ During menopause.

5

5. Which of the following is incorrect regarding the development of depression?

- ☐ During puberty, the increase in sex hormones could be directly related to negative affect in boys.
- ☐ Double-blind studies provide the first indications of an anti-depressive effect of testosterone substitution therapy.
- ☐ The increased risk of prostate carcinoma however speaks against the broad clinical application.
- ☐ Certain subgroups of depressed men suffer from marked hypogonadism.
- ☐ Depressed men have higher cortisol but lower testosterone levels compared to healthy control subjects.