Male related health aspects

Subjects	
Summary	Men consider themselves to be ill primarily when their physical body is sick. Psychological complaints such as anxiety or depression are still frequently stigmatized and tabooed, especially among male patients. depressive symptoms in men can often manifest themselves in different ways than in women. For example, men who suffer from depression tend to react aggressively, take risks and resort to alcohol and drugs more often. These external symptoms can then mask the "classic" internal symptoms such as feeling depressed, loss of joy or loss of self-esteem.The consequences are grave: men who are both mentally and physically ill lose an average of 20 years of their lives compared to those who are only physically ill.
Conflict	

Introduction article

Expert article

Education material

Quiz

License

This article is published under the Creative Commons License. The full license content can be retrieved here: https://creativecommons.org/licenses/by/3.0/legalcode

Autoren

Last changed: 2021-03-09 13:47:42