Gender and Depression
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Compared with men, the prevalence rate of depression is nearly twice as high among women. Recent studies suggest that this percentage rises further among female during the climacteric stage. Therefore, professionals have classified depression during this period as perimenopausal depression (PMPD). This presentation will provide the current diagnostic concept as well as treatment strategies of depressive disorders, with special focus to PMPD. Reliability and validity of mental disorders have substantially enhanced following the development of diagnostic criteria, such as ICD-10 and DSM-IV. Similar criteria would be essential to conceptualize PMPD in further details. Pharmacological studies have suggested SSRIs as first-line treatment for major depression as well as PMPD. Various studies also have reported the efficacy of estrogen to ameliorate the depressive symptoms, yet the debate is ongoing on whether this treatment should applied, primarily or adjunctively, as a treatment of PMPD. Based on such evidence, we will propose a treatment algorithm of PMPD.