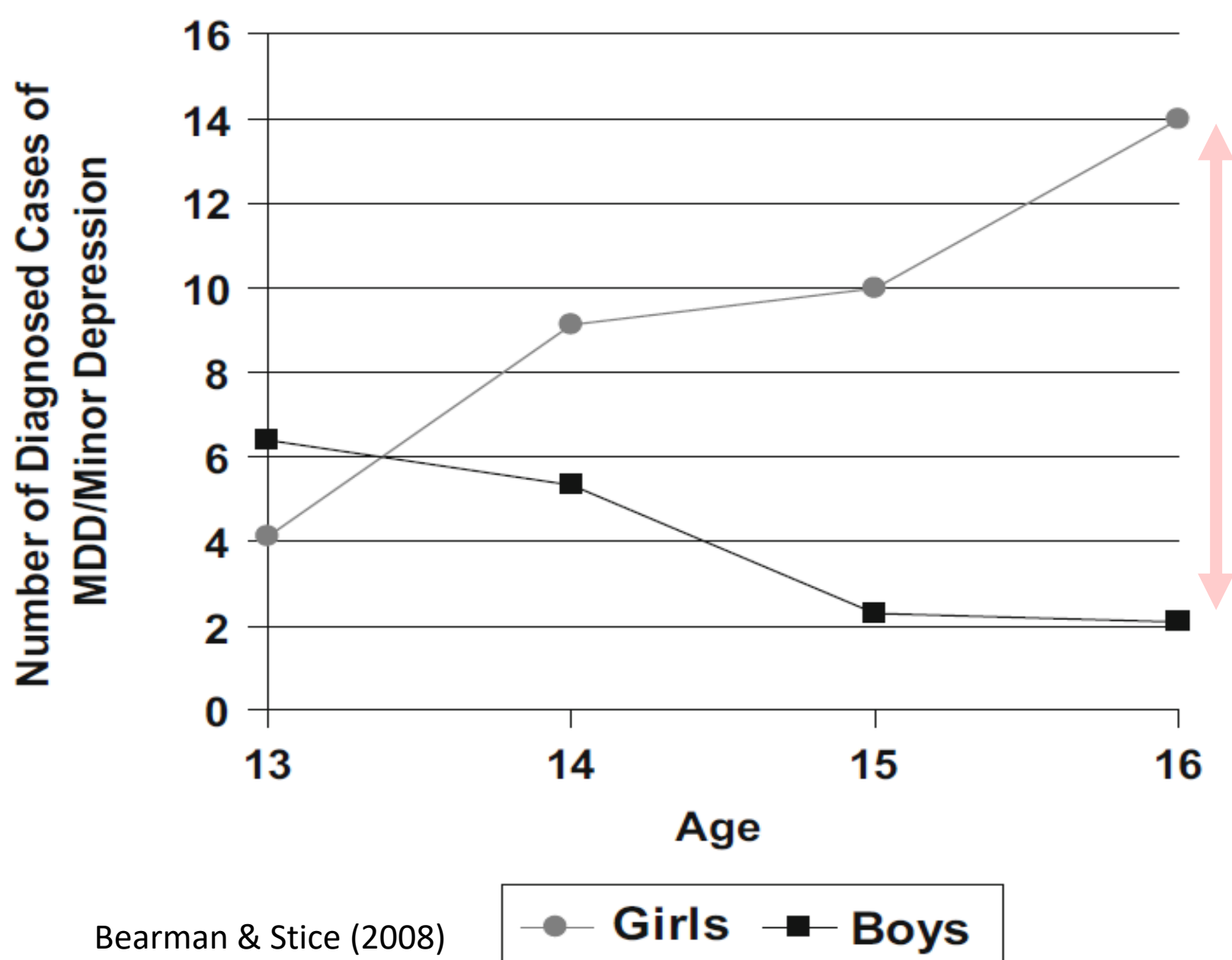


# Gender Gap in Adolescent Depression

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Bearman & Stice (2008)

Fig. 1 Absolute numbers of diagnosed cases of major depressive disorder (MDD) and minor depression at each age, for girls and boys

From the age of 14 girls are drastically more likely to develop depressive symptoms compared to boys, but why is this gender gap occurring? The aim of this project is to create a literature review to answer this question, with an emphasis on school related factors. Illustrated below is a model which combines a range of interdisciplinary models and factors which were explored within the literature review.

## Cognitive Factors

**More Negative Cognition Style**  
Pessimistic thinking bias when evaluating one's self and life

**Increased Rumination**  
Continuous negative introspection and overthinking

**Maladaptive Coping Strategies**  
Negative and harmful methods used to deal with stressful issues



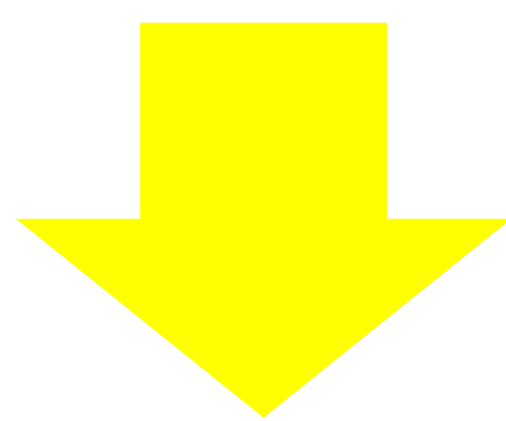
## Social Factors

**Poorer Body Image**  
Greater pressure to adhere to the thin ideal compared to boys

**Lower Self Esteem**  
More globalised across the whole self for females

**Teacher Relationships**  
Less effective at helping alleviate intrinsic issues, like depression

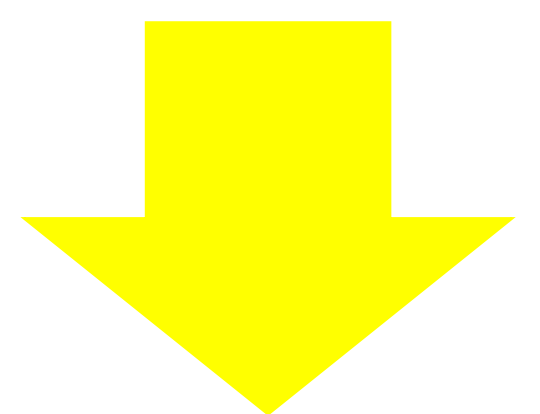
**Bullying**  
Respond more negatively, especially in an intrinsic way



## Biological Factors

**Pubertal Change**  
Occurs sooner so more difficult to handle the change, and more socially stressful

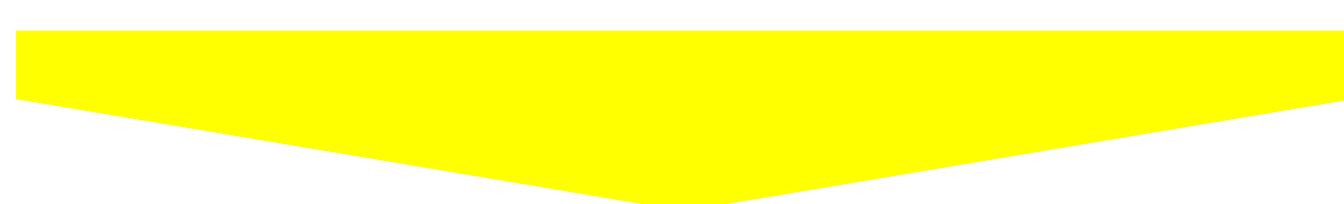
**Hormones**  
Combination of hormones which cyclically fluctuate more



## Triggers: Stressors and Life Events

**Stress**  
Perceive more and greater reaction to stress, especially examination and interpersonal stressors

**Negative Life Events**  
Increased likelihood of damaging experiences in childhood and adolescence e.g. abuse



**Higher Rates of Female Adolescent Depression**