Get the Facts: Women and Depression

• Depression in women is common – approximately 12 percent of women in the United States have depression.

• One in five women will experience depression in her lifetime.

• Depression is the leading cause of disability among women.

• Symptoms of depression can affect women physically, emotionally, and socially.

• Symptoms of depression in women include:
  o Sleeping problems (too much or little)
  o Feeling tired or lacking energy
  o Trouble concentrating
  o Trouble making decisions
  o Unexplained headaches or body pain
  o Crying spells
  o Feeling worthless
  o Feeling sad or down
  o Irritability
  o Guilt
  o Loss of interest in hobbies
  o Anxiety
  o Withdrawing from friends and family
  o Eating problems

• There is help for women with depression.

• Common treatment includes talking with a professional, such as a counselor, medication (called anti-depressants), or a combination of both.

• Other things you can do to help fight depression include:
  o Keeping active
  o Eating healthy
- Avoiding alcohol and drugs
- Sharing concerns with others
- Doing things that are fun
- Reducing stress
- Taking a break from your routine
- Getting information about depression
- Asking for help
- Setting realistic goals

For more information, visit: www.bluetoyou.org.

Leigh Ann Simmons; MFT, PhD
former Assistant Professor
Department of Family Studies

Ester Edwards, BS
Graduate student
Department of Family Studies

Leslie Crofford, MD
Professor,
College of Medicine

Laura Stephenson, PhD
Program Leader,
Family and Consumer Sciences Extension

April 2010

Copyright © 2010 for materials developed by University of Kentucky Cooperative Extension. This publication may be reproduced in portions or its entirety for educational or nonprofit purposes only. Permitted users shall give credit to the author(s) and include this copyright notice.

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin.