

Depression - is it also a problem for men?

Bejda G.^{*1 A,B,C,D,E,F}, **Kulak-Bejda A.**^{2 C,D,E}

1. The School of Medical Science in Białystok, Białystok, Poland
2. Department of Psychiatry, Medical University of Białystok, Białystok, Poland

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ABSTRACT

Report of the Organization for Economic Co-operation and Development (OECD - Organization for Economic Co-operation and Development) and the European Commission entitled "Health at a Glance: Europe 2018" indicates that in 2016 in EU countries - 17.3% of the population, or approximately 84 million inhabitants of the Union, struggled with mental disorders such as depression, anxiety and use-related disorders. alcohol and drugs. In 2017, 3.1% of men in the European Union suffered from depression.

The highest percentages of male with depression were found in Lithuania and Finland (approx. 4%), including Poland - 2.4% of men. In 2019, symptoms that may indicate depression were more common in 12.2% of men. The paper reviews the available literature on depression in men. The results are discussed in a sub-chapter: Introduction, Extent of depression, Clinical basis of male depression, Postpartum depression in men, Summary.

Keywords: depression, men, incidence.

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