
Certificate in Psychology of Gender

Gender and Mental Health

Gender and Mental Health are two critical areas of study in psychology that are closely interrelated. In this explanation, we will explore key terms and vocabulary related to these topics.

Gender:

Gender refers to the socially constructed roles, behaviors, activities, and expectations that a society considers appropriate for men and women. Gender is different from sex, which refers to biological differences between males and females. Gender identity is a person's internal sense of their own gender, whether that is male, female, or something else.

Sexism:

Sexism is discrimination or prejudice based on a person's sex or gender. It can take many forms, including gender stereotyping, sexual harassment, and gender-based violence. Sexism can have significant impacts on mental health, leading to anxiety, depression, and other mental health problems.

Gender stereotypes:

Gender stereotypes are oversimplified beliefs about the traits, behaviors, and roles that are appropriate for men and women. Gender stereotypes can limit individual's choices and opportunities and can have negative consequences for mental health. For example, men who are socialized to believe that they should be strong and independent may be less likely to seek help for mental health problems, leading to worse outcomes.

Cisgender:

Cisgender is a term used to describe people whose gender identity aligns with the sex they were assigned at birth. For example, a person who was assigned male at birth and identifies as a man is cisgender.

Transgender:

Transgender is a term used to describe people whose gender identity does not align with the sex they were assigned at birth. For example, a person who was assigned male at birth but identifies as a woman is transgender.

Non-binary:

Non-binary is a term used to describe people whose gender identity does not fit into the binary categories of male or female. Non-binary people may identify as both male and female, neither male nor female, or

somewhere in between.

Gender dysphoria:

Gender dysphoria is a term used to describe the distress that may accompany the incongruence between a person's gender identity and their sex assigned at birth. Gender dysphoria can have significant impacts on mental health, leading to anxiety, depression, and other mental health problems.

Mental Health:

Mental health refers to a person's emotional, psychological, and social well-being. It affects how we think, feel, and act, and plays a role in determining how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Stigma:

Stigma is a mark of disgrace associated with a particular circumstance, quality, or person. Stigma surrounding mental health can prevent people from seeking help, leading to worse outcomes. Stigma can take many forms, including social stigma, self-stigma, and structural stigma.

Social stigma:

Social stigma refers to the negative attitudes and beliefs that society holds about mental health and mental illness. Social stigma can prevent people from seeking help for mental health problems, leading to worse outcomes.

Self-stigma:

Self-stigma refers to the negative attitudes and beliefs that people hold about themselves because of their mental health problems. Self-stigma can prevent people from seeking help, leading to worse outcomes.

Structural stigma:

Structural stigma refers to the policies, practices, and institutions that discriminate against people with mental health problems. Structural stigma can prevent people from accessing necessary mental health services, leading to worse outcomes.

Intersectionality:

Intersectionality is a framework for understanding how multiple forms of discrimination can interact and overlap. For example, a woman of color may experience discrimination based on both her gender and her race, leading to worse outcomes for mental health.

Microaggressions:

Microaggressions are subtle, indirect, or unintentional discriminatory comments or behaviors that communicate hostile, derogatory, or negative slights and insults toward members of marginalized groups. Microaggressions can have significant impacts on mental health, leading to anxiety, depression, and other mental health problems.

Cultural competence:

Cultural competence is the ability to understand, appreciate, and interact with people from diverse cultural backgrounds. Cultural competence is essential in mental health care, as it can help to reduce disparities in access to care and improve outcomes for diverse populations.

Patriarchy:

Patriarchy is a social system in which men hold power and women are largely excluded from it. Patriarchy can have significant impacts on mental health, leading to anxiety, depression, and other mental health problems.

In conclusion, Gender and Mental Health are two critical areas of study in psychology that are closely interrelated. Understanding key terms and vocabulary related to these topics is essential for promoting mental health and reducing disparities in access to care. By promoting cultural competence, challenging sexism and gender stereotypes, and addressing intersectionality and structural stigma, we can work towards creating a more equitable and just society.