

10 Symptoms and Causes of Depression in Men

The topic of male depression is certainly not as popular or acknowledged as much as female depression. Although that may be the case, it is just as real and requires the same attention and awareness.

Men tend to show signs of depression slightly differently but still share many of the same symptoms as women do. Another difference that depression in men has is the causes of it. While women's depression tends to be more hormone-based, men seem to be more affected by their environments, which, when they become stressed, can trigger depression.

Symptoms

It's common for symptoms and signs of depression in men to go unnoticed or ignored. The sense of "manhood" some men think they have to, or might be forced to, abide by could be blamed for this lack of acknowledgment. Men showing their emotions is thought of as taboo, making them more susceptible to bottling up everything inside themselves, leading to depression and sometimes destructive behaviors.

Here are ten of the common signs and symptoms that men with depression experience or show.

- Excessive drinking or drug abuse
- Going out of their way to avoid their family or any social situation
- Problems with their digestion
- Over-working themselves (either at work or the gym)
- Unable to keep up with all their everyday responsibilities
- Displaying more controlling or abusive behavior to those around them
- Being involved in risky activities such as unprotected sex and gambling
- Experiencing headaches or migraines
- The pain of the limbs, joints, or back
- Suicidal thoughts or suicide attempts

Causes

Men are heavily affected by their environments. Being unable to provide for their family adequately or accomplish their personal goals can impact their self-esteem and lead to depressive states of mind.

Listed below are ten common causes of male depression.

- Family history of depression/Genetics
- Financial issues
- Problems at work
- The loss of a loved one
- Relationship issues
- Trauma/abuse
- Loss of a job/Unable to find work
- Injury
- Long-term illness (ex. Diabetes, cancer)
- Any significant life changes that result in a stressful environment

Treatment

Depression in men often goes untreated because most men avoid or refuse to address their emotions. Encouragement to seek treatment is usually offered by those close with them who can identify the signs of depression they are displaying. Once diagnosed by a health care professional, medication gets prescribed, a recommendation for therapy or a combination of the two gets put into place for a treatment plan.

Overview

The stigma behind men expressing and addressing their emotions is a primary reason male depression is ignored and gets left untreated. Although more women suffer from depression and suicidal thoughts, the rate of successful suicide attempts is much higher in men.

Suppose there is the belief that you or a loved one show or experience any signs or symptoms of depression. In that case, it's crucial to reach out and get proper help and treatment. There is available support all around, as long as someone is open to receiving it. Now is the time to end the stigma around male depression and help those who need it live a happier life.