Your Name

Instructor Name

Course Number

Date

Title: Psychology

**Part 1**

While studying any mental disorder gender is considered as one of the most important factors. Typically, females are more prone to mental disorders that include depression and anxiety. This is due to the socioeconomic factor and male dominance that cause these disorders.

Approximately 1 out of 3 women have mental disorders. Another factor that is associated with depression in women is hormones. As compared to men women experience much more hormonal imbalances due to puberty, pregnancy, etc (Kessler) and they tend to connect emotionally in their relationships causing them to suffer from depression more than men.

However, as in our society men are considered strong this causes men to not to talk about any mental disorder whereas women are more likely to consult psychiatrists and counselors to get their depression treated.

Most of the research conducted on depression have shown that women and girls are twice as likely to depress than men and boys because women and girls are sensitive by nature and can connect to everything in their surrounding emotionally and very conscious about their appearance thus making them extremely vulnerable to depression (Noble).

**Part 2**

Ellen Degeneres is one of the most popular TV celebrity. She is an American writer, producer, and comedian famous for her TV show “The Ellen Show”. She is one of many other female celebrities that faced severe depression. In 1998 she openly admitted that she was lesbian causing her to face a huge backlash from people. The reaction was so intense that she was even kicked out of her show. Due to this, she was jobless her career was over. This was the reason that she went into depression. She spoke openly about her depression as she wanted to spread awareness among other people who are battling depression. During her interview with Oprah Winfrey, she told that depression made her lose her confidence however by consulting a psychiatrist, taking anti-depressants and doing meditations she cured her depression yet she still has to go for counseling as the trauma she faced has left permanent scars on her personality.

**Works cited**

Kessler, Ronald C. "Epidemiology of women and depression." *Journal of affective disorders* 74.1 (2003): 5-13.

Noble, Rudolf E. "Depression in women." *Metabolism* 54.5 (2005): 49-52.