

*The National Academies of*  
**SCIENCES • ENGINEERING • MEDICINE**

COMMITTEE ON POPULATION, Division of Behavioral and Social Sciences and Education  
BOARD ON POPULATION HEALTH AND PUBLIC HEALTH PRACTICE, Health and Medicine Division

**Workshop on Women's Mental Health across the Life Course through a Sex-Gender Lens**

**District Architecture Center  
421 7th Street, NW  
Washington, DC 20004  
March 7, 2018**

This workshop will explore multiple levels of analysis, including environmental, sociocultural, behavioral, and biological, to see how these factors affect women's mental health across the life course and across different racial/ethnic groups. The workshop will result in a rapporteur-prepared brief that summarizes the workshop presentations and discussions; the published brief will inform future research as well as program and policy discussions.

- 8:30 – 8:45 am                      Introductions, Roadmap for the Workshop  
*Debra Umberson, University of Texas at Austin*
- 8:45 – 9:00 am                      Statement of Interest from Workshop Sponsor  
Representative from the U.S. Department of Health and  
Human Services
- 9:00 – 10:00 am**                      **The Big Picture: Life Course Framing, Population Patterns,  
Measurement, Methods**
- Moderator: *Jason Schnittker, University of Pennsylvania*
- Conceptualizing and applying a sex/gender approach to women's mental health  
*Kristen Springer, Rutgers University*
  - Measurement advances toward understanding women's mental health  
*Nicholas Eaton, Stony Brook University*
  - Vulnerable Populations: Differences Among Women Make A Difference  
*Vickie Mays, University of California, Los Angeles*

10:00 – 10:15 am

BREAK

**10:15 – 10:55 am**

**Psychological and Structural Factors in Women's Mental Health**

Moderator: *Debra Umberson*, University of Texas at Austin

- Psychology of gender  
*Vicki Helgeson*, Carnegie Mellon University
  
- Structural factors that affect mental health over the life course  
*Deborah Carr*, Boston University

**10:55 – 11:35 am**

**Mental Health over the Life Course: Adolescence**

Moderator: *Bridget Goosby*, University of Nebraska-Lincoln

- Life course epidemiology and adolescent mental health  
*Katherine Keyes*, Columbia University [by videoconference]
  
- Mental health services and underserves youth populations  
*Victoria Ojeda*, University of California, San Diego

11:35 am – 12:30 pm

LUNCH

**12:30 – 1:10 pm**

**Mental Health over the Life Course: Mid-Life**

Moderator: *Jennifer Payne*, Johns Hopkins University

- Is it me or is it hot in here? Mood, memory, and Menopause  
*C. Neill Epperson*, University of Pennsylvania
  
- Early life origins of mental and physical health comorbidities across the life course and possibilities for interventions  
*Natalie Slopen*, University of Maryland College Park

**1:10 – 1:50 pm**

**Mental Health over the Life Course: Later Life**

Moderator: *Lisa Berkman*, Harvard University

- What Do We Know (and Not Know) about the Gender Difference in Depression in Old Age?  
*Joan Girgus*, Princeton University
  
- African American elderly women and mental health: Social work perspective  
*Karen Lincoln*, University of Southern California [by videoconference]

1:50 – 2:00 pm

BREAK

**2:00 – 3:15 pm**

**Mental Health Care and Policy**

Moderator: *Hortensia Amaro*, University of Southern California

- Assessment, identification diagnosis  
*Jeanne Miranda*, University of California, Los Angeles
  
- Policies that constrain and promote women's mental health  
*Chloe Bird*, RAND Corporation
  
- Gender-specific treatment  
*Christine Grella*, University of California, Los Angeles
  
- Work/family policy and women's well-being  
*Jennifer Glass*, University of Texas at Austin

3:15 – 3:30 pm

BREAK

**3:30 – 4:15 pm**

**Breakout Groups, Brainstorming: Gaps, next steps, specific recommendations** (moderators/steering committee members will facilitate breakout groups)

**4:15 – 5:00 pm**

**Group Reports: Agenda for Advancing Women's Mental Health over the Life Course**

- What we need to know going forward
  - Gaps in data and knowledge
  - Most pressing challenges for women's mental health
- What we need to do going forward (data, research, policy, practice)
  - Most promising and innovative directions

5:00 pm

Adjourn