

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 <i>Debra Umberson</i> , University of Texas at Austin
8:45 – 9:00 am	Statement of Interest from Workshop Sponsor <i>Nicole Greene</i> , Acting Director, Office on Women's Health, U.S. Department of Health and Human Services <i>ADM Brett P. Giroir</i> , Assistant Secretary for Health, Office of the Assistant Secretary for Health, U.S. Department of Health and Human Services
9:00 – 10:00 am	The Big Picture: Life Course Framing, Population Patterns, Measurement, Methods Moderator: <i>Jason Schnittker</i> , University of Pennsylvania ➤ <u>Conceptualizing and applying a sex/gender approach to women's mental health</u> <i>Kristen Springer</i> , Rutgers University [by videoconference] - <u>PRESENTATION</u> ➤ <u>Measurement advances toward understanding women's mental health</u>

Nicholas Eaton, Stony Brook University -
PRESENTATION

- 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 - PRESENTATION
- Structural factors that affect mental health over the life course
Deborah Carr, Boston University - PRESENTATION

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] - [PRESENTATION](#)

- Mental health services and underserved youth populations
Victoria Ojeda, University of California, San Diego - [PRESENTATION](#)

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 – [PRESENTATION](#)

- A life course approach to understanding sex differences in depression and inflammation in mid-life
Natalie Slopen, University of Maryland College Park - [PRESENTATION](#)

1:10 – 1:50 pm

Mental Health over the Life Course: Later Life

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

- What Do We Know (and Not Know) about the Gender Difference in Depression in Old Age?
Joan Girgus, Princeton University - [PRESENTATION](#)

- African American elderly women and mental health: Social work perspective
Karen Lincoln, University of Southern California [by videoconference] - [PRESENTATION](#)

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 - [PRESENTATION](#)

- Gender-specific treatment
Christine Grella, University of California, Los Angeles - [PRESENTATION](#)

- Work/family policy and women's well-being
Jennifer Glass, University of Texas at Austin -
[PRESENTATION](#)

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