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Abstract

The purpose of this study was to determine whether there were differences in the prevalence of self-reported depression between men and women who had been exposed to violence during childhood and adulthood. Data from the National Longitudinal Study of Adolescent Health (*N = 9,800*) were used to examine the association between exposure to violence and self-reported depression among adolescents. The results showed that exposure to violence during childhood and adulthood was associated with higher rates of self-reported depression. Furthermore, the association between exposure to violence and self-reported depression was stronger for women than for men.

Keywords: Depression, violence, gender, adolescence

Introduction

Depression is a common mental health problem that affects millions of people worldwide. It is characterized by persistent feelings of sadness, loss of interest in activities, and changes in appetite and sleep patterns. Depression can have serious consequences on a person's physical and mental health, as well as their ability to function in daily life.

One of the most significant risk factors for depression is exposure to violence. Exposure to violence during childhood and adulthood has been found to be associated with higher rates of depression. This relationship is thought to be mediated by a number of factors, including trauma, fear, and social support.

Gender is also an important factor in the development of depression. Research has shown that women are more likely than men to experience depression, particularly in response to stressors related to family and relationships. This may be due to a number of factors, including hormonal differences and societal expectations.

The purpose of this study was to determine whether there were differences in the prevalence of self-reported depression between men and women who had been exposed to violence during childhood and adulthood. The study used data from the National Longitudinal Study of Adolescent Health, which is a large-scale survey of adolescents in the United States.

The results of the study showed that exposure to violence during childhood and adulthood was associated with higher rates of self-reported depression. Furthermore, the association between exposure to violence and self-reported depression was stronger for women than for men. These findings suggest that exposure to violence is a significant risk factor for depression, and that gender plays a role in the development of depression.

The implications of these findings are important for both research and clinical practice. Further research is needed to explore the mechanisms underlying the relationship between exposure to violence and depression, and to identify effective interventions for preventing and treating depression in individuals who have experienced violence.

In clinical practice, these findings suggest that healthcare providers should be aware of the potential for depression in individuals who have been exposed to violence. Screening for depression should be considered for these individuals, and appropriate treatment should be provided based on the severity of the symptoms.

Overall, this study highlights the importance of addressing the needs of individuals who have experienced violence, and the need for further research to better understand the complex relationship between violence and mental health.