



## Gender and Mental Health



### DYK?

Women are twice as likely to be diagnosed with anxiety as men.

One in five women (19%) experience a Common Mental Disorder (such as anxiety or depression), compared with one in eight (12%) men.

## GEH work on COVID-19 and Mental Health



### Time from COVID-19 shutdown, gender-based violence exposure, and mental health outcomes among a state representative sample of California residents

Data from an online survey among California residents revealed that nearly one in five respondents reported moderate or severe mental health symptoms in the past two weeks; 15.5% had a history of IPV, and 10.1% had a history of sexual violence.

### COVID-19-related financial hardship, job loss, and mental health symptoms: findings from a cross-sectional study in a rural agrarian community in India

This study examined the association between COVID-19-related financial hardship, job loss, and mental health symptoms approximately nine months after the end of the first nationwide lockdown in India. Job loss



was associated with higher reporting of mental health symptoms among men, while financial hardship was associated with poor mental health symptoms among women.



**Blog: COVID-19 made mental wellbeing a focus area**  
**Divya Bharadwaj, Vihaara**

The lived experiences of COVID-19 over the past 18-months have exhibited its many socio-economic implications. With governments oscillating between instituting travel bans and lockdowns while fighting recurring waves of COVID-19 cases–lives and livelihoods worldwide continue to be gravely impacted.

## GEH Measurement Resources



**Gender and Mental Health measures developed and tested outside of the Global North:**

**Ethiopia:** [Anticipated Stigma Index](#)

**Mexico:** [Community Level Abortion Stigma Scale](#)

**Ethiopia:** [Favourable Marriage Descriptive Norm](#)

**Singapore:** [Internet Addiction Test-Adolescence \(IAT-A\)](#)

**India:** [Checklist for Assessment of Gender Disadvantage \(CAGED\):](#)



**We might have what you are looking for!**

**Search for more Measures related to gender and mental health**

**Learn More**



**Online course: Reflect, realign, renew.  
Manage stress and keep burnout away**

This course presents various techniques and tools that are simple and applicable in learners' self-care and collective care practices. At the end of the course, learners will also be able to create or renew their menu of practices to nurture their wellbeing.



**WHO: Living with the times, a mental health and psychosocial support toolkit**

Living with the Times: A mental health and psychosocial support toolkit for older adults during the COVID-19 pandemic has been developed by the Inter-Agency Standing Committee Reference Group on Mental Health and Psychosocial Support in Emergency Settings (IASC MHPSS RG).



**Podcast: Focusing on mental health in COVID-19 pandemic year three**

The COVID-19 pandemic has emphasized the importance of addressing mental health and behavioral health concerns. As we enter the third year of the COVID-19 pandemic - which may or may not become endemic - many Americans, including health care providers, are rethinking their relationship to their mental health.

## Requests for Proposals (RFP)

WEE-DiFine is excited to announce the launch of its third RFP. This RFP will accept proposals for all grant categories: large grants are available for greenfield evaluations and extensions to existing studies, and small grants for measurement studies, qualitative studies, and pilot studies. Additionally, this RFP is expanding the regional scope to include studies in Southeast Asia in addition to proposals concentrated in South Asia and Sub-Saharan Africa.

**Apply now!**

**The deadline to submit proposals for this round is 23:59 Bangladesh Standard Time on March 03, 2022.**

For any questions please reach out to [wee\\_difine@bracu.ac.bd](mailto:wee_difine@bracu.ac.bd).

**Mariwala Health Initiative – accepting concept notes on mental health and suicide prevention work by smaller organizations**

We seek to partner with innovative, inclusive and holistic initiatives that aim to make mental well-being accessible to the most marginalized communities and persons.

[Learn more](#)

**EMERGE 2022**



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Check out [our previous newsletter](#): EMERGE 2022

