

Gender-In

Integrating
Gender-In
Interdisciplinary
Research

Εντάσσοντας το Φύλο στη Διεπιστημονική έρευνα Θεματική ενότητα Horizon Europe

| Υγεία

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EUROPEAN UNION

HORIZON EUROPE

CLUSTER 1
HEALTH

Main Topics Addressed by Cluster Health in Horizon Europe

1

Διατήρηση της
Υγείας σε μια
ταχέως
μεταβαλλόμενη
κοινωνία

2

Βίος και Εργασία
σε περιβάλλοντα
που προάγουν την
υγεία

3

Αντιμετώπιση
ασθενειών και
μείωση του φόρτου
ασθενειών

6

Διατήρηση ενός
ενεργού και υγιούς
γηραιού
πληθυσμού

5

Νέα εργαλεία,
τεχνολογίες και
ψηφιακές λύσεις
για μια υγιή
κοινωνία

4

Διασφάλιση
πρόσβασης σε
βιώσιμη και υψηλής
ποιότητας
υγειονομική
περίθαλψη

Sex and Gender

Sex

- is the classification of living things
- classified as male or female
- according to their reproductive organs and functions
- assigned by the chromosomal complement

Gender

- A person's self-representation as male or female
- How a person is responded to by social institutions based on the individual's gender presentation
- Gender is rooted in biology and shaped by environment and experience.



Κατευθυντήριες γραμμές της ΕΕ σχετικά με την ενσωμάτωση του φύλου σε ερευνητικά έργα

- Πλαίσιο και Σημασία
- Horizon Europe Εντολή



01

ΣΧΕΔΙΑΣΜΟΣ ΚΑΙ ΜΕΘΟΔΟΛΟΓΙΑ ΕΡΕΥΝΑΣ

Προορατική εξέταση της επιρροής του φύλου

02

ΣΥΛΛΟΓΗ ΚΑΙ ΑΝΑΛΥΣΗ ΔΕΔΟΜΕΝΩΝ

Συλλογή δεδομένων με το φύλο ως στατιστική μεταβλητή

03

ΔΙΕΠΙΣΤΗΜΟΝΙΚΕΣ ΠΡΟΣΕΓΓΙΣΕΙΣ

Συγκατάταξη φύλου με άλλες κοινωνικο-οικονομικές κατηγορίες

04

ΔΙΑΔΟΣΗ ΚΑΙ ΕΚΜΕΤΑΛΛΕΥΣΗ ΠΛΗΡΟΦΟΡΙΑΣ

Έρευνα σχετική και αποτελεσματική για όλα τα φύλα

05

ΥΠΟΣΤΗΡΙΞΗ ΚΑΙ ΠΟΡΟΙ

Αναγνώριση ανάγκης για τεχνογνωσία και καθοδήγηση – Gendered Innovations

Integrating sex and gender in mental health research: enhanced funding for better treatments

Christina Dalla

 Check for updates

Sex and gender play an important role in mental health. Clinical and preclinical research for novel treatments need to take this serious matter under consideration. The development of safe and effective treatments for specific populations can be achieved only with enhanced and targeted funding that will generate robust and reliable data.

Integration of sex and gender in mental health research

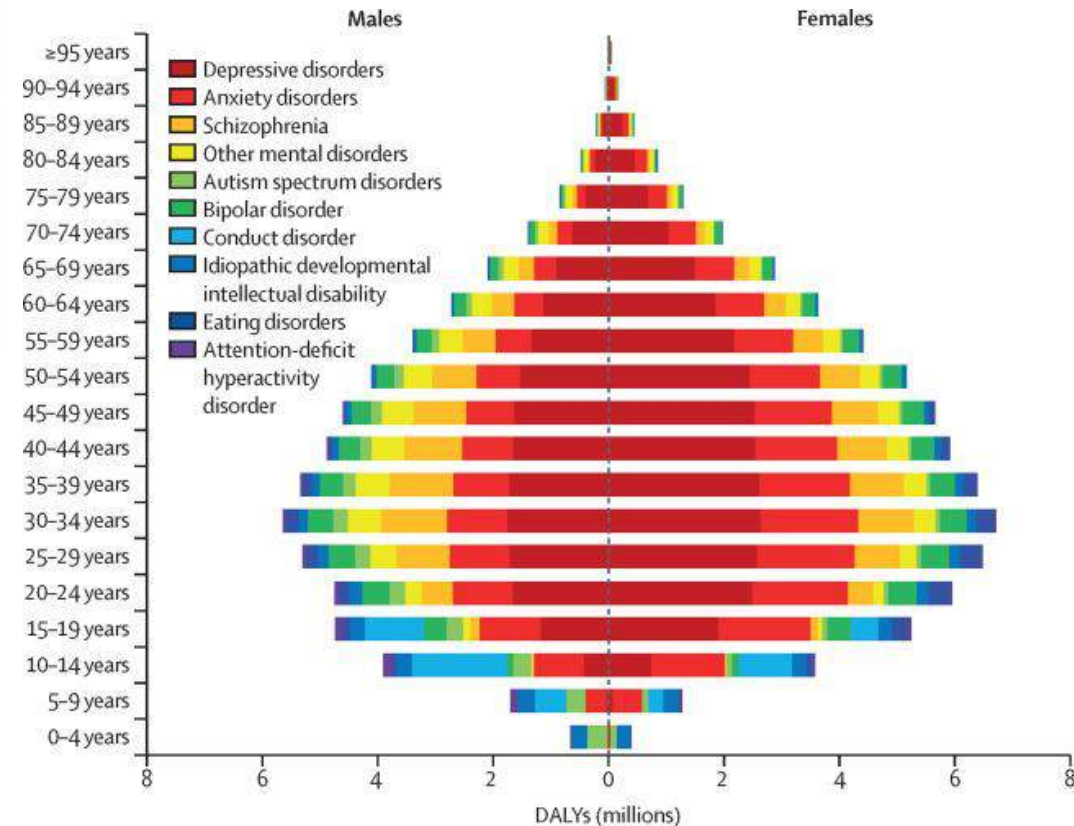
Guidelines, policies and gender equality plans promote the integration of sex and gender in research¹. Recently, the National Academies of Sciences, Engineering, and Medicine published a consensus report² that defines sex as “a multidimensional construct based on a cluster of anatomical and physiological traits that include external genitalia, secondary sex characteristics, gonads, chromosomes, and hormones”.

Notably, it is indicated that sex is not always binary, as there are individuals who are intersex (or have differences in sex development) and thus have traits that do not entirely correspond to a male or female sex². Gender also includes many different categories and is defined as “a multidimensional construct that links gender identity, gender expression and cultural expectations about social status, characteristics, and behavior that are associated with sex traits”². Therefore, the integration of sex and gender in research should reflect the above definitions and aim to investigate both sex and gender separately and/or in conjunction, where possible, as they are distinct but interrelated concepts.

Studying sex and gender is of particular importance for mental health disorders that are often characterized by sex differences in prevalence, symptomatology and treatment response (Fig. 1a)^{3–5}. For example, major depression and anxiety disorders, such as panic disorder, agoraphobia, specific phobias, social anxiety and generalized anxiety disorder, are more common in women than in men. On the other hand neurodevelopmental disorders, such as autism spectrum disorders, conduct disorders and attention-deficit hyperactivity disorder are more common in boys than in girls⁶.

nature mental health

Dalla, C. Integrating sex and gender in mental health research: enhanced funding for better treatments. *Nat. Mental Health* 1, 383–384 (2023). <https://doi.org/10.1038/s44220-023-00076-2>



Sex Differences in Depression and Anxiety

[Pavlina Pavlidi](#), [Nikolaos Kokras](#) & [Christina Dalla](#) 

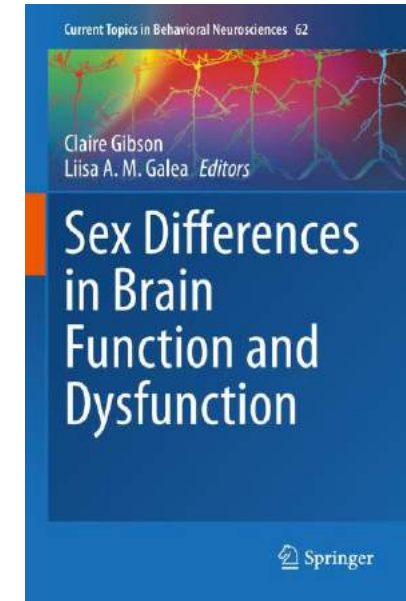
Chapter | [First Online: 02 August 2022](#)

736 Accesses | **7** Citations | **9** Altmetric

Part of the [Current Topics in Behavioral Neurosciences](#) book series (CTBN, volume 62)

Abstract

Depression and anxiety disorders carry a tremendous worldwide burden and emerge as a significant cause of disability among western societies. Both disorders are known to disproportionately affect women, as they are twice more likely to be diagnosed and moreover, they are also prone to suffer from female-specific mood disorders. Importantly, the prevalence of these affective disorders has notably risen after the COVID pandemic, especially in women. In this chapter, we describe factors that are possibly contributing to the expression of such sex differences in depression and anxiety. For this, we overview the effect of transcriptomic and genetic factors, the immune system, neuroendocrine aspects, and cognition. Furthermore, we also provide evidence of sex differences in antidepressant response and their causes. Finally, we emphasize the importance to consider sex as a biological variable in preclinical and clinical research, which may facilitate the discovery and development of new and more efficacious antidepressant and anxiolytic pharmacotherapies for both women and men.



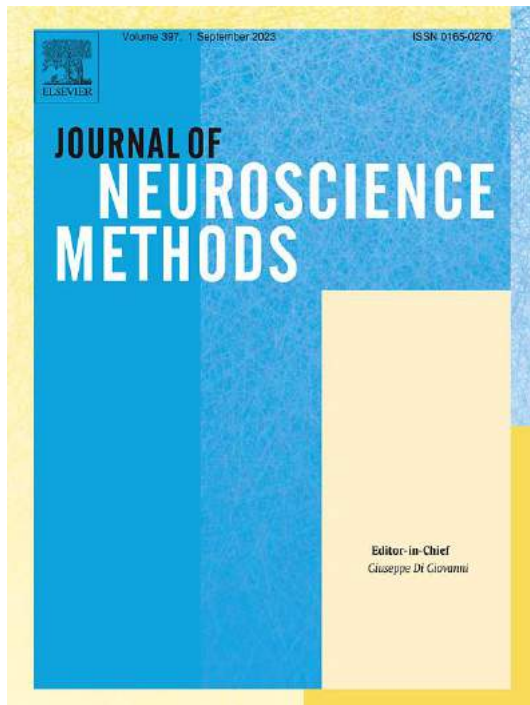
Pavlidi P, Kokras N, Dalla C. Sex Differences in Depression and Anxiety. *Curr Top Behav Neurosci.* 2023;62:103-132. doi:10.1007/7854_2022_375

<https://www.preclinicaldataforum.org/>



Addressing Sex as a Biological Variable in Preclinical Research

Video training series for practical guidance on how to navigate the NIH's and EE policies and incorporate sex as a biological variable into current and future research



Practical solutions for including Sex As a Biological Variable (SABV) in preclinical neuropsychopharmacological research



Ευχαριστώ πολύ!