

## Geographic Variation in Gender Differences in Prevalence of Seasonal Depression: A Phenomenon of Eastern Woman



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### Abstract

Since Seasonal Depressive Disorder (SAD) was “discovered” in the field of biological rhythm research, it was mainly studied and theoretically explained in framework of several biological paradigms. Psychosocial and cultural aspects were not successfully included in theories of this condition and remained to be explored. Earlier investigations of SAD prevalence in USA, Canada, and Europe suggested that women outnumber men in the symptomatic groups. However, those of later reports that were based on data from South and East Asia (e.g., such countries as Japan, China, and India) revealed that sex ratio might be close to 1:1. Prevalence of SAD was assessed in one south region (Turkmenia in Central Asia, 38° N) and in 4 Northern regions (West Siberia, 55° N, South Yakutia, 63-64° N, Chukotka, 64-66° N, and North Yakutia of Asian part of Russia, 66-67° N). Seasonal Pattern Assessment Questionnaire (SPAQ) was administered to groups of residents with mean age 37.5 – 44.4 years (N from 177 to 511). It was found that, in Turkmenia, the most often type was summer SAD (the worst well-being in summer, 13.9 %), whereas in the northern regions this was winter SAD (the worst well-being in winter, 12.5-16.8 %, independently on latitude). Unlike males in the northern regions and similar to males from South and East Asia, native males from Turkmenia (but not non-native males) outnumbered females in the symptomatic groups. Such result points at influence of cultural factors on SAD prevalence.

Biological Rhythm Research, Review Editor in *Frontiers in Physiology*, Consulting Editor in *Nature and Science of Sleep*, Section Editor-in-Chief in *Clock & Sleep*, etc.). He is the first/corresponding author of app. a hundred articles in peer reviewed international journals, and he also writes for the general public about sleep, biological rhythms, mood disorders, psychology, and history of science.

### Speaker Publications:

1. “Model-based simulations of weekday and weekend sleep times self-reported by larks and owls”, *Journal Biological Rhythm Research*, Volume 51, Issue 5
2. “Evening chronotype, late weekend sleep times and social jetlag as possible causes of sleep curtailment after maintaining perennial DST: ain’t they as black as they are painted?” *Journal Chronobiology International*, Volume 37, Issue 1
3. “There is more to chronotypes than evening and morning types: Results of a large-scale community survey provide evidence for high prevalence of two further types”, *Personality and Individual Differences*, Volume 148, Pages 77-84
4. “Simulation of the Ontogeny of Social Jet Lag: A Shift in Just One of the Parameters of a Model of Sleep-Wake Regulating Process Accounts for the Delay of Sleep Phase Across Adolescence”, ORIGINAL RESEARCH ARTICLE, *Front. Physiol.*, 05
5. “Differential spectrum approach to uncovering the electroencephalographic signatures of the opponent driving forces for sleep and wake underlying alternations of sleep and wake states”, *Biomedical Signal Processing and Control*, Volume 39, Pages 103-116.

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**Biography:** Dr. Arcady Putilov is a leader of independent research group experienced in study of rhythmic processes and individual differences in the fields of neurophysiology, biochemistry, psychology, and psychiatry. He is a member of editorial boards of dozens of journals (e.g., Co-Editor of