

# Sex, Gender and Mental Wellbeing

Why does a gender transformative approach matter in mental wellbeing?



## Evaluation Snapshot

Women's Health in the South East (WHISE) hosted a free forum on biological sex, gender, and mental wellbeing. It was designed specifically for those who sit in roles in health promotion, health planning, programming, and policy. In collaboration with the [HER Centre Australia](#), this event represented the very first event under the new Gender and Mental Wellbeing portfolio for WHISE. It explored the biological determinants of women's mental wellbeing across the lifespan, including but not limited to menstruation, pregnancy, birth, and menopause. This session also explored the social determinants of mental wellbeing, many of which centre on the impacts of gender inequality, including socioeconomic challenges, experiencing violence and homelessness.

**How many people registered?** 112

**How many people attended?** 63

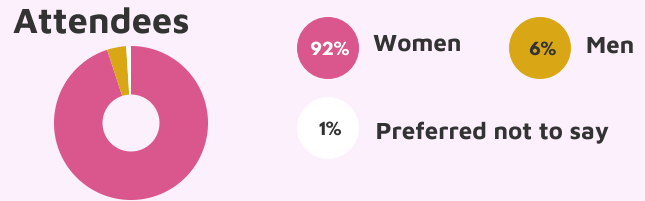
**How many people were sent the recording?** 112

**How many views of the recording were there?** 98

The aim of this webinar was to increase understanding in the following:

- ✓ What mental health promotion is.
- ✓ The biological determinants of women's mental health.
- ✓ The social determinants of women's mental health / barriers to achieving optimum mental health and wellbeing.
- ✓ The gendered mental health and wellbeing gap (services/research etc.).
- ✓ Gender transformative practice and why it is important.

**How many completed the survey?** 26



**Overall increase in understanding of the determinants of biological sex, the determinants of gender, and their separate and combined impact on mental wellbeing**

There was an overall increase in understanding about biological sex, gender, and wellbeing following the webinar with a notable increase in the proportion of people who rated their knowledge as high and very high following the webinar.

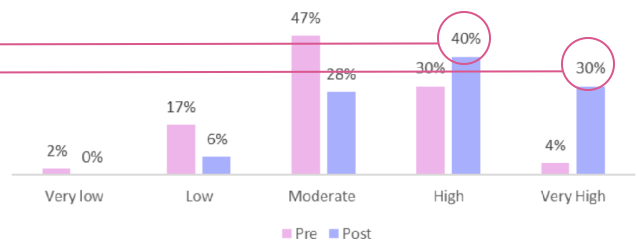


Figure 1. Overall increase in understanding of the determinants of biological sex, the determinants of gender, and their separate and combined impact on mental wellbeing

**Increased understanding of biological sex determinants of mental health**

There was a notable increase in understanding of biological sex determinants of mental health following the webinar. 77% of participants rated their understanding between high to very high, demonstrating a 43% increase from the pre survey.

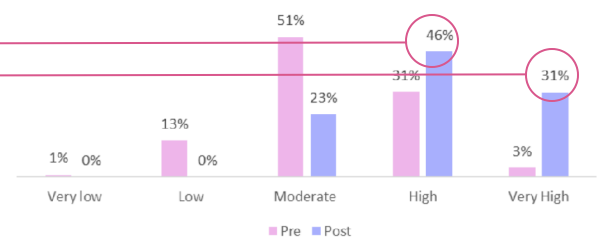


Fig 2. Increase of understanding of biological sex determinants of mental health

**Increased confidence in applying knowledge of a gendered approach to improve mental health and wellbeing**

There was a large increase in confidence in applying knowledge of a gendered approach to improve mental health and wellbeing. After attending the session, 68% of attendees felt highly or very highly confident applying their learnt knowledge.

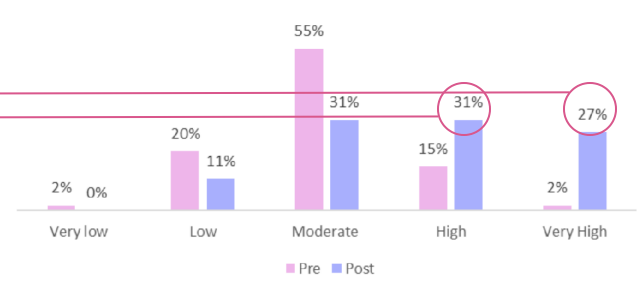


Fig 3. Increase of confidence in applying knowledge of a gendered approach to improve mental health and wellbeing

“Whilst it was no surprise to hear that research into women's mental health is underfunded, the importance of advocating for more resources was the biggest take away for me.”