



Cassandra Boduch of PsychPlus on PTSD

PTSD May Affect Women in the Military Differently Than Men

Female service members are more likely to have PTSD. They also have distinct symptoms.



Author: Kate Daniel

"Another reason PTSD may be more prevalent in women is that they're more inclined to seek help for their symptoms, resulting in a higher rate of diagnoses," said [Cassandra Boduch, M.D.](#), a psychiatrist at PsychPlus.

This gender difference is likely influenced by various social, cultural, and societal factors, she added. "For example, men are more often encouraged to be self-reliant and stoic, which can make them less likely to seek emotional support," she said. "However, it's important to note that individual experiences can vary, and not all women seek help, nor do all men avoid it."

No matter who is suffering, open conversations about mental health should be encouraged. They are essential to reduce the stigma and promote help-seeking behavior.