



MEDIZINISCHE
UNIVERSITÄT
INNSBRUCK



How to include Gender Medicine in Clinical Research

Univ.-Prof. Dr. Margarethe
Hochleitner

Update from the Medical University of Innsbruck



MEDIZINISCHE
UNIVERSITÄT

INNSBRUCK

Univ.-Prof. Dr.
Margarethe Hochleitner

Gender Medicine in Medical Curricula How to do it?



Beside all guidelines and regulations to include Gender Medicine in medical research we feel it is essential to start with the students.

**MUI:
Human/Dental/Molecular Medicine**

Gender Medicine in Medical Curricula How to do it?



Univ.-Prof.ⁱⁿ Dr.ⁱⁿ Margarethe Hochleitner

Our aim has been to implement Gender Medicine as a regular core subject, like all other medical disciplines.

How to do it?

- 1) We included Gender Medicine in the compulsory curricula.
- 2) We included Gender Medicine in the compulsory examinations.



Gender Medicine is a compulsory course in all curricula of MUI

Lecture	Type	Since	Description
2.38 Gender Medicine I (023800)	Compulsory lecture 3rd term	WS 2007/2008	Introduction to Gender Medicine, Basics
3.25 Gender Medicine II (032500)	Compulsory lecture 10th term	SS 2008	Diagnostics, Drugs/Medication, Therapy and Gender, Gender- sensitive Anamnesis
Anamnesis and Gender (170076, 1705769)	Pilot Project Clinical Skills Lab	WS 2010/2011 SS 2011	Development of an Anamnesis Questionnaire in the course of the lecture with regard to gender specific, bio-ethical and socio-cultural aspects Besides, a handbook containing background information had been developed. Both had been included in gender-specific teaching (Gender Medicine II 3.25) from SS 2012.
Clinical PhD BLV03 Gender Medicine (130101-130103)	Compulsory lecture, basic course 1st-3rd term	WS 2011/2012	Introduction to research on Gender Medicine, Design and Analysis of Clinical Studies, Gender-specific aspects in science and clinical practice



Gender Medicine is a compulsory course in all curricula of MUI

Lecture	Type	Since	Description
Gender Medicine I Molecular Medicine Bachelor	Compulsory Lecture, 3rd term	WS 2012/2013	Introduction to Gender Medicine, basics
Gender Medicine II Molecular Medicine Master	Compulsory Lecture	WS 2013/2014	Gender Medicine in basic research, current perspectives in research, new questions for research
KPJ Lehre		SS 2013	

**We included Gender Medicine in
our PhD-programmes as a
compulsory course.**

Students have to include Gender Medicine in their PhD thesis and prove this by having a poster be accepted for a national or international scientific meeting.

To date about 35 posters have been accepted. Eight of them were awarded a poster prize or other award for a „Gender Medicine poster“.



Clinical PhD-programme: "Gender Medicine poster"



Emotional Intelligence in Serious Mental Illness – Gender Differences in Patients with Schizophrenia and Bipolar I Disorder

Beatrice Frajo-Apor,¹ Moritz Mühlbacher,² Georg Kemmler,¹ Irene Lehner-Adam,² Alex Hofer¹

¹ Medical University Innsbruck, Department of Psychiatry and Psychotherapy, Innsbruck, Austria
² Private Medical University Salzburg, Department of Psychiatry and Psychotherapy, Salzburg, Austria

Background

Emotional Intelligence (EI) as a part of social cognition is a rather new area of interest which focuses on personality traits and abilities enabling people to cope with both their own feelings as well as those of others. The MSCEIT (Mayer-Salovey-Caruso-Emotional-Intelligence Test) is a valid and reliable instrument which exclusively covers the emotional components of social cognition. It consists of four categories (perceiving emotions, using emotions, understanding emotions, and managing emotions), which cover all aspects of EI and can be divided into "experiential" (perceiving + using) and "strategic" (understanding + managing) EI. This ongoing study compares the MSCEIT task performance of patients suffering from serious mental illness (SMI), their first degree relatives, and healthy control subjects. We assume that the task performance of relatives lies between that of patients and controls. This result would emphasize the trait marker hypothesis and could be a next step to identify a heritable endophenotype for schizophrenia and bipolar disorder (BD). Here we present preliminary data on potential gender differences in EI in clinically stable outpatients suffering from SMI (schizophrenia or bipolar I disorder according to DSM-IV). Overall, female schizophrenia patients tend to have a higher overall emotional intelligence (assessed with the MSCEIT) than male patients, but gender differences in general seem to be small. Importantly, deficits in experiencing as well as recognizing emotions reduce the potential for effective vocational and interpersonal functioning in patients with schizophrenia. To date, studies on EI using the MSCEIT in BD patients haven't been conducted yet.

Results

1) Emotional Intelligence

Women reached significantly higher scores in the "managing emotions" branch of the MSCEIT ($p=0.02$) and showed a higher level of "overall" ($p=0.07$, trend level) as well as "strategic" Emotional Intelligence ($p=0.06$, trend level).



Figure 2: Gender differences in MSCEIT categories

Methods

Participants

- N = 69 (30 females, 39 males)
- Clinically stable outpatients
- Suffering from SMI (Schizophrenia or Bipolar I Disorder according to DSM-IV)

Assessments

- Positive and Negative Syndrome Scale
- Montgomery-Åsberg Depression-Rating Scale
- Young Mania Rating Scale
- Mayer-Salovey-Caruso-Emotional-Intelligence Test
- Global Assessment of Functioning Scale (GAF)
- Personal and Social Performance Scale (PSP)
- Leicestershire Quality of Life Profile (BQLP)

Statistics

- Gender differences have been analysed with the Mann-Whitney-U-Test

2) Social Functioning and Quality of Life (QoL)

GAF and PSP scores did not significantly differ between gender, but women reported a higher quality of life in the BQLP sub-categories "living" ($p=0.02$) and "social relations" ($p=0.07$, trend level).

	Males		Females		Statistics	
	Mean	SD	Mean	SD	Z	P-value
GAF Score (range: 1-100)	59.13	12.18	64.29	15.07	-1.46	.285
PSP Score (range: 3-100)	60.89	12.28	64.10	13.45	-1.02	.753

Table 1: Gender differences in social functioning



Figure 3: Gender differences in QoL categories

Conclusions and Outlook

This preliminary results suggest that male patients with SMI may have a lower EI compared to female patients, especially in the "management" and "strategic" use of emotions. This corresponds in part to previous findings in healthy subjects and suggests that male patients might have a particular need for specialized social cognitive training programs. Further studies are needed in order to investigate whether such programs could increase EI in patients suffering from SMI and whether this might have a positive effect on patients' outcomes.

Diploma Theses:
total ca. 150

Clinical PhD-Poster:
total ca. 35

**We started with the Clinical PhD-
programme.
Now it is a compulsory course in all
PhD-programmes.**

PhD-programme

LV-Nr. 108.507



TITLE

Implementation of gender-specific aspects in scientific work, part B: scientific work

CONTENTS

Introduction to Gender Medicine in basic and clinical research. Implementation of a gender-sensitive point of view as cross-cutting issue in the PhD-thesis. The tutorial consists of two parts, A and B, which must be completed in this order.



Gender Medicine as an elective: Ring-Lecture-Series



- Gender Medicine is a **cross-cutting discipline**.
- Course is advertised by displaying course posters throughout the university (PR).
- The heads of all departments give a lecture on their topic (PR).
- appr. 300 participants
- „generic competencies“ - accepted for a lot of post-graduate courses

Gender Medicine beyond the curricula of the Medical University



Univ.-Prof.ⁱⁿ Dr.ⁱⁿ Margarethe Hochleitner

Our aim has been to implement Gender
Medicine in the curricula of **all health
professions:**

Today Gender Medicine is integrated in the
curricula of the School of Nursing and of the
University of Applied Sciences for the health
sector.

Gender Medicine in the lifelong learning programmes



Univ.-Prof.ⁱⁿ Dr.ⁱⁿ Margarethe Hochleitner

Gender Medicine is integrated in the post-graduate programmes of the Austrian Medical Association (ÖÄK):

- The Gender Medicine Ring Lecture Series is included in the programme.
- Gender Medicine lectures have been included in the ÖÄK's annual advanced training week for 10 years.
- An official diploma for Gender Medicine was implemented in 2015.**

Thank you for your interest in Gender Medicine



Univ.-Prof. Dr.
Margarethe Hochleitner