



Women and men aren't as different as you might think: A review of dozens of studies found that men and women are basically alike when it comes to personality, thinking ability and leadership. The differences that do exist may reflect social expectations, not biology. Despite this evidence, the media continue to spread the idea that the sexes are fundamentally different — with real-life consequences. Parents who believe that boys outdo girls in math, for instance, may have lower expectations and overlook mathematically talented daughters.

Adapted from "Men and women: no big difference (</research/action/difference.aspx>) "

What You Can Do

- **Happy couples: How to keep your relationship healthy** (</helpcenter/healthy-relationships.aspx>)
Keep your romantic partnership in good working order by talking openly, keeping it interesting and seeking help if needed.
- **Men: A Different Depression** (</research/action/men.aspx>)
Psychologists try to help men get help, open up.
- **Nine psychological tasks for a good marriage** (</helpcenter/marriage.aspx>)
Research on what makes a marriage work shows that people in a good marriage have completed these psychological "tasks."

Getting Help

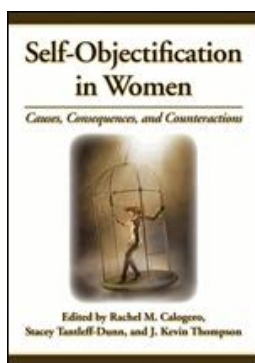
- **Find a Psychologist** (<http://locator.apa.org/>)

News

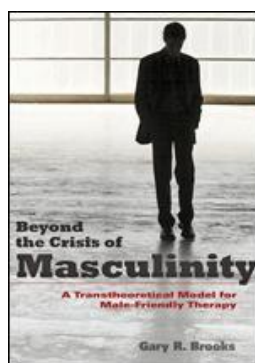
- **How different are men's and women's brains?** (<http://www.today.com/health/how-different-are-mens-womens-brains-not-much-we-may-t58791>)
December 1, 2015, *Today*

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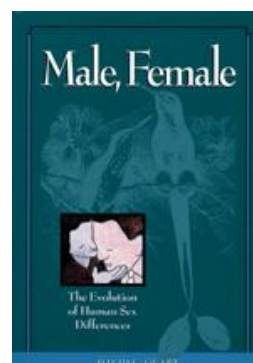
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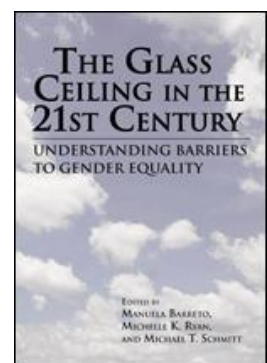
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APA Offices and Programs

- **Women's Programs Office** (</pi/women/index.aspx>)
Improving the status, health and well-being of women psychologists and consumers of psychological services, and addressing issues such as gender disparities, domestic violence, disabilities and depression.

Find this article at:

<http://www.apa.org/topics/women-men/index.aspx>