Professional help not needed

Normalization of the problem

Female Control

Male Control

Male Diagnosis

Female Diagnosis

Self-reliance

Stigma

Fear of receiving a diagnosis

Problems of accessibility

Lack of faith in treatment

Protocol-driven therapeutic approach

Denial

Female Diagnosis

Shame

Lack of knowledge about services available

Prefer to rely on social network

Male Distress

Female Distress

Male Distress

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