



Study information for Wave 3

Your guide for the next phase of the study

Ten to Men: The Australian Longitudinal Study on Male Health

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Ten to Men: The Australian Longitudinal Study on Male Health is a study designed to help improve the health and wellbeing of men and boys. *Ten to Men* is a longitudinal study, which means we aim to survey the same group of males every few years. The study began in 2013, and is intended to inform the National Male Health Policy, which provides findings about male health outcomes to improve programs, services and policies for all Australian men and boys.

The name *Ten to Men* refers to the age range of the men and boys in the study – from 10 years old to adult men. It is the intention of the study to follow participants over time, as they transition through the different stages of life. We are entering our third stage of the survey – Wave 3.



Why am I being contacted?

You are a participant of the *Ten to Men* study. Two rounds of the study have been conducted already by the University of Melbourne and as a member of the *Ten to Men* study cohort, we would like to invite you to participate once again.

An elderly man with white hair and glasses, wearing a plaid shirt, is sitting at a desk with a young boy. They are both looking at a computer monitor. The man is on the left, and the boy is on the right. They are in a room with large windows in the background, letting in bright light. The man's hands are on the keyboard. The boy is looking at the screen. There are some books on a shelf to the left of the man. The overall scene is a quiet, domestic setting.

How do I participate?

You are invited to complete a secure online survey which covers questions related to your health and lifestyle. The survey should take around 30 to 35 minutes to complete. If we don't receive a complete online survey within a couple of weeks, a *Ten to Men* trained interviewer will contact you to make an appointment to come and visit you at your home.

What will I be asked about?

In Wave 3 you will be asked about a broad range of topics relating to male health. So that we can follow patterns of health and examine changes over time, some of the questions will be the same as those asked in previous surveys. We are also introducing some new questions. The topics covered in the Wave 3 survey include:

- Demographic and background information
- Health conditions
- Sleep
- Disability
- Diet
- Exercise
- Mental health
- Sexual health
- Risk-taking
- Drugs, alcohol and smoking
- Health Service use
- Relationships and support

If you don't feel comfortable answering any of the questions, you can skip over them. If the questions upset you, you can talk to the study team (1800 019 606) who can give you information about support services.





We couldn't do it without you!

Did you know that you are one of around 16,000 randomly selected participants chosen to represent and communicate real health and wellbeing outcomes for ALL men living in Australia? And that your place cannot be taken by anyone else? Due to the nature of longitudinal surveys, your contribution to the *Ten to Men* study truly is one of a kind.

As compensation for your time and in recognition of your ongoing participation, everyone who completes the survey **will receive a \$20 egift card**. In addition, we will be giving a \$200 egift card to five randomly selected respondents who complete their survey online before the 14th of November 2019.

Participation is voluntary and at any time you can leave the study by phoning us on 1800 019 606 or by emailing us at info@tentomen.org.au



INSIGHTS FROM THE RESEARCH SO FAR

The *Ten to Men* study collects and analyses information from thousands of men and boys like you from across Australia. Your individual results are combined with other study participants' results to make important discoveries about men's health and wellbeing. Based on previous *Ten to Men* surveys we have found that:



A relationship breakup increases the risk of men starting to use alcohol or using it more, as well as starting to use marijuana and other illicit drugs.



Becoming a father for the first time is associated with several positive changes, including a lower risk of developing depression and drinking to excess, and, for ex-smokers, a higher likelihood of staying off cigarettes.



Compared to men living in major cities, men living in towns and regional centres are more likely to develop a physical health condition or anxiety.



Living in a socio-economically disadvantaged area increases the risk of men developing depression and anxiety.

These findings can be used by policy and other decision makers, practitioners and men's health advocates to promote and protect the health and wellbeing of Australian males.

Who is conducting the research?

Previously *Ten to Men* was undertaken by the University of Melbourne. This year, the Australian Institute of Family Studies in collaboration with the Social Research Centre (SRC) and Ipsos Public Affairs (Ipsos) will conduct the third round of data collection - also known as Wave 3. *Ten to Men* is funded by the Australian Government Department of Health and Ageing.





Department of Human Services Consent Form

This year we would like to ask your permission to securely and confidentially link your survey responses to Department of Human Services data. This data link would allow for a deeper understanding of how medication, treatment, and use of health services may impact current, past, and future male health in Australia.

Specifically, we are looking to link the Medicare Benefits Schedule (MBS), Pharmaceutical Benefits Scheme (PBS), Repatriation Pharmaceutical Benefits Scheme (RPBS), and Australian Immunisation Register (AIR) information to your *Ten to Men* survey data.

Please carefully read and sign the *Ten to Men* Department of Human Services Consent Form including your Medicare number before returning it to the office.

More information about the Department of Human Services data link can be found in our *Ten to Men* Confidentiality and Privacy brochure (sent with this brochure). Alternatively, copies can be requested by calling 1800 019 606, or emailing info@tentomen.org.au. A digital copy is also available on our website at tentomen.org.au

Any information used from these data sources will be treated in strict confidence and **used for health research only.**

Have you moved house or changed your mobile number?

Your ongoing participation is important to the success of this study. Stay in touch by keeping us informed of any changes to your personal information. You can update your details by calling (1800 019 606) or emailing us at info@tentomen.org.au



More information about *Ten to Men*

For more information about the study, please visit our website at tentomen.org.au

If you have any specific questions regarding the *Ten to Men* study, please contact us via telephone: 1800 019 606 or email info@tentomen.org.au We would be happy to hear from you.

To stay connected with study updates, join the growing number of followers on our Facebook, Instagram and Twitter.






Australian Government
Department of Health





Australian Government
Australian Institute of Family Studies

Ten to Men has been approved by the Australian Institute of Family Studies Ethics Committee. The Ethics Committee ensures that the *Ten to Men* study meets the ethical standards outlined in the National Statement on Ethical Conduct in Research Involving Humans. If you have any ethical concerns with the conduct of study, you may contact the AIFS Ethics Committee Secretariat on (03) 9214 7888 or ethicssecretariat@aifs.gov.au



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