



**TEN to  
MEN**

The Australian Longitudinal  
Study on Male Health  
[tentomen.org.au](http://tentomen.org.au)



## Projects approved to access and use *Ten to Men* data: 2022

In 2022, the following research projects were approved to access and use data from *Ten to Men*: The Australian Longitudinal Study on Male Health.

### Examining Health Behaviours as Predictors of Mental Health for Males Employed in Australian Protective Services

Men working in Australia's protective services (e.g., defence force, fire fighters, police) report significantly higher rates of depression and anxiety compared to men in the general population. Some evidence suggests they are also at risk of suboptimal lifestyle health behaviours, which may be contributing to their mental health concerns. To identify potential targets for future interventions, this project will examine the prevalence of physical inactivity, risky alcohol use, and poor sleep in Australian men working in the protective services. It will also investigate whether these lifestyle factors significantly contribute to the increased rates of mental ill-health in this at-risk subgroup.

Lead Investigator: Dean Neighbour, University of Newcastle

### Exploring moderators of the link between relationship dissolution and men's suicidality

In 2021, men comprised 75% of all deaths by suicide in Australia. Marital status is consistently associated with men's risk of suicide, where separated or divorced men are at elevated risk. Relationship breakdown is also a common precipitant of suicidal behaviour in men. Factors associated with men's suicidal thoughts and behaviours following relationship breakdown remain under-explored. Identifying moderators of the link between relationship breakdown and suicide (such as levels of social support, masculinity, and alcohol use) will help to improve our understanding of which men are vulnerable to suicide following relationship breakdown, and why.

Lead Investigator: Michael Wilson, The University of Melbourne (Centre for Youth Mental Health/Orygen)

### Identifying Correlates of Suicidal Ideation among Male Health Care Workers During the COVID-19 Pandemic

Studies show that COVID-19 has amplified the mental health risks faced by frontline healthcare workers. Further, being a male is a leading risk factor for suicidal ideation in this at-risk group. However, few studies have examined which factors place males specifically at increased risk of self-harm or suicidal ideation, and which factors are protective. To further the evidence, this study will examine the prevalence and correlates of suicidal ideation in a sample of male healthcare workers using data collected during the first two years of the COVID-19 pandemic.

Lead Investigator: India Connick, University of Newcastle



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## Is Job Stress Associated with the Physical and Mental Health of Male Corporate Executives? A cross-sectional analysis

Corporate Executives play a critical role in organisations, but may experience significant job-related stress due to the nature of their role. These workplace stressors may also contribute to worsened physical and mental health. Although studies have identified associations between job stress and health, few studies have included Corporate Executives or examined gender-specific effects in men. Using Ten to Men data, this project will examine patterns of self-reported job stress in male Corporate Executives and investigate associations between job stress and other physical and mental health indicators in this subgroup.

Lead Investigator: Hayley Armstrong, University of Newcastle

## Mental health among Australian men in project-intensive and male-dominated industries

Despite the commonly known impact of psychosocial job stressors and masculine norms adherence to mental health issues, there is a lack of research on the association between project-intensive industries and mental health. Construction, as one of the project-intensive and male-dominated industries, possess project characteristics with the potential to amplify the adverse impacts of job stressors and masculine norms, increasing the risk for mental ill-health than the non-project-intensive industries. Furthermore, the COVID-19 pandemic has significantly impacted construction projects and work changes further impact mental health in construction. Knowledge of the project-specific impacts allows for the development of preventative programs and policies for mitigating increased mental health issues in the construction industry and other project-intensive industries.

Lead Investigator: Valerie Francis, University of Melbourne

## Patterns and predictors of mental health service utilization among Australian males with suicidal behaviours

According to the Ten to Men study, 17% of males have experienced suicidal ideation, 10% have made a suicidal plan and 5% attempted suicide. Little is known regarding mental health service utilisation in these men over periods of time. This research aims to identify factors and patterns of mental health service use, in order to best predict and inform best use of mental health services in this population of men.

Lead Investigator: Darcy Vickers, University of Melbourne



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## Self-care behaviours among Australian men

This study aims to describe self-care behaviours of Australian men including visits with health professionals and lifestyle behaviours. It will also explore characteristics that may predict the likelihood of men engaging in self-care behaviours.

Lead Investigator: Amie Steel, University of Technology Sydney

## The economic cost of violence, abuse, neglect, and exploitation of people with disability

This project aims to estimate the economic cost of violence, abuse, neglect and exploitation of people with disability. People with disability experience these harms at higher rates than the general population, and the impact on outcomes such as employment, mental wellbeing and life satisfaction are expected to be more severe. Data from Ten To Men will be used to understand the relationship between experiencing these harms and mental health conditions such as anxiety and depression. We will also analyse why people with disability have lower levels of physical activity and overall life satisfaction than the general population.

Lead Investigator: Dennis McCarthy, The Centre for International Economics

## The Effect of Anxiety on Men's Depression and Suicide

Anxiety disorders are the most prevalent mental health disorder experienced by men. If left untreated, anxiety is predictive of later psychiatric disorders including depression and associated suicide risk. Numerous empirical studies have suggested anxiety is a unique risk factor for suicide attempts and fatalities even when other co-morbid mental health conditions (i.e., depression and substance misuse) are controlled for. Despite the prevalence and impact of men's anxiety, it remains largely overlooked in the field of men's mental health. Our research seeks to fill this gap by exploring the association between anxiety, depression and suicide among boys and men in the Ten to Men study.

Lead Investigator: Krista Fisher, University of Melbourne

## The Impact of Bullying in Emerging Adolescence on the Physical and Mental Health of Adult Australian Men

This study will investigate the long-term physical and mental consequences of bullying during adolescence. Previous research indicates bullying in early adolescence not only negatively impacts upon physical and mental health in the short term, but could have a lasting impact into adulthood. Given Australian boys are more likely to report being bullied during school, it is important to investigate whether these early life experiences act as predictors of poor health outcomes in men later in life. This study will examine the impact of bullying during adolescence on depression, smoking status, nutrition, alcohol intake, physical inactivity, and weight status in adulthood.

Lead Investigator: Kate McCumstie, University of Newcastle



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## Using Workplace Data Analytics to Predict Mental Illness

This research aims to determine the effect of work-related variables on the suicidal thought and behavior of the male employee population. By employing ordinary linear regression (OLS) analysis, this study will test the relationship between several independent variables: income, working hours, job satisfaction and predicted future employment and the dependent variables: suicidal ideation, suicide planning, and suicide attempts. This research will also test work from home (WFH) behavior in relation to suicidal and other mental health variables. In practice, this research can provide an overview of our workplace behavior's current situation, with the objective to leverage the mental health attention in OHS literature.

Lead Investigator: Andrew R. Timming, RMIT University