



**TEN to
MEN**

The Australian Longitudinal
Study on Male Health
tentomen.org.au



Projects approved to access and use *Ten to Men* data: 2023

In 2023, the following research projects were approved to access and use data from *Ten to Men*: The Australian Longitudinal Study on Male Health.

Asthma and mental health problems associations

There are variations in the severity and quality of life experienced by individuals with asthma, and these differences can be influenced by gender. Emotional problems among asthma patients also demonstrate gender discrepancies. In a previous study, we found 4-5 years old boys with asthma are less likely to develop anxiety later than girls. Children with anxiety at the same age did not have a higher risk to develop asthma later than non-asthmatic children. Our aim is to evaluate if the directionality between asthma and anxiety is maintained during late childhood adolescence and adulthood. We will also examine the correlation between Attention Deficit Hyperactivity Disorder (ADHD) and asthma.

Lead Investigator: Diana Garcia, University of Queensland

'Dad-related Determinants' for Child Health and Wellbeing: Identification of Paternal Risk and Resilience Factors

The absence of healthy father involvement in childhood is thought to be a risk factor for poor health and wellbeing of children in later life. However, these deficit-based approaches may undermine positive and protective determinants that can (a) protect boys against absent or poor-quality fathering, and (b) engender involved and good quality fathering amongst those who did not have positive relationships with their own fathers. This study investigates the association that fathering quality has on the health and wellbeing of boys and men, and will generate evidence that informs the paternal risk and resilience factors to positive health and wellbeing.

Lead Investigator: Dr Vincent Mancini, Telethon Kids Institute

Masculinity, access and health behaviour of Australian men

This project examines how masculinity and access to health services affect health behaviour of Australian males. First, this study will examine how masculinity and access affects GP visits and treatment behaviour. Secondly, the relationship between masculinity and risk taking behaviour (drinking, smoking, and gambling) will be examined. Thirdly, this study examines the interplay of masculinity, mental health, and employment (occupations).

Lead Investigator: Dr Kei Sakata, Australian Institute of Family Studies



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Masculinity on Intimate Partner Violence and Bullying: Exploring the Moderating Effects of Sexual Orientation

This study proposes to explore two research questions: (1) the influence of masculinity ideology on intimate partner violence perpetration (IPV) among adult men across different perceived and self-identified sexual orientations and (2) the longitudinal influence of masculinity ideology on bullying perpetration/victimisation as it interacts with previous experience of bullying perpetration/victimisation among adolescent boys. In particular, the proposed study will compare across men and boys of different perceived and self-identified sexual orientations. Previous research has demonstrated a link between conformity to masculinity ideology and IPV perpetration not only among heterosexual men, but also among bisexual and gay men. However, much of the research conducted on sexual minority men used qualitative data. The proposed study is intended to test this link with quantitative data. With regard to the nexus between bullying victimisation and subsequent bullying perpetration, this study will explore the potential mediating role of masculinity ideology and sexual orientation.

Lead Investigator: Dr Kai Lin, University of Technology Sydney

The Association Between Depression, Anxiety and Heart Disease: A Longitudinal Study

This study will investigate the association between depression, anxiety, and heart disease in Australian men. Previous research indicates that comorbid depression and anxiety significantly increased the risk of heart disease in Australian women. Given that important differences exist in how males and females experience anxiety, depression, and heart disease, this project will examine whether this pattern also holds true for Australian males. We will also investigate whether a history of heart disease predicts future risk of developing depression and/or anxiety.

Lead Investigator: Mr Lachlan O'Connor, University of Newcastle

The interaction of masculine norms with cannabis consumption in predicting formal help seeking of Australian males

Studies have found that certain masculine traits can help predict how likely a man is to use cannabis or to engage with health services. Other studies have found that a significant amount of cannabis users take the drug to self-medicate with the aim of relieving discomfort. Theories of help seeking often start with recognising that there is a problem, but if cannabis is making a person feel better, might seeking help take longer? This research aims to find out what effect, if any, cannabis use and masculinity have on the health service utilisation of Australian men.

Lead Investigator: Mr Peter Allan Thomson, University of Adelaide



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The role of help-seeking in the relationship between conformity to masculine norms and suicidality in men.

In 2020 Australian males were three times more likely to die by suicide than females. Various explanations to this disparity in suicide deaths among males have been suggested, such as that compared to females, males tend to prefer more lethal suicide methods, are more likely to engage in problematic levels of alcohol and drug use and are less likely to express emotions and seek help. The aim of this study is to examine the association between adherence to masculine norms and suicidality and to quantify the effect mediated through help-seeking behaviours.

Lead Investigator: Ms Simone Scotti Requena, University of Melbourne

What are the odds? Exploring Conformity to Masculine Norms and Gambling Behaviour in Australian Men

Gambling contributes to significant individual and social harm. Prior research has shown gender differences in gambling behaviour, with Men, particularly young men showing a preference for skill-based gambling products such as sports betting. Qualitative studies indicate that skill-based products may allow men to express their masculinity. Therefore this study aims to first; explore the relationship between conformity to masculine norms and gambling behaviour across the lifespan.

Lead Investigator: Ms Hannah Venables, RMIT University



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