



**TEN to
MEN**

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



Projects approved to access and use *Ten to Men* data: 2020

In 2020 the following research projects were approved to access and use data from *Ten to Men*: The Australian Longitudinal Study on Male Health.

Drivers of suicidal ideation within the Australian construction industry

The Australian male suicide rate is currently three times greater than that of women and this increased rate flows into the male dominated construction industry. Despite regular commentary that psychosocial job factors and gender specific issues, such as masculine ideal adherence, play a major role in increased rates for this population, no research has focused on the association between these factors and suicidal ideation. With suicidal ideation expression suggested as an indicator for psychological distress and therefore increased suicide propensity, knowledge of its drivers allows for development of preventative programs and policies to mitigate increased suicide rates for construction industry workers.

Lead Investigator: Simon Peter Tyler, University of South Australia

Focus on new fathers: Pilot evaluation

The Parenting Research Centre (PRC) has been engaged by the Ministry of Health NSW to conduct an evaluation of the pilot of the Focus on New Fathers (FONF) mental health screening program in four Local Health Districts of NSW. The ten to men data will be used in a baseline report to provide an indication of prevalence of paternal perinatal anxiety or depression among new fathers.

Lead Investigator: Dr Catherine Wade, The Parenting Research Centre

From fathers to sons: The intergenerational transmission of hegemonic masculinity

Scholarly work and public commentary indicates the resurgence of masculinity models that are risky for the men who embody them and others around them. This model, popularly referred to as "toxic masculinity", is linked to personal risks for the men that adopt it including inhibited help-seeking behavior, suicidality, interpersonal aggression and poor mental health. Through analyses of Australian survey data from Ten to Men, this project aims to identify factors influencing the development of healthy and unhealthy masculinity dispositions in youth - focusing on the role of fathers.

Lead Investigator: Dr Francisco Perales, The University of Queensland



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Job stressors and wellbeing: Examining longitudinal relationships

The relationship between job stressors and mental ill health has been studied extensively. Much is known about the association of job stressors predicting poor mental health. However, the relationship between job stressors and wellbeing has not been given much attention until recent years. Two cross-sectional studies focused on the subject have been developed in the world during the last couple of years. Such studies, however, do not provide strong causal inference when considering their methodology. Therefore, a more robust analysis methodology, such as a prospective study, to further investigate this newly found association is required.

Lead Investigator: Erika de Regina Chambriard, Deakin University

Promoting healthier masculinities in the Macedon Ranges

In light of rising rates of male suicide, domestic and family violence, and substance abuse in the Macedon Ranges Shire Council (MRSC) region, the young men's mental health research team at Orygen have been commissioned by North Western Melbourne PHN to investigate the extent to which masculine socialisation factors underpin these issues for local men and boys. This project will draw comparisons on masculinity, depression and anxiety data (Conformity to Masculine Norms Inventory; PHQ-9; GAD-7) between the MRSC sample and a representative Ten to Men Sample.

Lead Investigator: Associate Professor Simon Rice, Orygen

Sexual assault - In Focus

This project brings together the latest available data from a range of sources to report on sexual assault. This report will provide a summary of data on sexual assaults in Australia in a format which is easy to read, and includes a range of infographics. The report will include information on the definition and prevalence of sexual assault; characteristics of victims and perpetrators of sexual assault; involvement of police and the judicial system; and physical and emotional impacts of being a victim of sexual assault. Attempts of sexual assault and sexual threat (i.e. sexual violence other than sexual assault) are out of scope.

Lead Investigator: Amy Duong, Australian Institute of Health and Welfare

The National Support for Child and Youth Mental Health Program Overarching Evaluation (CHYME): Integrated Data Analysis

The promotion of mental health during the early years is critical factor that lays the foundation for mental wellbeing throughout adulthood. A key strategy for doing so is to engage with community representatives with direct experience and engagement with children and young people, such as the education and health workforces. The Commonwealth Government's National Support for Child and Youth Mental Health Program seeks to build a



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more efficient, integrated, and sustainable mental health system and promote improved targeting of effort, and resources in this area for these workforces. This project's program evaluation will provide critical data to improve program services.

Lead Investigator: Professor Simon Smith, Institute for Social Science Research, the University of Queensland

The Predictors of Flourishing and Floundering in Emerging Australian Adults

Emerging adults are an under-researched group in Australia. This stage of the lifespan is associated with peak physical health, and being in the "prime" of one's life. However, it is also associated with greater prevalence in a number of health-risk behaviours. As such, there is a need to explore which factors are related to involvement in health-promoting and health-risk behaviour during this phase of the lifespan. The results of this study will help us better understand the factors that contribute to positively navigating this period of the lifespan, and respond to those struggling.

Lead Investigator: Dr George Van Doom, Federation University

The Predictors of Intimate Partner Violence in Australian Men

Australian men are overrepresented as perpetrators of intimate partner violence. This study aims to better understand the underlying risk factors for being a perpetrator or victim of intimate partner violence. The results will help us better understand, prevent, and respond to intimate partner violence in Australian male populations. By identifying these factors we are better able to support men in forming and maintaining healthy relationships, which is vital for health and wellbeing.

Lead Investigator: Dr Peter Gill, Victoria University