



**TEN to
MEN**

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



Projects approved to access and use *Ten to Men* data: 2021

In 2021 the following research projects were approved to access and use data from *Ten to Men*: The Australian Longitudinal Study on Male Health.

A longitudinal study on fathers' parenting efficacy and satisfaction: paternal affection and masculinity norms as psychological resources.

When men and women become parents, they need to develop confidence in parenting. Fathers may learn parenting confidence through affection from their own father, and his beliefs and practices around fatherhood, masculinity, and caregiving. Fathers' mental health may also influence his parenting confidence. The aim of this study is to investigate which psychological resources are important for father's confidence and satisfaction with parenting in a sample of fathers within *Ten to Men*: The Australian Longitudinal Study on Male Health. The findings of this study are intended to improve the health and wellbeing of men and their families in Australia.

Lead Investigator: Dr Jennifer StGeorge, University of Newcastle

A Vision of Healthy Urban Design for Non-Communicable Disease Prevention

The objective of this research is to build an evidence base for the interplay between the development of non-communicable diseases (NCD), their known risk factors such as physical inactivity and alcohol consumption, and urban design. We aim to analyse data that considers both individuals and overall cities to inform about the ways individuals' health is affected by their environment.

Lead Investigator: Dr Jason Thompson, The University of Melbourne

Are social and intermediate factors the reasons for reduced dental visits among Australian men?

To investigate the factors associated with dental service utilisation in Australian adult men. Our work has shown that poor access to dental care is associated with social, intermediate (diabetes and stroke) and proximal factors (1) and greater risk of preventable hospital admissions (2, 3). These studies were cross-sectional and lacked ability to establish temporal relationship. We propose to use The Australian Longitudinal Study on Male Health wave 1 and wave 2 data to understand the relationship between social, intermediate and proximal factors with dental service utilization.

Lead Investigator: Dr Shahrukh Khan, University of Melbourne



**TEN to
MEN**

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



Effectiveness of Better Access psychological treatment services among Australian men; a stratified analysis using predicted symptom trajectories

Since 2006, the Better Access program has aimed to increase the number of Australians accessing evidence-based psychological treatment through reimbursement of eligible providers under the Medicare Benefits Schedule. This study aims to investigate: (1) patterns of service utilisation and characteristics of men who have used Better Access psychological treatment services, and whether these have changed over time, and (2) whether mental health outcomes differ between men who have and have not used these services, according to their level of need.

Lead Investigator: Associate Professor Meredith Harris, The University of Queensland

Examining the Role of Geographical Location and Health Behaviors as Moderators of the Mental Health of Heterosexual and Non-Heterosexual Young Men

Those with a non-heterosexual orientation are purported to report increased discrimination, bullying and poorer health outcomes including mental health. This project will examine the mental health risks and wellbeing for those with a non-heterosexual orientation. The project will also examine geographical variation to determine whether those living in outer regional areas are at increased risk in comparison with those in inner regions and major cities.

Lead Investigator: Dr Richard Burns, Australian National University

Exploring the differences in sleep and health outcomes between rural and metropolitan men

Geographical location is increasingly being recognised as a contributor to health inequity, yet no studies to date have investigated whether sleep outcomes differ between rural and metropolitan men and the impact on health. Poor sleep outcomes are related to large range of co-morbidities (obesity, diabetes, mental health) but Australians living in rural areas have limited access to healthcare, contributing to higher levels of disease and injury. This project will aim to explore the variation in sleep and health outcomes of men between rural and metropolitan area and whether work industry type, healthcare access, socioeconomic level or other factors influence these differences.

Lead Investigator: Dr Lauren Booker, La Trobe University

Exploring the link between help-seeking and suicidality in boys and men

Men account for three-quarters of suicide deaths in Australia. Self-reliance among men has been associated with an increased risk of suicide thoughts and suicide, and men demonstrate lower rates of help-seeking for mental health problems compared to women. Suicide prevention efforts for men have therefore focused on increasing positive attitudes towards help-seeking in an effort to reduce suicide risk. However, the link between help-seeking and suicide has not been empirically established. Our research seeks to fill this gap in research by exploring the link between attitudes towards help-seeking, help-seeking behaviour, and suicide ideation among boys and men in the *Ten to Men* study.

Lead Investigator: Dr Kylie King, Monash University

Exploring the Translation of Mental Ill-health into Reduced Mental Wellbeing - Can Health Literacy and Resilience Buffer the Impact.

Dual-continuum models of mental health and wellbeing separate mental illness from positive wellbeing. Although these are related concepts, a person can suffer from mental ill-health and yet have a sense of wellbeing. This analysis explores whether health literacy and resilience moderate the relationship between symptoms of common mental disorders and general wellbeing among males aged between 18-55. Further analyses may explore the role of health service use within this relationship. If sufficient sample exists, a further analyses will explore this relationship specifically among Aboriginal and Torres Strait Islander males.

Lead Investigator: Dr Oliver Black, Menzies School of Health Research

Health service use among employed males at risk of mental health problems

Employment status and working conditions are strong determinants of adult male health. The workplace can play an important role in improving health service use in males. Work is recognized by WHO as a key social determinant of health, responsible for a wide range of health conditions, including mental health problems. Psychosocial job stressors, such as, job control, job insecurity, and psychological demands at work, are known to be important determinants of mental health. Understanding how a male's employment context influences access to services for mental health problems may facilitate the use of health services among males.

Lead Investigator: Yamna Taouk, University of Melbourne



**TEN to
MEN**

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



Intersections between gambling participation, substance use, and mental ill-health and other harms among Australian men

The gambling environment in Australia is changing and gambling participation and related harms have become high-profile issues in Australian media, policy, and research discourses. Using data from multiple waves of the *Ten to Men* study, this research will explore gambling participation and related harm among Australian men, intersections with alcohol and other drug use, and experience of negative mental health consequences and other harms. Findings will inform the development of innovative, timely and evidence-based responses to improve the health, social, and economic outcomes for affected individuals, their peers, families, and the wider community.

Lead Investigator: Dr Rebecca Jenkinson, Australian Institute of Family Studies

Preconception and psychosocial factors associated with depression, anxiety and suicidal ideation among fathers

This study will determine the extent to which men experience mental health difficulties including suicidal ideation in early fatherhood. It will identify risk factors during adolescence and early adulthood associated with poor mental health in the early years after having a baby. This study will generate important evidence to inform approaches to early identification and support for men at risk of mental health difficulties in early fatherhood.

Lead Investigator: Associate Professor Rebecca Giallo, Murdoch Children's Research Institute

The effect of feedback from informal help seeking on formal help-seeking behaviour

Applying signalling theory to help-seeking behaviour reveals the importance of feedback and informal social support in facilitating ongoing help-seeking behaviour. It remains unclear how feedback from informal help seeking affects future formal help-seeking behaviour. Using longitudinal data from the *Ten to Men* study, we propose to explore the relationship between changes in self-rated informal support among men, as a proxy for informal feedback received between waves, and men's formal healthcare utilisation.

Lead Investigator: Mr Alex Brae, The University of Adelaide

Understanding the links between harm to self and others

The project aims to investigate the role of suicidal behaviour in the perpetration of extreme violence. To do so the project will examine factors associated with suicidal behaviour in a cohort of predominantly male Australian and international mass murder perpetrators. The findings will then be examined against a general community sample of males to identify factors that may be associated with increased risk of extreme violence.

Lead Investigator: Mr Matthew Ferriman, Australian National University