



**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 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

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



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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

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