



MASCULINITIES, LIFETIME VIOLENCE & HEALTH

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❓ RESEARCH PURPOSE

The purpose of this research study is to explore how masculinities and lifetime experiences of violence affect the health and health behaviour of men living in New Brunswick (NB).

👤 BACKGROUND

Violence is a major public health problem. The harmful effects of violence on health have been well studied in women. Men also experience and commit violence at home, in workplaces, and in public. Rates of public violence, such as assault and homicide, are greater for men, yet we know little about the health effects of lifetime violence for men. In Canada, men die nearly 5 years earlier than women and are more often disabled from accidents and chronic health problems such as heart disease and depression. These major causes of death and disability in men (e.g., accidents, heart disease, suicide, homicide) can be linked to violence through injury, stress effects, and/or health behaviours such as risky substance use. Beliefs about what it means to be a man (masculinities) also shape men's health and health behaviours. Common thinking is that to 'measure up' to being a man (independent, tough, fearless), some men take part in risky or neglectful behaviours that lead to injury, disease, or harm. But not all men think of being a man in the same way. In this study, we will examine how men see themselves as men, their patterns of lifetime violence and health outcomes.

📋 PLAN

We are conducting a survey (questionnaire) with a community sample of 600 NB men who are between the ages of 19 and 65. Although we are interested in learning about violence, it is important to note that we are inviting anyone who identifies as a man to take part, even if they have not faced or committed violence.



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WHAT DOES TAKING PART INVOLVE?

Taking part involves completing an online survey. The survey includes questions about health (mental health, chronic pain, risk for heart disease), health behaviours, the nature and extent of violence exposure men have had in their lifetime, and how they see themselves as men. Remember all men are invited to take part, even if violence has not been a part of their life. The survey questions will take about 45 minutes to complete. For taking part in the study, all men will be sent \$20.



HOW WILL STUDY INFORMATION BE USED?

We will use the data we collect to explore the links between lifetime violence, ways of being a man, and health. All information will be kept private and confidential. The results will be shared in reports, articles in magazines and professional journals, and public talks. No names or identifying information will be used.

Findings will provide a gendered lens to inform the development of health and social policy and programs for promoting and managing men's health in NB and beyond.



WHAT YOU CAN DO TO HELP?

- Tell others about the study
- Display posters
- Help recruit men by sharing information about the study during a staff meeting, morning brief, etc.
- Use the email address and number provided to contact the study coordinator and learn more about how you can help