

**MEN'S MENTAL HEALTH**

**MOUTOUSSIS, MICHAEL**

**HAZAR, ALI-MERT**

**JU-CHENG CLEMENT LAM**

**19/5/2023**



# INTRODUCTION MENTAL WELL- BEING

Cope with stresses of life

Realize abilities

Learn and work well

Contribute to their  
community

# WHY DO WE PAY SPECIAL ATTENTION TO MEN?

(NATIONAL INSTITUTE OF MENTAL HEALTH, 2021)

Possible impact of mental health on men:

- **Irritability**, sudden **anger**, increased **loss of control** and **aggression**
- Increased **worry** or feeling **stressed**
- Use **alcohol** and **drugs** to cope with their depression
- **Sadness** or **hopelessness**
- **Suicidal** thoughts
- Engaging in **high-risk** activities
- Thoughts or behaviors that **interfere** with work, family, or social life

# TODAY'S RUNDOWN

- **Part 1: Social Disconnection: Men's Mental Health Challenges in post-COVID**
  - Change In Quality And Quantity Of Social Interaction After COVID: New Challenges To Men's Mental Health
- **Part 2: Men and Pressure to Perform**
  - Pressure in Workplace, Relationship, Fatherhood: Impact on Men's Mental Health
- **Part 3: Men and Suicide**
  - Awareness to Male Suicide: How to Help Men in Trouble?
- **Part 4: Discussion**



**SOCIAL DISCONNECTION:  
MEN'S MENTAL HEALTH  
CHALLENGES IN POST-  
COVID**



## COVID-19 AND MENTAL HEALTH

Anxious about:

Economic hardships during and after COVID

Joblessness

Unemployment

Failure at work

Relationship strains

Depression

Hopelessness

Substance use disorders



## **IMPACT ON MEN**

During COVID:

**Loneliness**

**Depressive symptoms**

**Suicidal ideation** (Ellison, Semlow, Jaeger, & Griffith, 2021)

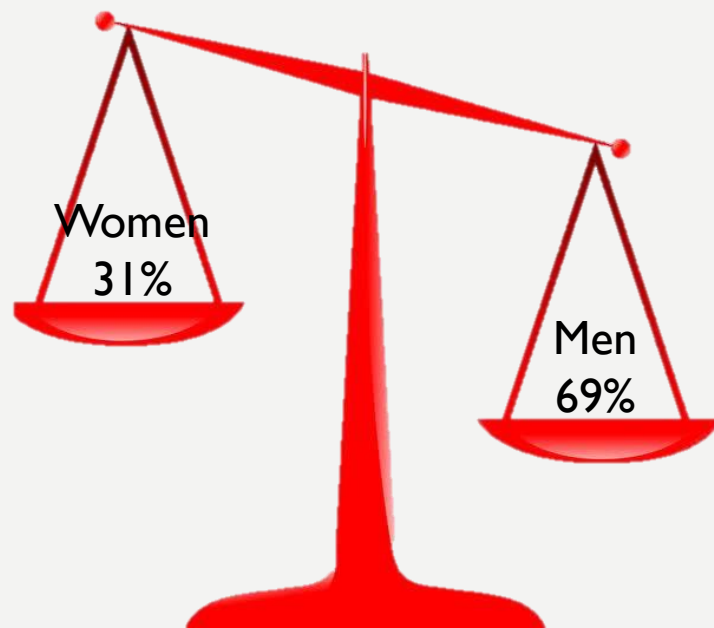
**Low social support**

# POST COVID-19 MENTAL CHALLENGES

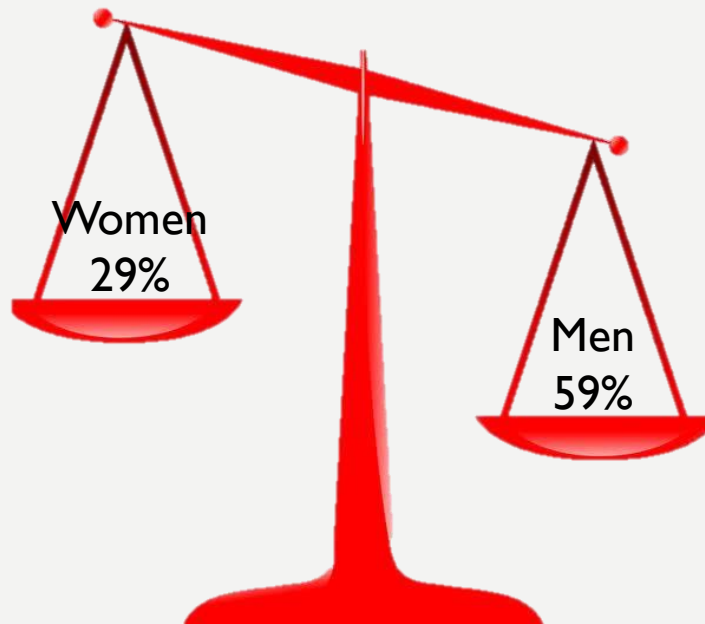
(Jawad, Abbas, Jawad, Hassan, & Hadi, 2021)

An online survey of 200 Iraq post COVID-19 patients using Patient Health Questionnaire (PHQ) and State Trait Anxiety Inventory (STAI)

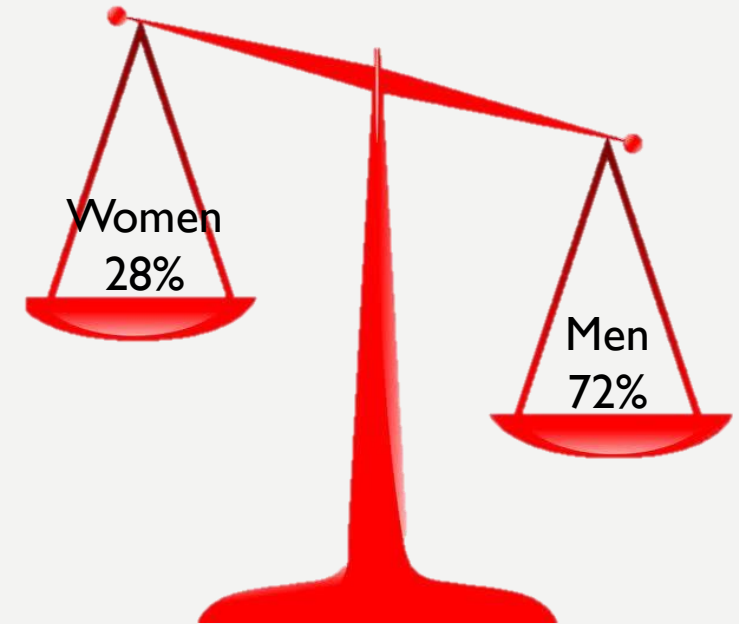
## DEPRESSION




## NERVOUSNESS



## CONFUSION AND MEMORY LOSS







**VULNERABLE TO  
SOCIAL DISTANCING  
AND REDUCTION IN  
SOCIAL  
INTERACTION**

**WHY?**



**FEWER FRIENDSHIPS**  
(Riggio, 2014)

**DIFFICULTIES  
CONFIDING IN /  
ESTABLISHING CLOSE  
SOCIAL CONNECTIONS**  
(Mckenzie et al., 2018)

**ACTIVITY-BASED**  
(Riggio, 2014)

## COVID-19 SOCIAL BEHAVIOR

(Fancourt et al., 2020)

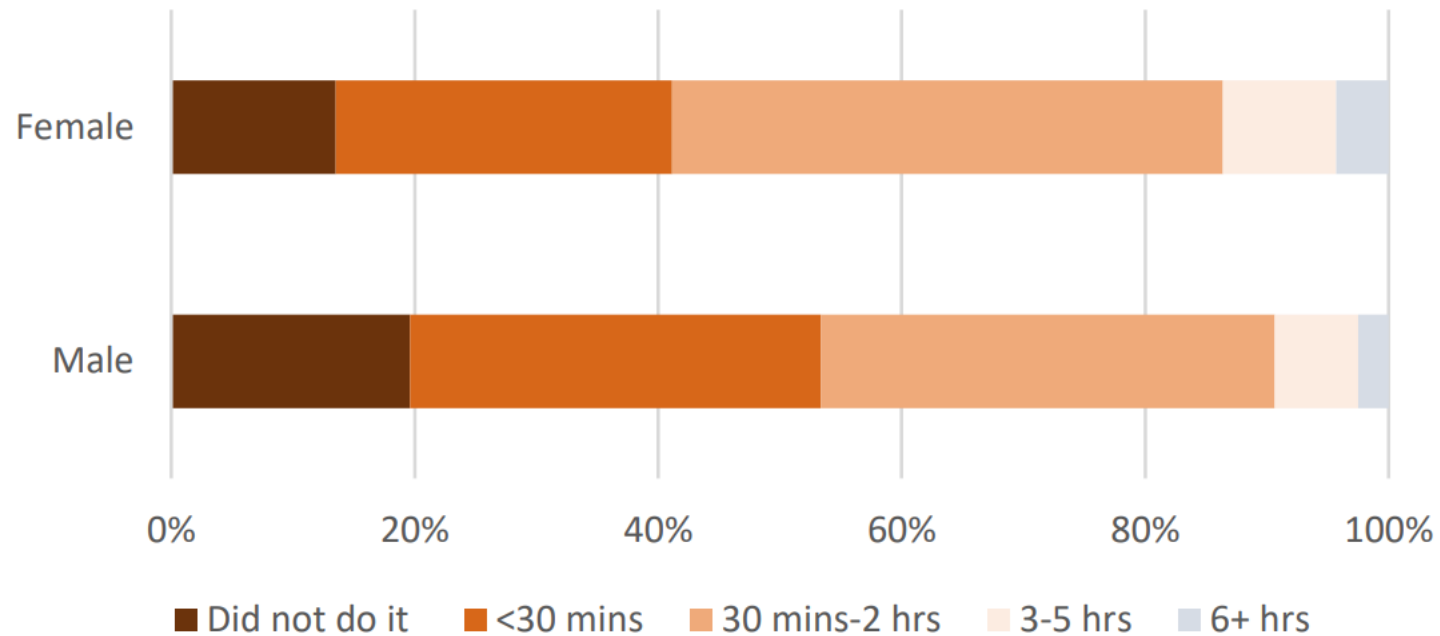
UCL COVID19 social study of over 45000 respondents

Spending >30 minutes a day

Women = **73%**

Men = **57%**

Figure 16b Phoning or video-calling by gender





**SOCIAL  
DISCONNECTION  
&  
MENTAL HEALTH**



## **SOCIAL DISCONNECTION IN COVID**

Associated with increased psychological distress

More likely to experience **anxiety** and **depressive symptoms** (Simpson et al., 2022)

Perceived **negative changes** and **loneliness** increased (Litwin & Levinsky, 2022)

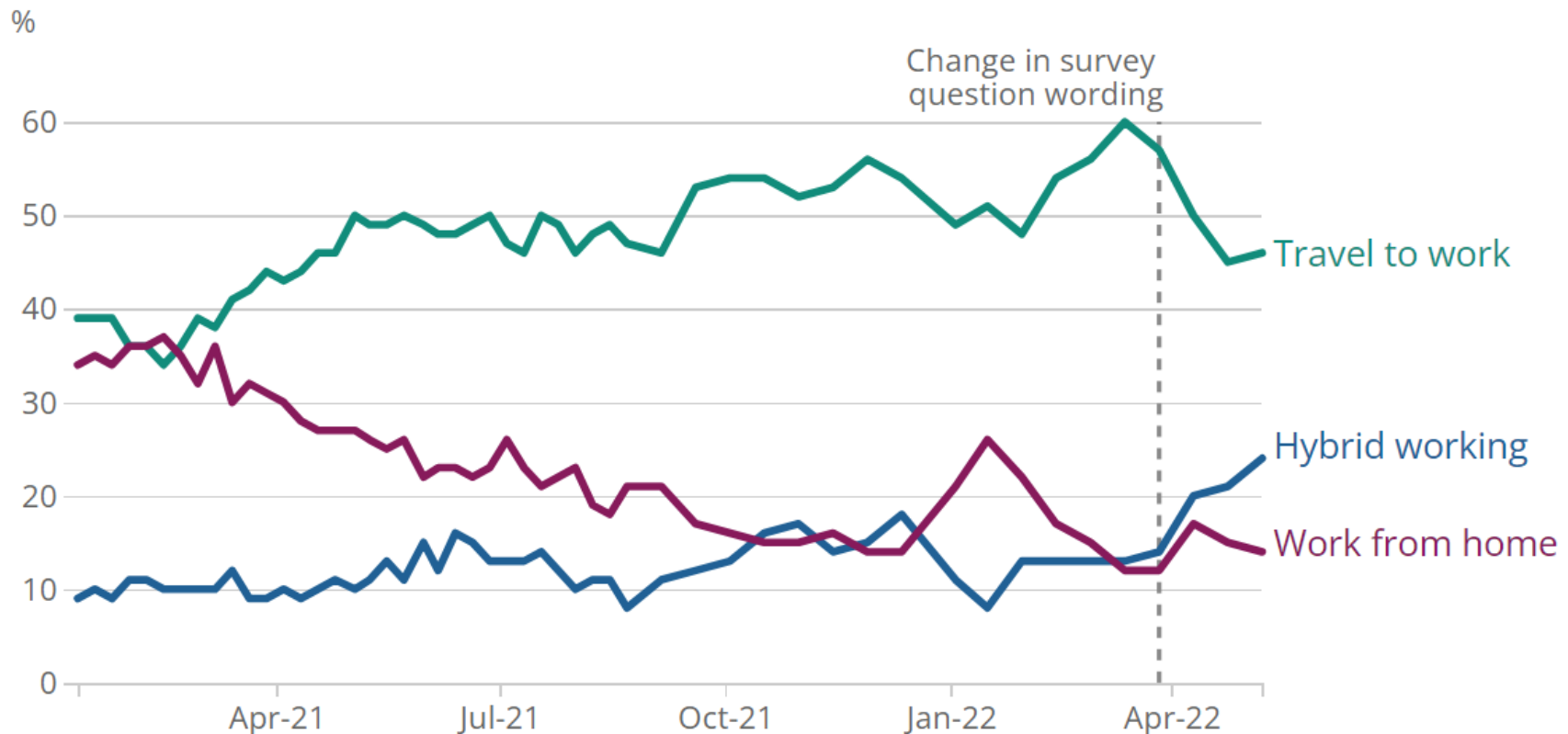


**HOW ABOUT  
POST COVID?**

# NEW WORKING MODE AFTER COVID

(OFFICE FOR NATIONAL STATISTICS, 2022)

Percentage of working adults travelling to work, Great Britain, January 2021 to May 2022



# CHALLENGES IN POST COVID

- Hybrid: Homeworking (3days) Office (2days)
- **4-5 times** more remote work than before COVID (Lund et al., 2022)
- Before COVID: 78% Travel to work
- After COVID: **14% work from home; 24% hybrid** (Office for National Statistics, 2022)

## QUALITY

- Face-to-face contact > Electronic contact
- Face-to-face contact:
  - **Improve mental health state**
- Electronic contact:
  - Cannot reduce **depression**
  - Might lead to **more anxiety** (Litwin & Levinsky, 2022)

## QUANTITY

- **Reduce opportunities** for social connection and conversation
- i.e. See someone in the office, can talk about things happening recently
- i.e. Only have video calling when there is a virtual meeting
- Loneliness?





## HOW TO ADAPT?

Encourage face-to-face  
interaction in workplace

Social activities

Take a step to initiate social  
connection

And more?

# REFERENCES

- Ellison, J. M., Semlow, A. R., Jaeger, E. C., & Griffith, D. M. (2021). COVID-19 and mental health: Addressing men's mental health needs in the digital world. *American Journal of Men's Health*, 15(4), 15579883211030021.
- Espinoza, G., & Hernandez, H. L. (2022). Adolescent loneliness, stress and depressive symptoms during the COVID-19 pandemic: The protective role of friends. *Infant and Child Development*, 31(3), e2305.
- Fancourt, D., Bu, F., Mak, H. W., & Steptoe, A. (2020). COVID-19 social study. *Results release*, 22.
- Jawad, M. J., Abbas, M. M., Jawad, M. J., Hassan, S. M., & Hadi, N. R. (2021). Mental Health and psychosocial considerations post covid-19 outbreak. *Wiad Lek*, 74(12), 3156-3159.
- Litwin, H., & Levinsky, M. (2022). Social networks and mental health change in older adults after the Covid-19 outbreak. *Aging & mental health*, 26(5), 925-931.
- Lund, S., Madgavkar, A., Manyika, J., Smit, S., Ellingrud, K., & Robinson, O. (2022). *The future of work after COVID-19*. Retrieved from
- McKenzie, S. K., Collings, S., Jenkin, G., & River, J. (2018). Masculinity, social connectedness, and mental health: Men's diverse patterns of practice. *American Journal of Men's Health*, 12(5), 1247-1261.
- National Institute of Mental Health. (2021). Men and Mental Health. Retrieved from <https://www.nimh.nih.gov/health/topics/men-and-mental-health>
- Office for National Statistics. (2022). *Business Insights and Conditions Survey (BICS)*. Retrieved from <https://www.ons.gov.uk/employmentandlabourmarket/peopleinwork/employmentandemployeetypes/articles/ishybridworkingheretostay/2022-05-23>
- Riggio, R. (2014). How are men's friendships different from women's. *Psychology Today*.
- Romm, K. F., Park, Y. W., Hughes, J. L., & Gentzler, A. L. (2021). Risk and protective factors for changes in adolescent psychosocial adjustment during COVID-19. *Journal of Research on Adolescence*, 31(3), 546-559.
- Simpson, N. J., Oliffe, J. L., Rice, S. M., Kealy, D., Seidler, Z. E., & Ogradniczuk, J. S. (2022). Social disconnection and psychological distress in Canadian men during the COVID-19 pandemic. *American Journal of Men's Health*, 16(1), 15579883221078145.