INTRODUCTION

MENTAL WELL-BEING

Cope with stresses of life

Realize abilities

Learn and work well

Contribute to their community
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
I M P A C T O N M E N

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**
- Women: 31%
- Men: 69%

**NERVOUSNESS**
- Women: 29%
- Men: 59%

**CONFUSION AND MEMORY LOSS**
- Women: 28%
- Men: 72%
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%
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

- Travel to work
- Hybrid working
- Work from home

Change in survey question wording
CHALLENGES IN POST COVID

• Hybrid: Homeworking (3 days) Office (2 days)
• **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


• Riggio, R. (2014). How are men’s friendships different from women’s. Psychology Today.
