

### **A randomised controlled trial to test the impact of the 'Man Up' documentary on men's masculinity and wellbeing in Australia**

**Presenter: Dr Kylie King**

**Monday 24th October at 2.30-3.30pm  
Room 410, Level 4, 207 Bouverie Street**



Australian men are arguably socialised in ways that reinforce norms of stoicism, independence, invulnerability and avoidance of negative emotions. A growing body of evidence demonstrates conformity to these traditional masculine norms is associated with suicidality and suicide attempts, depression in middle-aged and older males, alcohol and substance use and negative attitudes towards help-seeking.

A three-part documentary called 'Man Up' was developed in collaboration with the Centre for Mental Health. 'Man Up' explores the impact of masculinity on men's mental health in Australia. It will be shown on the ABC in Australia in October 2016.

This study involves testing the impact of the documentary on adult male viewers through a randomised controlled trial. Three hundred and fifty-four adult men were recruited from the general population and randomly allocated to view either 'Man Up' or an unrelated documentary.

This thesis aims to build the evidence base for the use of television media to bring about positive changes in individual attitudes and ultimately their wellbeing.

Kylie is a PhD candidate and Research Fellow in the Centre for Mental Health at The University of Melbourne's School of Population and Global Health.

Kylie's recent research work has focused on men's mental health, including a recent study that explored the impact of newsprint media stories about depression and anxiety on male callers to helplines. Kylie also has experience in carrying out large-scale population studies including the evaluation of the Access to Allied Psychological Services program.

Kylie holds a Doctorate in Psychology (Health) and has worked as a psychologist in the public and private sector.