



Ten to Men: The Australian Longitudinal Study on Male Health

Study information for Wave 6
Everything you need to know about this round of the study



Study information

Help us tell the story of male health in Australia

Did you know that you are one of around 24,000 men taking part in *Ten to Men: The Australian Longitudinal Study on Male Health*? Your place in the study cannot be filled by anyone else. Due to the nature of longitudinal surveys (following people over time to detect changes), your contribution to the *Ten to Men* study is one of a kind and we are incredibly grateful.

When you participate, you are providing real experiences that will help researchers and policy makers from universities, service providers, not-for-profit organisations and government departments understand the complexities and challenges related to your overall health. This information will help shape programs, services and policies for all Australian men and boys now and into the future. The data can also be used by researchers from universities and other organisations to increase the knowledge about male health.



Five rounds of the study have already been completed: Wave 1 (2013–2014), Wave 2 (2015–2016), Wave 3 (2020–2021), Wave 4 (2022) and Wave 5 (2024). Whether you have been part of the study since Wave 1 or joined more recently, thanks for sticking with us.

The latest survey is now ready for you to complete and we'd like you to take part.

How do I participate?

You are invited to complete a secure and confidential online survey. The online survey should take approximately 30 to 45 minutes to complete, depending on the questions presented to you.

If you are unable to complete the survey online, a *Ten to Men* trained interviewer will contact you to offer alternative ways to do the survey.

When you submit your survey, you will receive a \$30 e-gift card. You can choose to spend this at a selected retailer (e.g. Bunnings, Rebel and Kmart) or donate it to Beyond Blue, Prostate Cancer Foundation of Australia or Dads Group.



\$500 e-gift card up for grabs!

Complete your survey for the chance to be randomly selected to receive a \$500 e-gift card. Several prize draws will be held throughout the survey period so the earlier you complete your survey, the more chances you will have to be selected.

*For more information on our random draws, including draw dates and terms and conditions, visit our website aifs.gov.au/tentomen

What will this survey ask you about?

We have prepared a survey that includes a broad range of topics relating to male health. Some of the questions are new and some of the questions we have asked before. Being a longitudinal study means that we are interested in how your responses to the same questions might change over time. The topics covered in your survey include:

- Medical conditions and disabilities
- Education, training and work
- Alcohol, smoking and drug use
- Relationships and support
- Online experiences
- Fathering
- Caring responsibilities



If there are any questions you don't feel comfortable answering, you can skip over them. If there are questions that upset you, a range of referral and support services are listed here: aifs.gov.au/tentomen/participants/services-list. You can also call the study team on **1800 019 606** from 9:00am – 9:00pm, Monday to Friday and 10:00am – 5.30pm Saturday and Sunday, and they can give you information about support services.



Findings from the *Ten to Men* Study

The *Ten to Men* study collects and analyses information from thousands of men like you from across Australia. Individual responses are de-identified and combined with other study participants' responses to make important discoveries about men's health and wellbeing. Results from the latest *Ten to Men* survey indicated:

From 2013–2024, **responding to questions about disability:**

42% reported functional difficulty* that changed over time



23% reported no functional difficulty



16% saw their functional difficulty improve in this time



Responding to questions about **access to mental health services:**



About **39%** of men with fewer difficult childhood experiences accessed mental health services, compared to **65%** of those with more difficult experiences.



But there are still gaps. Around **1 in 5 men** with a mental health condition have never used Medicare-funded services, especially those under financial stress.

Factors that helped men enter the workforce were different depending on their experiences of functional difficulty*

For men whose functional difficulty improved, better mental health made a difference:

13%



For men whose functional difficulty went up and down, previously being in a relationship helped:

18%

For men without any functional difficulty, feeling financially secure was most important:

35%



6 out of 10 men have had **difficult childhood experiences** which are linked to poorer mental health in adulthood.

However, **strong social connections** and **social support** can reduce about **one-third** of this negative impact.



**Ten to Men* uses self-identified measures of disability and functional difficulty. Functional difficulty refers to challenges in core functional activities such as seeing, hearing, mobility, cognition, self-care and communication.

Findings like these can be used by policy and other decision makers, practitioners and men's health advocates to promote and protect the health of Australian males.

Data linkage

This year we will also ask for your consent to link your survey data to relevant Government data. Data linkage is the process of combining data sources to produce a better picture of the factors affecting you. You can't be identified when our researchers do this. With your permission, we'd like to link your *Ten to Men* data with some other Government data sources to expand the range and improve the quality of data we collect. Linking your responses with existing data also means we can ask fewer questions in the survey, saving you time.

If you have already consented to certain linkages in past waves of the study, we will not ask you to consent again. We will only ask you to consent to linkages you have not consented to before.

More information on data linkage and how your personal information is kept private and confidential can be found in the *Ten to Men* Data Linkage brochure.

A digital copy of the Data Linkage brochure can be found at aifs.gov.au/tentomen/participants/data or by scanning the QR code:



Privacy and confidentiality

Any information released to approved data users will be delivered in a format in which it is not possible to identify individuals participating in the study (e.g. names and addresses are excluded). In addition, all approved users of *Ten to Men* study data are required to sign a deed of confidentiality that prohibits them from trying to identify any participants or sharing any potentially identifiable information.

More information on how your data is used, as well as how your personal information is kept private and confidential can be found in the Confidentiality and Privacy brochure.

A digital copy of the Confidentiality and Privacy brochure is also available on our website: aifs.gov.au/tentomen/participants/privacy or by scanning the QR code:



Copies can be requested by emailing info@tentomen.org.au or calling **1800 019 606** from 9:00am – 9:00pm, Monday to Friday and 10:00am – 5:30pm Saturday and Sunday.

More information about *Ten to Men*

For more information about the study, please visit our website at aifs.gov.au/tentomen

To view the *Ten to Men* Privacy Statement, please visit aifs.gov.au/tentomen/participants/privacy

If you have any specific questions regarding the *Ten to Men* study, we would be happy to hear from you. Please contact us via telephone: **1800 019 606** or email info@tentomen.org.au

To stay connected with study updates, join the growing number of followers on our socials:



facebook.com/AustralianInstituteofFamilyStudies



linkedin.com/company/australian-institute-of-family-studies



instagram.com/aifs_gov_au

Who is conducting the research?



The Australian Institute of Family Studies (AIFS), in collaboration with the Social Research Centre (SRC), is conducting this survey. *Ten to Men* is funded by the Australian Government Department of Health, Disability and Ageing.

Participation in the study is voluntary and you can withdraw from the study at any time.



Keep in touch

If you move house, change phone numbers, or get a new email – let us know using the contacts to the right.

We'll only ever send you relevant *Ten to Men* study information.



100% recycled



1800 019 606



info@tentomen.org.au



aifs.gov.au/tentomen/participants/update-details



Acknowledgement of Country

The Australian Institute of Family Studies acknowledge the Traditional Owners of Country throughout Australia and recognise their continuing connection to lands and waters. We pay our respect to Aboriginal and Torres Strait Islander cultures, and to Elders past and present.



TEN to MEN

The Australian Longitudinal
Study on Male Health



Australian Government
Department of Health, Disability and Ageing



Australian Government
Australian Institute of Family Studies

Wave 6 of the *Ten to Men* has been approved by the Australian Institute of Family Studies Ethics Committee. The Ethics Committee ensures that the *Ten to Men* study meets the ethical standards outlined in the National Statement on Ethical Conduct in Research Involving Humans. If you have any ethical concerns with the conduct of the study, you may contact the AIFS Ethics Committee Secretariat at ethicssecretariat@aifs.gov.au