

How Masculinity Influences Help-Seeking Decision Making Among Men

RESEARCH PARTICIPANTS NEEDED

Are you a man who has reached out for help for your mental health distress?



Rory Layton
Trainee Clinical Psychologist

You could help if:

- You are a man aged 18-34.
- You have experience seeking support for your mental health distress (e.g. stress, low mood, anxiety) as an adult. This can be formal services, friends, or family.
- You are currently living in the UK.
- You are not currently experiencing an acute mental health crisis.

What will you be asked to do?

The study will involve taking part in an online interview with the lead researcher, Rory Layton, to share your experience of seeking support for your mental health distress. This will take approximately 60 minutes.

Confidentiality and anonymity will be strictly maintained.

There is an offer of a shopping voucher as a thank you for your time.

If you are interested:

Follow the QR code or link to register your interest in this study. You will then be contacted by the lead researcher to arrange a time that best suits you.

For more information please contact Rory Layton on Laytonr@uni.coventry.ac.uk

Coventry University



<https://app.onlinesurveys.jisc.ac.uk/s/coventry/how-do-notions-of-masculinity-influence-men-s-unwillingness-to>



Your involvement may help to develop better ways of supporting men with their mental health.

Research Ethics Number: P193243