

Men's Experiences Survey

You are invited to take part in a survey to find out what may prevent suicidal behaviours in men. This information will help us develop new strategies that can then be used by other men in the community to help them to avert or respond more constructively to life's difficulties. If you are a man who has made a suicide attempt, this survey may be suitable for you. This project is being conducted by the Black Dog Institute, University of New South Wales, in partnership with Faces in the Street, St Vincents Hospital and Mensheds Australia. The first few questions are to let you know if this survey is suitable for you.

Do you live in Australia?

1. Yes
2. No

Are you able to read and write in English?

1. Yes
2. No

Are you 18 years or older?

1. Yes
2. No

Are you male?

1. Yes
2. No

We're looking for men who have made a suicide attempt between 6 and 18 months ago. Is this the case for you?

1. Yes
2. No

Thank you. It seems this survey is suitable for you. If you'd like to continue, we need you to read some information and consent to taking part.

HREC Approval No 13077 THE UNIVERSITY OF NEW SOUTH WALES AND BLACK DOG INSTITUTE PARTICIPANT INFORMATION STATEMENT AND CONSENT FORM "What helps prevent suicidal behaviours in men" Research partners: This project is being conducted by the Black Dog Institute, University of New South Wales, in partnership with Faces in the Street, St Vincents Hospital and Mensheds Australia. Purpose of the project: You are invited to take part in a project to find out what may prevent suicidal behaviours in men. We want to understand the factors associated with the interruption, and prevention of suicidal behaviours. This information will help us develop new strategies that can then be used by other men in the community to help them to avert or respond more constructively to life's difficulties. You were selected as a possible participant in this study because you are a male or a friend or family member of a male who has had a suicide attempt, and you have volunteered through Mensheds Australia or responded to our advertisement/email invitation. Description of the project and risks: If you decide to participate, we will ask you to share your own experience of depression, suicidal thoughts and behaviours, as well as the strategies that you have used in the past to cope with these experiences as well as health, mood and lifestyle in an online survey. There are no known risks that are likely to arise as a result of taking part in this study, except that speaking about difficult feelings may cause you to experience some temporary distress. However, we do not think it will cause you any lasting discomfort or inconvenience. Participation is voluntary and you are welcome to pause or stop taking part at any stage. Stopping will not incur any penalty and your decision will not affect your relationship with the University of New South Wales, the Black Dog Institute, Mensheds Australia or Faces in the Street. Please note that we cannot and do not guarantee or promise that you will receive any benefits from this study, but we have found that men report positive experiences of participating in our research. Confidentiality and disclosure of information: Participation in the survey is

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anonymous and confidential. By consenting to participate, you give us your permission to publish the results in a scientific journal. We will also disseminate them in reports written in lay terms to men's organisations. However, depending on your answers, you may be offered assistance to connect with services. If you accept this offer, you will be asked to provide your contact details and will no longer be anonymous. Any information obtained in connection with this study will remain confidential and will only be disclosed with your permission, except as required by law. Reports about the project will be written in such a way that no one can be identified. Complaints may be directed to the Ethics Secretariat, The University of New South Wales, SYDNEY 2052 AUSTRALIA (phone 9385 4234, fax 9385 6648, email ethics.sec@unsw.edu.au). Any complaint you make will be investigated promptly and you will be informed of the outcome. Your consent: Your decision whether or not to participate will not prejudice your future relations with the University of New South Wales, the Black Dog Institute, Mensheds Australia or Faces in the Street. If you decide to participate, you are free to stop participating at any time without prejudice. If you have any questions about the study later, Associate Professor Judy Proudfoot, (02) 9382 3767 will be happy to answer them.

1. I consent

Through your participation in this survey, we hope to be able to help other men who are suffering and unsure how to get help. So let's start with more about you.

What is your post code?

Are you:

1. Employed full-time
2. Employed part-time
3. Retired
4. Self-employed
5. Full-time home duties
6. Temporarily unable to work because of illness or injury
7. Permanently unable to work because of illness or injury
8. Able to work but unemployed
9. Full-time student
10. Other

What is your current marital status?

1. Never married
2. Married
3. De facto
4. Separated but not divorced
5. Divorced
6. Widowed

Which of these best describes the highest level of education you have completed?

1. Primary school
2. Secondary school
3. Trade or technician certificate or apprenticeship
4. Other certificate or diploma
5. University or college Bachelor Degree
6. University or college Postgraduate degree

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Are you of Aboriginal and/or Torres Strait Islander origin?

1. No
2. Yes, Aboriginal
3. Yes, Torres Strait Islander
4. Yes, both Aboriginal and Torres Strait Islander

What is your age?

In general, how would you rate your health?

1. Excellent
2. Very Good
3. Good
4. Fair
5. Poor

We'd like to know how you're feeling right now.

For each item below, please provide a rating from 0 (not at all) to 10 (extremely):

	0	1	2	3	4	5	6	7	8	9	10
How sad are you feeling right now?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How irritable are you feeling right now?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How agitated are you feeling right now?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How anxious are you feeling right now?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

(Triggered if high levels of distress are endorsed) We're concerned you are having a tough time now and we do recommend that you get some help. Would you like to be contacted by Lifeline? We have an arrangement with Lifeline for this research project to provide help if people would like it. If you enter your contact details in the box, we (the research team) won't know what you talked about with Lifeline. Any contact you have with Lifeline will remain confidential. At the end of the project, Lifeline will just report to us on how many people they contacted during the study but will not give any details about individuals. Yes, I would like to be contacted by Lifeline in the next 24hrs. Please click here to submit your phone number. Otherwise, please click Continue to resume the survey.

The next few questions are to help us understand what it's like for men when they're feeling down, and how to help men who might be thinking about suicide without knowing that there is good help available. Your answers will help us to come up with strategies to help men who are suffering in silence. You've told us that you've been through a tough time and we'd like to share what you've learned with other men. We'd like to ask you about the last time you were feeling really down and that life wasn't worth living.

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What words do you use to describe when you're really down or that life isn't worth living? (Select all that apply)

	I use this to describe when I'm feeling life isn't worth living	I use this to describe when I'm feeling really down in the dumps
1. Not going too well	<input type="checkbox"/>	<input type="checkbox"/>
2. Deeply sad	<input type="checkbox"/>	<input type="checkbox"/>
3. Lost	<input type="checkbox"/>	<input type="checkbox"/>
4. Down in the dumps	<input type="checkbox"/>	<input type="checkbox"/>
5. Angry	<input type="checkbox"/>	<input type="checkbox"/>
6. Useless, worthless	<input type="checkbox"/>	<input type="checkbox"/>
7. Stressed	<input type="checkbox"/>	<input type="checkbox"/>
8. Fed up	<input type="checkbox"/>	<input type="checkbox"/>
9. Tired	<input type="checkbox"/>	<input type="checkbox"/>
10. Over it	<input type="checkbox"/>	<input type="checkbox"/>
11. Ive had enough	<input type="checkbox"/>	<input type="checkbox"/>
12. Pointless	<input type="checkbox"/>	<input type="checkbox"/>
13. Hopeless	<input type="checkbox"/>	<input type="checkbox"/>

Are there any other words we haven't mentioned that you use to describe when you're feeling really down?

Are there any other words we haven't mentioned that you use to describe when you're feeling that life isn't worth living?

What changes would people have seen when you were feeling really down and that life was not worth living?

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	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
1. I lost interest in pretty much everything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I was taking more risks e.g. driving faster	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I was more aggressive towards others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I was not eating well or taking care of myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I shut myself away - didn't answer my phone or email, didn't answer the door	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I was sleeping more or less than usual	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I was on autopilot (doing things without thinking about it)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I was flustered, easily upset	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I was irritable, particularly with my family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I was drinking more alcohol than usual	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I was using more drugs than usual	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I told one or more people how I was feeling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I said goodbye to the important people in my life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Were there any other changes that people would have seen that we missed?

When you were feeling down in the dumps, what got in the way of you seeking help? (Select all that apply)

1. Nothing - I was able to seek help
2. Society's view of men - this expectation that men are tough and should be able to deal with their own issues.
3. I didn't want to burden other people with my stuff.
4. I didn't want to accept help - that's not me.
5. I tend to bottle up my feelings and it's hard for me to talk about it.
6. I had no one around me that I could talk to.
7. I had distanced myself from everyone.
8. It was my responsibility to handle it.
9. I wanted someone to help but I wouldn't ask for it.
10. Suicide was my go to plan and I wasn't going to let go of that.
11. I didn't know where to go for help.
12. I was worried that if I spoke to someone I might be hospitalised.
13. At the time I couldn't see how bad things really were.
14. I just couldn't see the point in getting any help. Everything seemed pointless.

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15. The service (e.g. doctor, psychologist, counsellor) I tried wasn't helpful

16. Other (please describe)

When you've felt that life was not worth living, what was it that stopped you from making a suicide attempt?

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
1. I thought about the consequences for my family.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I didn't want to put the burden on someone finding me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I need to be here for others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Someone gave me some hope.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. My kids wouldn't know me if I died now.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I didn't want the people I left behind to feel like it was their fault.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Good friends spent a lot of time with me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I really don't want to die.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I believe its wrong	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I broke the downward spiral by asking for help	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I was afraid of dying	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Being able to talk to someone helped me think more clearly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. A friend or family member who was concerned and followed up with real support	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Knowing that I was valued, especially by friends who didn't have to say that they value me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. I had a specific commitment to help someone else	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Which of the above would you consider the most important? (Please choose the corresponding number)

1. 1
2. 2
3. 3
4. 4
5. 5
6. 6
7. 7
8. 8

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- 9. 9
- 10. 10
- 11. 11
- 12. 12
- 13. 13
- 14. 14
- 15. 15

Is there anything else we haven't mentioned that has stopped you from making an attempt in the past?

What else is needed to interrupt a suicide attempt? Please rate how important you think each of the following factors are:

	1 (extremely important)	2	3	4	5 (not important at all)
1. Talking to a friend can be easier than family because they're one step removed. There's not so much pressure to get well quickly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Someone needs to notice the changes they're seeing in me, e.g. withdrawal, irritability.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Friends and/or family have to get in my face, and stay there because I'm probably not going to ask for help.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. You need to be very direct and tell me you know what's going on for me. Then support me to get more help.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I need support from someone I really trust and respect.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I need to know that others can hear the truth and they won't judge me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. We need to let men know that others are going through this too, it's normal to struggle sometimes, and there is help.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Get me involved in something bigger than myself, like helping others who are worse off.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Don't tell me that everything will be okay. Ask me to tell you what's up and then listen with an open mind.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Help me to break my problems down into smaller pieces and then set some goals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Encourage me to do more things for myself, like taking care of myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Is there anything else you can think of that is needed to interrupt an attempt and hasn't been mentioned?

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Thanks for staying with us so far. Next are a few questions about how you've been feeling in recent weeks.

Over the last 2 weeks, how often have you been bothered by any of the following problems?

	Not at all	Several days	More than half the days	Nearly every day
Little interest or pleasure in doing things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Feeling down, depressed or hopeless	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Trouble falling or staying asleep, or sleeping too much	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Feeling tired or having little energy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Poor appetite or overeating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Feeling bad about yourself - or that you are a failure or have let yourself or your family down	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Trouble concentrating on things, such as reading a newspaper or watching television	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Moving or speaking so slowly that other people could have noticed - or being so fidgety or restless that you have been moving around a lot more than usual	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thoughts that you would be better off dead or of hurting yourself in some way	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

(Triggered if threshold score is reached or item 9 endorsed) Were concerned you are having a tough time now and we do recommend that you get some help. Would you like to be contacted by Lifeline? We have an arrangement with Lifeline for this research project to provide help if people would like it. If you enter your contact details in the box, we (the research team) won't know what you talked about with Lifeline. Any contact you have with Lifeline will remain confidential. At the end of the project, Lifeline will just report to us on how many people they contacted during the study but will not give any details about individuals. Yes, I would like to be contacted by Lifeline in the next 24hrs. Please click here to submit your phone number. Otherwise, please click Continue to resume the survey.

How difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

1. Not difficult at all
2. Somewhat difficult
3. Very difficult
4. Extremely difficult

Outside of the past 2 weeks, have you ever had a period where you felt down, had difficulty in cheering up, lost pleasure in things,

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and/or not been able to cope as well as usual for a period of at least 2 weeks?

1. Yes, in the past month
2. Yes, in the past 12 months
3. Yes, but it was more than 12 months ago
4. No, never

How old were you the first time this happened?

1. 0-12 yrs
2. 13-19 yrs
3. 20-29 yrs
4. 30-39 yrs
5. 40 yrs or more
6. Don't know

How many times have you felt this way?

1. 1-3 times
2. 4-9 times
3. 10 or more times
4. Don't know

Over the last two weeks, how often have you been bothered by the following problems?

	Not at all	Several days	More than half the days	Nearly every day
Feeling nervous, anxious or on edge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not being able to stop or control worrying	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Worrying too much about different things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Trouble relaxing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Being so restless that it is hard to sit still	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Becoming easily annoyed or irritable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Feeling afraid as if something awful might happen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

(Triggered if threshold score is reached) Were concerned you are having a tough time now and we do recommend that you get some help. Would you like to be contacted by Lifeline? We have an arrangement with Lifeline for this research project to provide help if people would like it. If you enter your contact details in the box, we (the research team) won't know what you talked about with Lifeline. Any contact you have with Lifeline will remain confidential. At the end of the project, Lifeline will just report to us on how many people they contacted during the study but will not give any details about individuals. Yes, I would like to be contacted by Lifeline in the next 24hrs. Please click here to submit your phone number. Otherwise, please click Continue to resume the survey.

How difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

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1. Not difficult at all
2. Somewhat difficult
3. Very difficult
4. Extremely difficult

Not including the past two weeks, have you EVER had a period where you have felt excessive worry (occurring more days than not), for at least six months? This might include unreasonable worry about events or activities, such as work, school, or your health, with an inability to control the worry.

1. Yes, in the past month
2. Yes, in the past 12 months
3. Yes, but it was more than 12 months ago
4. No, never

How old were you the first time this happened?

1. 0-12 yrs
2. 13-19 yrs
3. 20-29 yrs
4. 30-39 yrs
5. 40 yrs or more
6. Don't know

How many times have you felt this way?

1. 1-3 times
2. 4-9 times
3. 10 or more times
4. Don't know

Are you currently receiving treatment for any of the following? (Tick all that apply)

1. Anxiety
2. Stress
3. Depression
4. None of the above

In the past, have you received treatment for any of the following? (Tick all that apply?)

1. Anxiety
2. Stress
3. Depression
4. None of the above

We have one more question that will help us to decide how to get information to men.

In your opinion, what are the best ways to get information and strategies to men who are experiencing depression and/or suicidal thoughts? (Select one or more options)

1. 1. Facebook or other social media
2. 2. Through online chat rooms
3. 3. Online ads
4. 4. A powerful ad campaign directed at men

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- 5. 5. High profile men talking in the mainstream media about their experience of depression and/or suicidal thoughts
- 6. 6. A central online source of information about depression and suicidal thinking and where to get help
- 7. 7. An information or education campaign run through general practitioners
- 8. Other

That's the end of the survey questions. Before you go, we'd like to check again to see how you're feeling.

For each item below, please provide a rating from 0 (not at all) to 10 (extremely):

	0	1	2	3	4	5	6	7	8	9	10
How sad are you feeling right now?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How irritable are you feeling right now?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How agitated are you feeling right now?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How anxious are you feeling right now?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

(Triggered if high levels of distress indicated) Were concerned you are having a tough time now and we do recommend that you get some help. Would you like to be contacted by Lifeline? We have an arrangement with Lifeline for this research project to provide help if people would like it. If you enter your contact details in the box, we (the research team) won't know what you talked about with Lifeline. Any contact you have with Lifeline will remain confidential. At the end of the project, Lifeline will just report to us on how many people they contacted during the study but will not give any details about individuals. Yes, I would like to be contacted by Lifeline in the next 24hrs. Please click here to submit your phone number. Otherwise, please click Continue to resume the survey.

That's the end of our questions. Once again, thank you for sharing your experiences with us. Your answers will help other men in the future. If you are feeling upset right now and would like to speak with someone, Lifeline has counsellors available 24 hours a day on 13 11 14. Sometimes it can help to speak with a kind stranger. Speaking with your GP can also help. The Black Dog Institute website provides advice on finding mental health professionals at <http://www.blackdoginstitute.org.au/public/gettinghelp/consultingaprofessional/index.cfm>

1. Men's Experiences Survey - men