

# MALE SUICIDE RESEARCH PRIORITIES

---

THE COMPLETE  
AGENDA



These priorities are based on the following study: Bennett, S., Robb, K. A., Andoh-Arthur, J., Chandler, A., Cleary, A., King, K., Oliffe, J., Rice, S., Scourfield, J., Seager, M., Seidler, Z., Zortea, T. C., & O'Connor, R. C. (2024). Establishing research priorities for investigating male suicide risk and recovery: A modified Delphi study with lived-experience experts. *Psychology of Men & Masculinities*, 25(1), 85–98. <https://doi.org/10.1037/men0000448>

## Relationships with Others

---

### 1. Investigating loneliness and isolation for men who are suicidal (98%)

### 2. Investigating the role of meaningful interpersonal connection and intimacy in male suicide risk and recovery.

Including: Exploring what meaningful connection means to men who are suicidal (91%), how men build connections (86%), challenges men experience creating connections (87%), the best ways to support men to create/sustain meaningful connection (89%), how meaningful connections can protect men from suicide (87%)

### 3. Investigating interpersonal challenges and male suicide.

Including: Domestic abuse (physical, sexual, emotional, and/ or psychological) (88%), romantic break ups (85%), and interpersonal conflict (84%)

## Relationships with Self

---

### 4. Investigating how men who are suicidal think and feel about themselves

Including: Exploring feelings of failure in men who are suicidal (97%); Exploring the role of self-esteem (92%), purpose and meaning (92%), control and agency (83%) and self-reliance (80%) in male suicide risk/recovery; Understanding the best ways to support men who are suicidal to repair harmful thoughts and feelings about themselves (94%)

## Emotions

---

### 5. Investigating the emotional life and challenges of men who are suicidal

Including: Exploring the main sources of stress and emotional pain for men who are suicidal (96%); Understanding how men understand, manage and express their emotions (94%), who men talk to about their emotional problems (94%), and the best way to support men to manage their emotions and emotional pain (92%); Investigating trauma and male suicide risk (94%); Surviving sexual abuse/assault (81%)

## Mental Health

---

### 6. Understanding the mental health of men who are suicidal

Including: Investigating the relationship between having a mental health condition and male suicide risk (90%); Exploring what language and messages are best to engage men who are suicidal around mental health issues (89%) and how men's mental health and suicide are represented in society and how these ideas impact men who are suicidal (86%)

## Suicidal Behaviours

---

### 7. Investigating men's suicidal behaviors and coping strategies

Including: Exploring men's suicidal thoughts and feelings (92%), how men manage thoughts of suicide and what prevents them from acting on them (91%), what suicide means to men who are suicidal (86%), what triggers a shift from thinking about suicide to planning a suicide (90%), the thought patterns and emotional states of men when planning suicidal action (90%), the past-thinking and future-thinking of men who are suicidal (90%); Exploring the attitude of men who are suicidal towards seeking help (88%) and the experiences of men who are suicidal of seeking help (93%); Exploring the coping strategies

men who are suicidal use (89%) and male self-harm and suicide risk (83%)

## Early life experiences

---

8. Exploring the long-term impact of early life challenges for men who are suicidal (89%)

9. Understanding the mental health of young boys who are suicidal

Including: Exploring how mental health problems - including suicidal thoughts, feelings and attempts - develop in young men (92%), exploring how young men seek help (i.e., talking to teachers, peers, medical professionals, chat rooms) and cope with their problems (93%) and exploring the best ways to support young men who are suicidal (95%)

10. Understanding early-life abuse/trauma and male suicide

Including: Experiencing or witnessing psychological/emotional abuse (88%), physical/emotional neglect (88%), physical abuse (83%), and sexual abuse (81%), death by suicide of a significant other (82%), death of a significant other (85%), early life bullying (82%), family controlling behaviours, pressure and/or expectations (87%), mental health problems in the caregiving home (80%), caregiver absence, abandonment or estrangement (86%) issues (89%) and how men's mental health and suicide are represented in society and how these ideas impact men who are suicidal (86%)

## Structural Factors

---

11. Investigating the role of work in male suicide risk and recovery.

Including: Exploring the role of work stress (88%) and unemployment (84%) in male suicide risk; Understanding the importance of work as providing meaning, fulfilment and identity for men who are suicidal (81%)

12. Investigating financial challenges and male suicide risk

Including: Exploring financial pressures and debt (90%), poverty (80%), insecure housing/homelessness (80%)

13. Investigating the combined impact of multiple-structural challenges and male suicide risk i.e., being unemployed, having a disability and living in insecure housing (87%)

## Cultural Factors

---

14. Investigating the role of masculine norms in male suicide risk and recovery

Including: Exploring gender differences in how distress is expressed, understood and responded to by people (86%); Exploring how men who are suicidal develop and form their ideas of masculinity (81%)

## Support and Recovery

---

15. Exploring what 'recovery' means for men who are suicidal

Including: Understanding how men cope after a suicide attempt (89%), what recovery means for men who have attempted suicide and men's reasons for living (88%)

16. Exploring effective interventions

Including: Exploring the most effective support for men in the six months following a suicide attempt (85%), and the most effective long-term support (92%); Exploring the impact of different

intervention types (including universal, selected, and indicated interventions, and different intervention types such as talk therapy, medication, media campaigns) (93%); Exploring how to best measure the outcome of interventions, i.e., increased self-esteem and reduced suicide risk (84%); Understanding how different services can work together better (i.e., how can the criminal justice system work with mental health care?) (84%); Exploring effective interventions for men who cannot afford / access therapy (93%)

### **17. Exploring the role of health-care professionals in supporting men who are suicidal**

Including: Exploring men's relationship with health-care professionals (87%) and the experiences of health service professionals of working with men who are suicidal (83%); Exploring the experience of men who are suicidal of seeking professional support (93%) and what professional support men who are suicidal want to receive (84%); Understanding what training healthcare professionals need to better identify and engage at-risk men (91%); Exploring differences in how men and women present suicide risk and the best gender-sensitive screening tools for health services professionals (84%); Exploring how academic researchers and health care professionals can work together to incorporate research findings into services (84%)

### **18. Exploring the role of significant others in supporting men who are suicidal**

Including: Exploring the experiences of men who are suicidal of seeking support from significant others (91%) and the experiences of significant others when supporting men who are suicidal (86%)

### **19. Exploring community interventions**

Including: Exploring how to create communities that support men who are suicidal better (84%); Exploring the experiences of men who are suicidal of accessing support in their community (83%) and the experiences of community members who support men who are suicidal (85%); Exploring effective community members who can spot and engage at-risk men (80%) and effective training for community members to support men who are suicidal (80%)

## **At-risk Groups**

---

### **20. Exploring men experiencing life transitions:**

Including: Young boys - 13 to 18 (82%), Male university students (84%), Middle-aged men (87%)

### **21. Exploring men experiencing structural challenges:**

Including: Men who are unemployed (81%); Men who are homeless (81%)

### **22. Exploring men experiencing emotional challenges:**

Including: Male survivors of abuse (90%); Men bereaved by suicide (83%), Men with addiction problems (83%)