

**A survey of the mental health of males in the
Salt Lake Valley**

Yvonne Ryans and Owen Ashton

Mentor: Heather Rydalch

- **One in five Americans live with a mental health condition.**
- **57% of those do not receive treatment.**
- **Suicide rates continue to climb**
- **The suicide rate is highest in middle-aged men--making them an “underserved population”**

Sources:

<https://nami.org/Learn-More/Mental-Health-By-the-Numbers>

<https://afsp.org/about-suicide/suicide-statistics/>

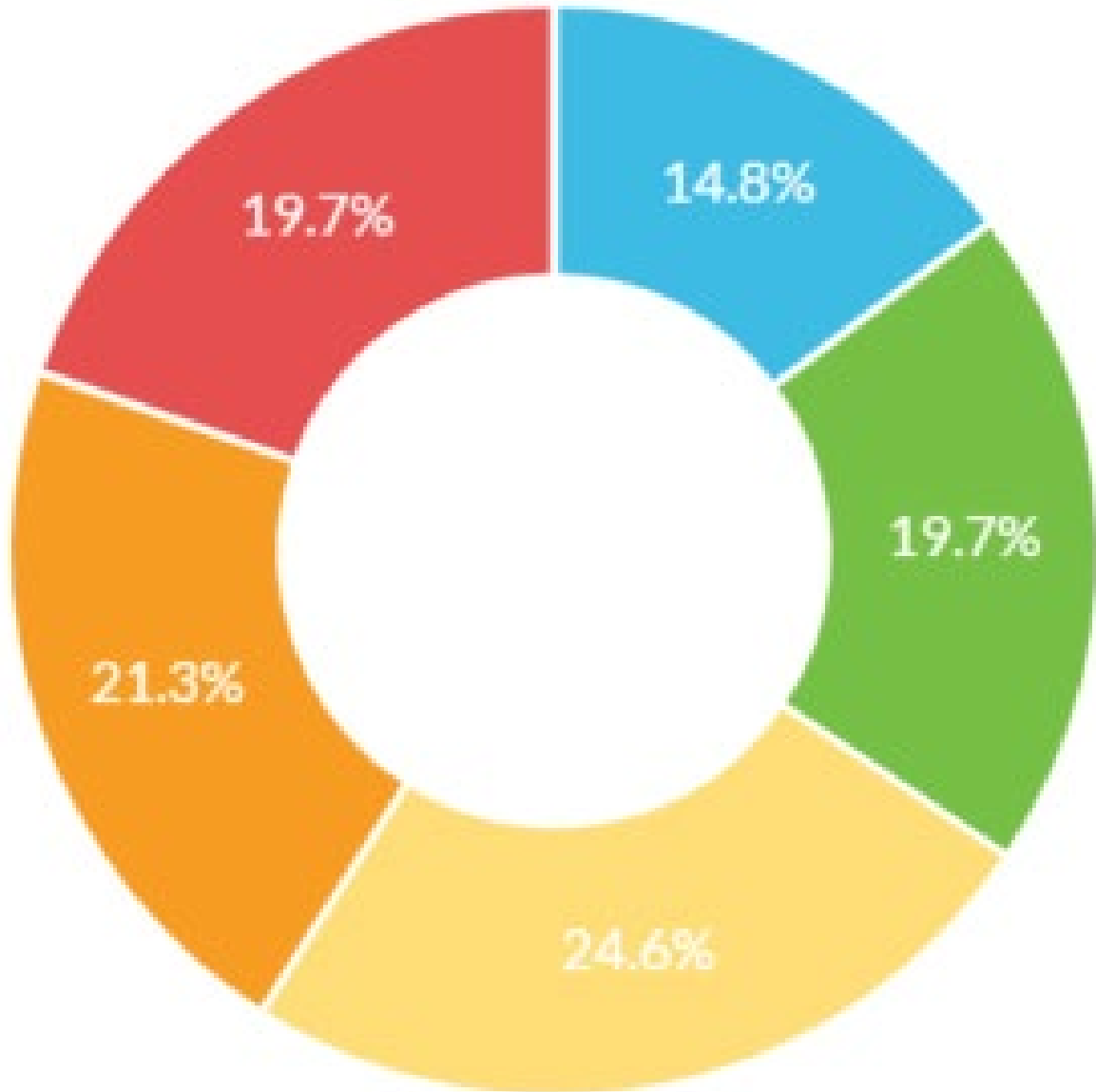
Mission:

Influence at least one individual with an untreated mental health condition to seek and receive treatment so he can get to a better place in his life ...and so as to prevent a potential suicide

Approach:

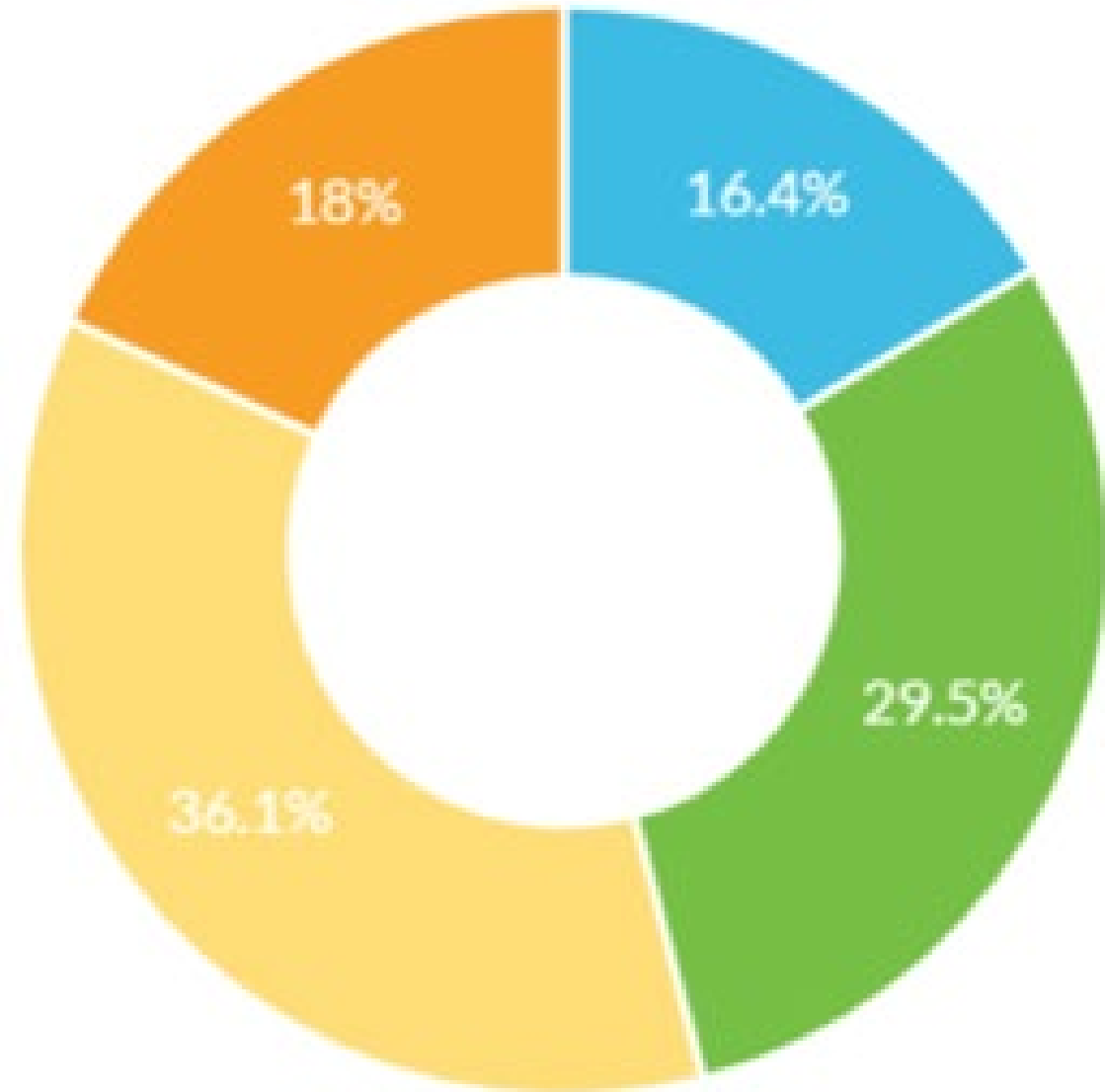
- 1. Designed an anonymous survey in SurveyPlanet**
- 2. Sent via email to about 100 of our male friends in the Salt Lake Valley; Emails included a link to resources**
- 3. Tabulated, analyzed, and shared results**
- 4. Invited friends to contact us**
- 5. Now following-up with responses**

What is your age? (optional)



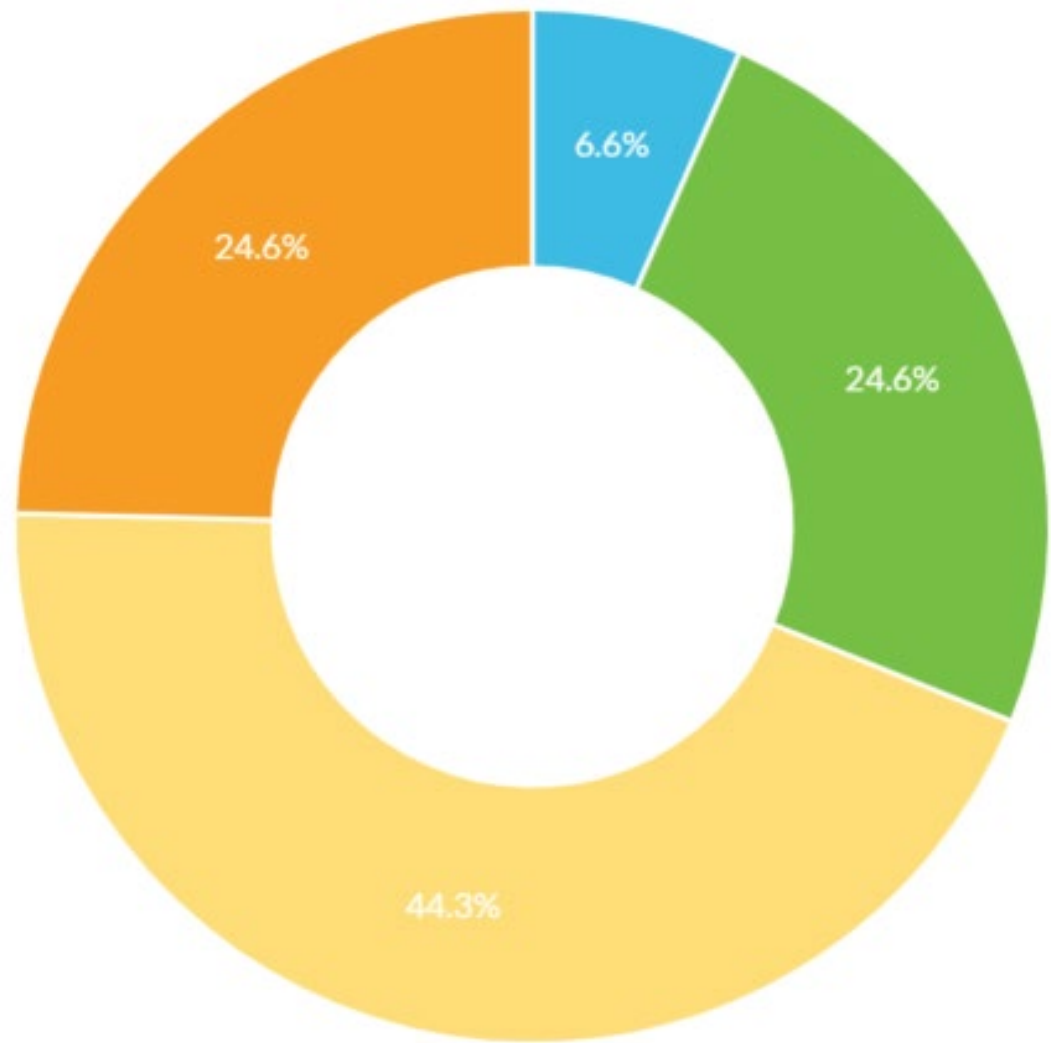
Choice	↕	Total
● 18-24 years old		0
● 25-34 years old		9
● 35-44 years old		12
● 45-54 years old		15
● 55-64 years old		13
● 65-74 years old		12
● 75 years or older		0

Q1 How familiar are you with mental health conditions including how they impact the well-being of individuals and available treatments?*



Choice	Total
Unfamiliar	0
Somewhat familiar	10
Moderately familiar	18
Quite familiar	22
Very familiar	11

Q2 How do you rate your own personal level of self-awareness when it comes to mental health? Consider how conscious you are of your own character, feelings, motives, and desires.*



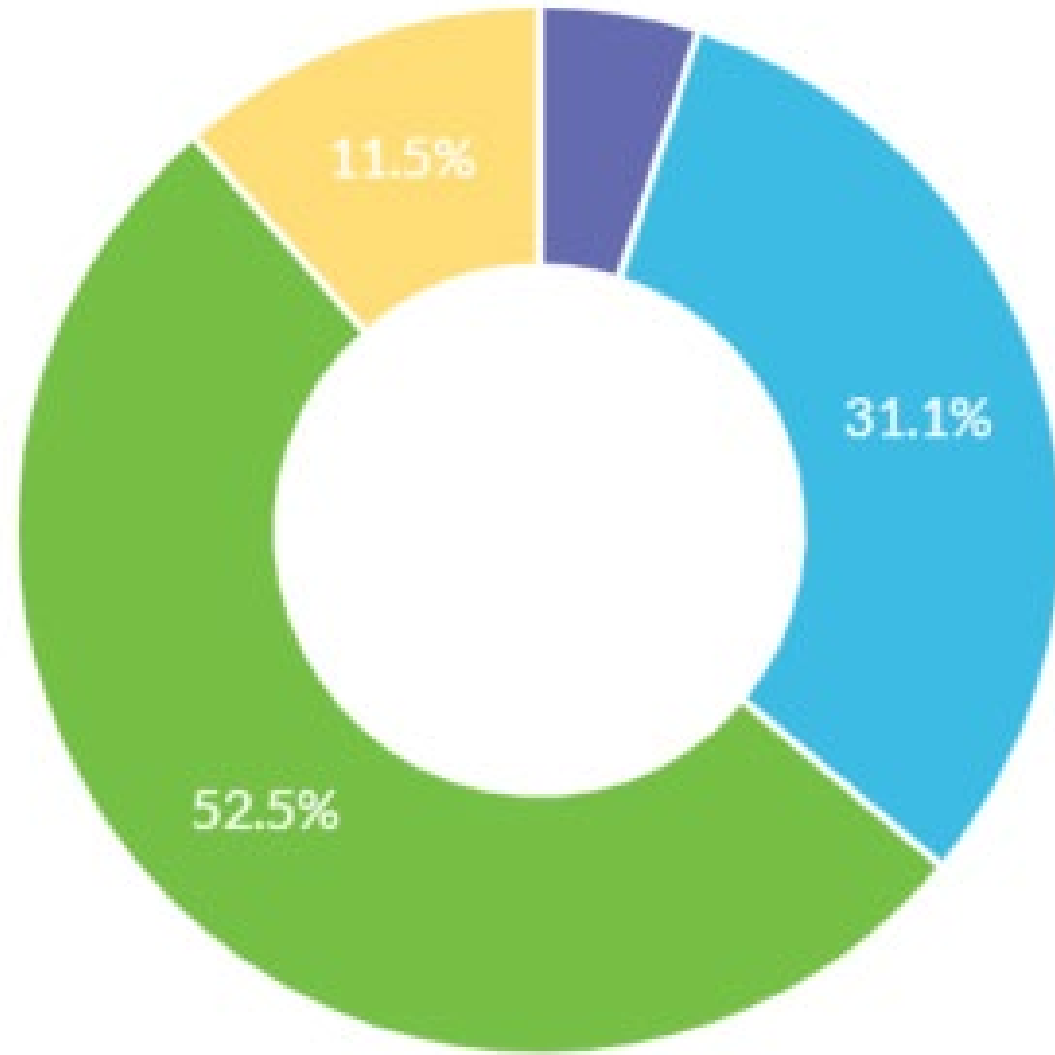
Choice	Count	Total
Bottom 10%	0	0
Somewhat below average	4	4
About average	15	15
Somewhat above average	27	27
Top 10%	15	15

Key findings and analysis

Own Personal Level of Self Awareness

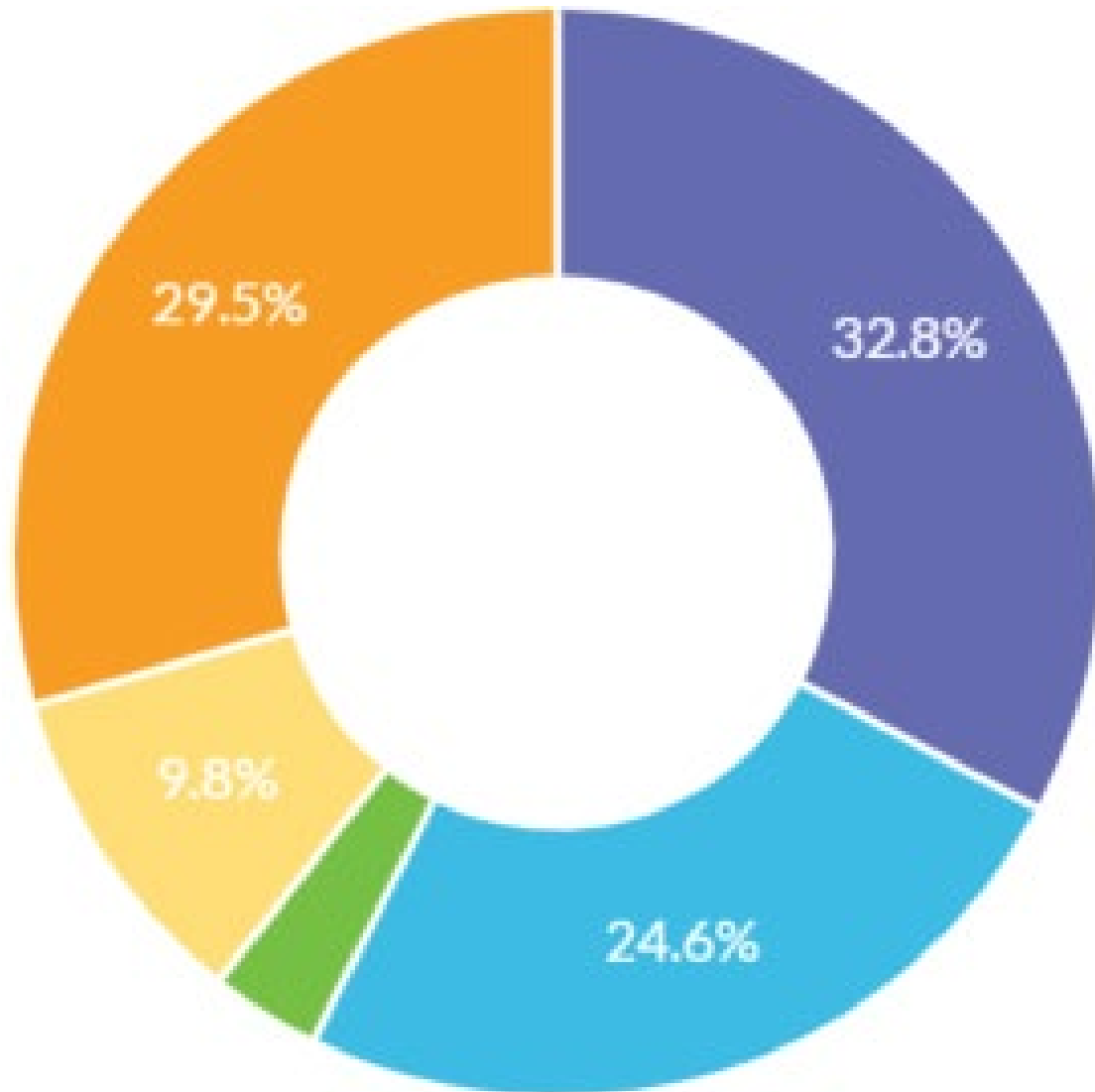
- **69% rated themselves as above average**
- **6% rated themselves as below average**
- **“People are notoriously bad at knowing where they fall in a distribution.” (Psychologist/data analytics expert)**
- **Older respondents (55+) were the only respondents to rate themselves as below average**
- **A therapist friend quipped, “Perhaps one’s level of self-awareness is the inverse of how one rates himself.”**

Thinking over the last year or so, how would you rate your overall mental health? Consider factors such as your level of happiness, satisfaction, anxiety, healthy relationships, and suicidal thoughts.



Choice	Total
Unhealthy	3
Moderately healthy	19
Healthy	32
I have been treated for mental illness and consider myself to be in recovery.	7
I do not believe most mental illnesses are real	0

Considering how you rate your current mental health, how likely are you to seek out help from medical and/or mental health professionals?



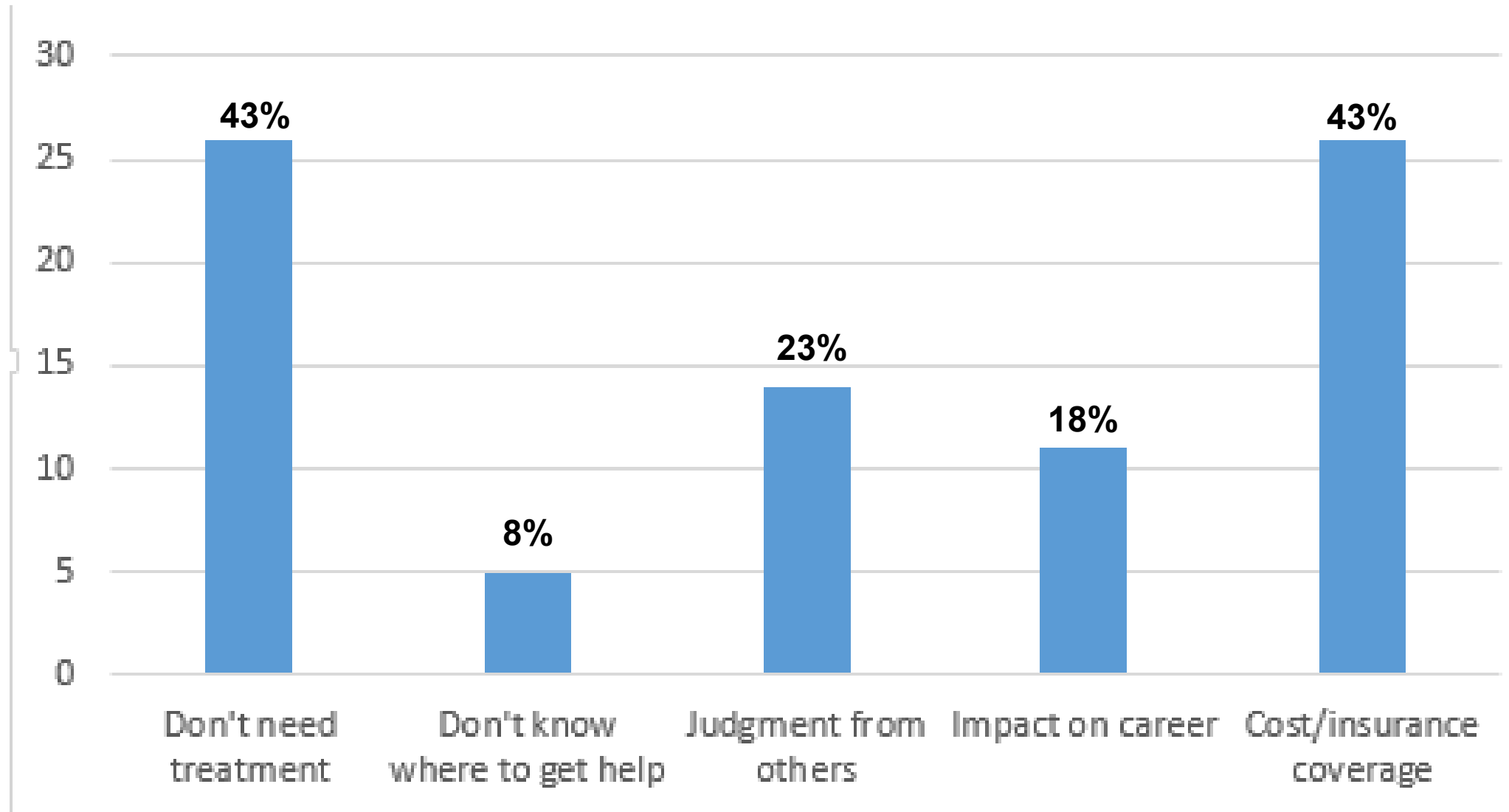
Choice	Total
Don't believe I will ever seek treatment	20
Can see myself at some point seriously considering seeking treatment	15
Have seriously considered seeking treatment	2
Have already received treatment but do not expect to receive more	6
Have already received treatment and expect to receive more	18

Key findings and analysis

Likelihood of seeking treatment for mental illness

- **40% have already received treatment**
- **Another 28% say they see themselves considering receiving treatment**
- **So, 68% have already received treatment or see themselves considering receiving treatment**

Considering how you answered the last question, what barriers do you see in your seeking treatment? Mark all that apply.



Key findings and analysis

Barriers to getting treatment

- **Stigma is a big barrier**
- **Cost is a big barrier**
- **Cost was selected by 100% of respondents who had received treatment but did not expect to receive more treatment**
- **Half of those who had received treatment but did not plan to get more indicated that they did not know where to get treatment**

Why is the suicide rate so high among middle-aged white males?

Common themes expressed by at least 10% of respondents

Social or cultural pressures to succeed

"Social pressure to be more than we are and not measuring up."

Lack of intimacy regarding emotional or mental health

"Because they don't want to face their problems and they certainly do not talk about them like women do. Men keep to themselves on mental health issues which is probably the biggest factor in the suicide rate."

Stigma

"I think the negative stigma about seeking mental help really hinders people from using resources available."

Machismo or masculine expectations

"We don't get help because we think we are too macho for it. We could culturally think counseling is for weak people."

Treatment barriers

"Many are not familiar of when and how to seek help with mental health."

Comment by respondent:

“Men are stubborn creatures and...not the brightest gender of our species...Women can be helpful by gently helping us understand what they already know--that seeking treatment for mental illness does not equate to weakness...We're terrified...that...the women in our lives will judge us...Gentle coaxing [by them] can often be all that's needed to get us over the hump.”

Key findings and analysis

Perhaps many men (and women who have to live with them) would be better off if:

- **Men really listened to and acted upon what women tell them.**
- **Women more often tried to gently persuade men to get help when they observe a problem.**
- **Men were “macho” in overcoming barriers to getting treatment.**

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Accomplishment of Mission?

Responses to date:

- **“[The survey] kind of makes you face reality.”**
- **Multiple friends have contacted us to chat about their mental health. Accordingly, we feel that the mission has been accomplished.**

Thank you!