

---

# ***Are you a man interested in contributing to research on the subject of men's mental health?***

---

***'Socialising with Depression': A study of socialising and depression in men***

---

## **About me**

---

My name is Elspeth Quinn and I am a trainee Counselling Psychologist. I am completing this study as part of my last year in the Counselling Psychology programme at Glasgow Caledonian University.

## **Who can take part?**

---

I am looking for men who have experienced depression in the past and would be willing to talk about this in relation to all-male social groups they have been a part of/are still a part of in their lives.

## **What's next?**

---

If you are interested in participating and would like to know more then please contact me directly on [equinn205@caledonian.ac.uk](mailto:equinn205@caledonian.ac.uk) The study has been given ethical approval by the Psychology Ethics Committee of Glasgow Caledonian University, and is being supervised by Dr. Stella Bain. The academic supervisor can be contacted via email at [S.bain@gcu.ac.uk](mailto:S.bain@gcu.ac.uk).



## **About the study**

The study aims to explore how men have experienced all-male social groups while suffering from depression, and to consider the way this has affected their experience of depression and of these social groups. This would involve participating in an individual 45 minute interview at a convenient time via the online platform 'Zoom' that will be arranged over the next eight weeks.

## **Why is this study important?**

Although the discussion around men's mental health is growing, there is still much more to be explored. In 2018, figures revealed a significant 30 per cent rise in suicides for young men from the previous year (Samaritans, 2019). This area of research will contribute to our understanding of how men experience their depression in social groups, and whilst acknowledging the persistence of high suicide rates among men, attempt to use this understanding to enforce positive change in men's mental health.