

Read the Abstract and choose the correct answer:

Mental Health Stigma Reduction Interventions Among Men

<https://pubmed.ncbi.nlm.nih.gov/39576007/>

Stigma surrounding mental health, particularly among men, remains a significant barrier to men engaging with support services for their mental health. Despite increasing evidence of interventions targeting different aspects of stigma reduction, there is a notable gap in the literature concerning male-specific mental health stigma reduction interventions and on the underlying behavior change techniques (BCTs) used to reduce stigma. The purpose of this review is to synthesize the evidence relating to the impact of mental health stigma reduction interventions among men and to explore the underlying BCTs associated with each intervention. The review was restricted to empirical research reporting on interventions targeting mental health stigma in male-dominated populations. The quality appraisal was conducted using the Mixed Methods Analysis Tool and a narrative synthesis was conducted. Fourteen articles reporting on 11 interventions were included for review, while 20 outcome measures were used. Perceived public stigma attracted the largest number of interventions with a lesser focus on self or personal stigma. Nineteen BCTs were identified across the interventions with information about health consequences and self-monitoring of behavior being the most common followed by credible source, social contact, and behavior practice/rehearsal. This is discussed in relation to the wider literature. The methodological issues highlighted in the articles limit the conclusions and recommendations that can be drawn from the review. Recommendations for further research include standardizing the scales used in stigma measurement, in-depth reporting of intervention descriptions, and greater use of theory to guide intervention development.

1. Mental health stigma among men is a barrier to **using support services / receiving medication only**.
2. The review found a gap in **male-focused stigma reduction interventions / general healthcare access for men**.
3. The aim of the review was to **summarize evidence on interventions and behavior change techniques / test a new treatment for anxiety**.
4. The review only included **empirical studies with male-dominated populations / opinion pieces about men's health**.
5. Most interventions addressed **public stigma / personal stigma**.
6. The most common behavior change techniques were **information about health consequences and self-monitoring / drug prescriptions and hospital admission**.

Listen to this piece of news on mental health and choose the correct option:

1. According to the study, by the age of 75...

- a) Everyone will have experienced a mental disorder.
- b) Half of people will have experienced at least one mental disorder.

2. The most common mental health issues were...

- a) Mood disorders like depression or anxiety.
- b) Physical health problems like diabetes.

3. The study said that risk of mental disorders...

- a) Was the same for men and women.
- b) Was different between men and women.

4. Among women, the three most common disorders were...

- a) Depression, phobias, and PTSD.
- b) Alcohol abuse, phobias, and drug use.

5. Among men, the three most common disorders were...

- a) Alcohol abuse, depression, and phobias.
- b) Depression, PTSD, and anxiety.

6. The researchers collected data from...

- a) 32 WHO mental health surveys.
- b) 32 local hospitals.

7. One key finding of the study was that mental health problems often began...

- a) In childhood or teenage years.
- b) Only after the age of 40.

8. The study concluded that young people...

- a) Need better services to detect and treat mental health problems.
- b) Should wait until adulthood for treatment

Grammar Focus: ed/ing adjectives

- **-ing adjectives describe the cause of feelings.**
→ *The situation is worrying.* (The situation causes worry.)
- **-ed adjectives describe the person's feelings.**
→ *She feels worried about the situation.* (She has the feeling.)



1. Mental health campaigns can be very (encouraging / encouraged) for patients starting treatment.
2. Many people feel (depressed / depressing) after experiencing long-term stress.
3. The rise in childhood anxiety is extremely (alarming / alarmed) to researchers.
4. Patients often become (confusing / confused) when doctors use too much technical language.
5. Group therapy sessions can be (relaxing / relaxed) and help reduce stress.
6. Young people may feel (frustrating / frustrated) if they cannot access proper care.
7. The results of the study were (shocking / shocked) to the medical community.
8. Families are often (comforting / comforted) when they see their loved ones improving.