ISTRAŽIVANJA U PSIHOTERAPIJI: DUŠEVNO ZDRAVLJE MUŠKARACA

/ RESEARCH IN PYSCHOTHERAPY: MEN'S MENTAL HEALTH

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Slijedom pregleda istraživanja u prošlom broju „Psihoterapije" koji je bio usredotočen na duševno zdravlje žena, ovdje su prikazana nova istraživanja u psihoterapiji povezana s duševnim zdravljem muškaraca. Mnogobrojne studije ukazuju na tihu i slabo prepoznatu krizu u duševnom zdravlju muškaraca. Ona među ostalim obuhvaća porast stopa samoubojstava i zlouporabe psihoaktivnih tvari koje su čak i veće u pojedinim muškim podskupinama. No muškarci u manjoj mjeri traže psihoterapiju. S obzirom na učinkovitost psihoterapijskih intervencija u tretmanu različitih problema u domeni duševnog zdravlja, imperativ je povećati traženje pomoći i sudjelovanje muškaraca u psihoterapiji. Mučeći se s pronalaskom relevantnih istraživanja na tu temu, shvatila sam da je riječ o poprilično zanemarenom području, istodobno se pitajući koliko je stvarno točna izjava da su psihoterapiju stvorili muškarci da bi njome liječili žene.

Following up on the review of the research in psychotherapy focused on women's mental health covered in the previous issue, recent research in psychotherapy related to men's mental health in the context of psychotherapy is presented here. Numerous studies have revealed that there is a silent crisis in men's mental health. This includes elevated rates of suicide and substance abuse that are even higher in some male sub-groups. Men are also less likely to seek psychotherapy. Given the observed efficacy of psychotherapeutic interventions in treating different kinds of mental health problems, it is imperative to increase help-seeking behaviours and the participation of men in psychotherapy. Struggling to find relevant studies, I realised that this is a fairly neglected research area and wondered how true the claim that psychotherapy is created by men to treat women is.

In *"Meta-analyses of the relationship between conformity to masculine norms*

U članku *Meta-analyses of the relationship between conformity to masculine norms and mental health-related outcomes* Wong i kolege prikazuju metaanalizu 78 istraživanja kojom je obuhvaćeno ukupno 19.453 sudionika, a usredotočena je na povezanost duševnog zdravlja i prihvaćanja jedanaest normi za koje stručnjaci općenito smatraju da odražavaju društvena očekivanja tradicionalne muškosti: želja za pobjedom, potreba za emocionalnom kontrolom, preuzimanje rizika, nasilje, dominacija, promiskuitet, oslanjanje na sebe, važnost posla, moć nad ženama, gnušanje prema homoseksualnosti, težnja k statusu. Posebno su se usmjerili na tri šira tipa ishoda duševnog zdravlja: negativno duševno zdravlje, pozitivno duševno zdravlje i traženje psihološke pomoći. Općenito, osobe koje se snažno drže muških normi imaju slabiju kvalitetu duševnog zdravlja i manje pozitivna stajališta prema traženju psihološke pomoći, iako treba reći da su se rezultati razlikovali za pojedine tipove muških normi. Zaključak te meta analize mogao bi biti da seksizam može biti štetan za duševno zdravlje muškaraca.

Prilagođavanje psiholoških tretmana specifičnim potrebama muškaraca važna je tema s obzirom na činjenicu da mnogi muškarci nevoljko traže profesionalnu pomoć. Cilj preglednog rada *Engaging Men in Psychological Treatment: A Scoping Review* bio je po-

and mental health-related outcomes", Wong and his colleagues conducted a meta-analysis of 78 research samples involving 19.453 participants that focused on the relationship between mental health and conformity to 11 norms generally considered by experts to reflect society's expectations of traditional masculinity: Desire to win; Need for emotional control; Risk-taking; Violence; Dominance; Playboy (sexual promiscuity); Self-reliance; Primacy of work (importance placed on one's job); Power over women; Disdain for homosexuality; Pursuit of status. Specifically, they focused on three broad types of mental health outcomes: negative mental health, positive mental health and psychological help- seeking. In general, individuals who conformed strongly to masculine norms tended to have poorer mental health and less favourable attitudes toward seeking psychological help, although the results differed depending on specific types of masculine norms. The overall conclusion of this meta-analysis could be that sexism may be harmful to men's mental health.

Tailoring psychological treatments to men's specific needs has been a topic of concern given evidence that many men are reticent to seek professional health care. The aim of the review *Engaging Men in Psychological Treatment: A Scoping Review* was to provide a comprehensive summary of recommendations for how to engage men in psychological treatment. The findings indicate that

nuditi sveobuhvatan sažetak preporuka za uključivanje muškaraca u psihoterapiju. Pokazalo se da omogućivanje psihološkog tretmana koji bi odgovarao muškarcima zahtijeva od terapeuta da razmotre utjecaj muških društvenih normi klijenta, ali i svojih društvenih normi, na sudjelovanje i ishode tretmana. Postojeća literatura također ističe specifične mikrovještine (samootkrivanje, normaliziranje), prilagodbu jezika (npr. metafore povezane s muškarcima) i stilove u tretmanu koji najviše angažiraju muškarce (npr. otvoreni stil koji je usmjeren na suradnju i akciju te na ciljeve). Prikazane su i kliničke preporuke za *male-friendly* prilagodbe u pristupima psihoterapiji. Pregled sugerira da su potrebne prilagođene intervencije koje su empirijski potvrđene i službeni programi evaluacije kako bi se unaprijedila utemeljenost metoda na dokazima.

Uzimajući u obzir da su muškarci znatno zastupljeniji među osobama koje počine samoubojstvo te da se na njih odnosi 77 % smrti koje su posljedica samoubojstva u članicama Europske unije, uključivanje mladih muškaraca koji su u povećanom riziku za počinjenje samoubojstva u tretman usmjeren na duševno zdravlje vrlo je važan cilj. Istraživanjem *Exploring the Effectiveness of an Integrated Mixed Martial Arts and Psychotherapy Intervention for Young Men's Mental Health* nastojalo se ustanoviti kakav je utjecaj imao

providing a male-appropriate psychological treatment requires clinicians to consider the impact of masculine socialization on their client and themselves, and how gender norms may impact clinical engagement and outcomes. Existing literature has also emphasized specific process micro-skills (e.g. self-disclosure, normalizing), language adaption (e.g. male-oriented metaphors) and treatment styles most engaging for men (e.g. collaborative, transparent, action-oriented, goal-focused). The review presents clinical recommendations for "male-friendly adjustments" to psychological treatment approaches. The review suggests that more empirically informed tailored interventions are needed, along with formal program evaluations to advance the evidence base.

Considering the fact that males are overrepresented and make up 77% of deaths by suicide in the European Union Member States, engaging young men who are at the risk of suicide in mental health services is an increasingly important goal. The study entitled *"Exploring the Effectiveness of an Integrated Mixed Martial Arts and Psychotherapy Intervention for Young Men's Mental Health"* conducted in Ireland sought to establish the impact of a 10-week program combining mixed martial arts (MMA) and one-on-one psychotherapy on young males' mental health and to determine the factors that predict help-seeking behaviour in at-risk males. Pre-participation and post-participation interviews

desetotjedni program koji je kombinirao mješovite borilačke vještine i psihoterapiju „jedan-na-jedan" na duševno zdravlje mladih muškaraca te odrediti čimbenike koji predviđaju traženje pomoći u onih koji su u većem riziku. Podatci su prikupljeni u intervjuu prije i nakon sudjelovanja. Sedam muškaraca (20 – 35 godina; M = 24,57) obavilo je ulazni intervju i pet ih je obavilo intervju nakon sudjelovanja. Tematska analiza prije sudjelovanja otkrila je da je traženje pomoći u muškaraca koji su u riziku otežano prisutnošću muških rodnih stereotipa, odsutnošću pozitivnih modela i poteškoćama u snalaženju u izazovnim društvenim prilikama. Intervjui nakon sudjelovanja otkrili su da je sport osigurao strukturu i tjelesnu formu za muškarce u riziku za samoubojstvo, a savjetovanje je bilo presudno za osobni rast. Zamijećeno je i poboljšanje odnosa, radnog funkcioniranja i samopouzdanja. Sportski dio programa pridonio je smanjenju stigme povezane s uključivanjem u psihoterapiju, a zapažen je i znatan utjecaj pozitivnih muških odnosa. Rezultati podupiru prethodna istraživanja koja ukazuju na to da kombiniranje sporta i psihoterapije pozitivno utječe na duševno zdravlje mladih muškaraca. Sport osigurava prihvatljiv ulaz za psihoterapiju čime se osigurava prostor i za osobna pitanja.

Još jedan pokušaj da se ustanovi više *male-friendly* psihoterapija prikazan

were employed as the method of data collection. Seven males (20–35 years; M = 24.57) completed pre-participation interviews and five completed follow-up interviews. Thematic analysis of pre-participation revealed that help-seeking behaviour in at-risk males is impeded by the presence of male gender stereotypes, the absence of positive role models, as well as difficulty navigating challenging social landscapes. Post-participation interviews revealed that the sport provided structure and fitness for at-risk males, while the counselling was pivotal for personal growth. Improved relationships, work life and self-esteem were also observed. The sporting element of the program helped to reduce the stigma associated with engaging in psychotherapy, and positive male relationships were noted as particularly impactful. The findings support existing research, indicating that combining sports and psychotherapy positively impacts young males' mental health. Sport provides an acceptable doorway to psychotherapy, providing space to explore personal issues.

Another attempt at establishing a more "male-friendly" psychotherapy approach is presented in *"Cognitive–Behavioural Treatment of Depression in Men: Tailoring Treatment and Directions for Future Research"*. The author states that depression is a significant public health issue and many researchers have suggested that modifications to conventional cognitive–behavioural therapy (CBT) are required to address the infrequent

je u članku *Cognitive–Behavioral Treatment of Depression in Men: Tailoring Treatment and Directions for Future Research*. Autor započinje činjenicom da je depresija velik problem javnog zdravstva te sugestijama stručnjaka o potrebi izmjena konvencionalne kognitivno-bihevioralne terapije (KBT) kako bi se poboljšalo nedovoljno traženje pomoći u muškaraca i nadišao negativni učinak tradicionalne muškosti na sudjelovanje u tretmanu. Taj narativni pregled sažima preporučene promjene u KBT-u u području terapijskog *settinga*, procesa i sadržaja. Ključne teme obuhvaćaju usmjeravanje na bihevioralne metode, štetne kognicije koje imaju podrijetlo u tradicionalnim muškim stereotipima. Bitno je naglasiti da pregledu nedostaje empirijska potpora za mnogo predloženih izmjena te je istaknuto nekoliko područja za buduća istraživanja.

Američko psihološko udruženje (*American Psychological Association (APA*)) objavilo je prve smjernice za liječenje muškaraca i dječaka: *APA Guidelines for Psychological Practice With Boys and Men*, nastojeći prepoznati i ukazati na probleme u psihoterapiji muškaraca i dječaka. Pripremajući ih trinaest godina, objedinili su više od četrdeset godina istraživanja pokazujući da tradicionalna muškost može biti psihološki štetna i da socijalizacija dječaka koja obuhvaća potiskivanje emocija uzrokuje štetu koja se ispoljava i prema unutra i prema van.

help-seeking in men and counter the negative effects of traditional masculinity on therapeutic engagement. This narrative review summarizes recommended alterations to CBT in the areas of therapeutic setting, process and content. Key themes from this literature include a focus on behavioural interventions and harmful cognitions that originate from the traditional male gender stereotype. This literature is marked by limited empirical support for many of the recommended treatment modifications, and several options for future research are outlined.

The American Psychological Association (APA) has released the first-ever guidelines for practice with men and boys: "*APA Guidelines for Psychological Practice with Boys and Men",* striving to recognize and address the problems in delivering psychotherapy to boys and men. Thirteen years in the making, they draw on more than 40 years of research showing that traditional masculinity is psychologically harmful and that socializing boys to suppress their emotions causes damage that echoes both inwardly and outwardly.

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