# CONTENTS

*Foreword* ................................................................. ix

*Acknowledgements* ................................................... xii

*Notes on Contributors* ................................................ xvi

**Introduction: What Is the Point of this Book?**
Brendan Gough and Steve Robertson ........................................... 1

**Part 1  Current Issues and Debates in the Field of Men’s Health and Masculinity** ...................................................... 9

1  Developing a Critical Men’s Health Debate in Academic Scholarship
Maria Lohan ..................................................................................... 11

2  A Grand Illusion: Masculinity, ‘Passing’ and Men’s Health
David Buchbinder ........................................................................... 30

3  Men, Public Health and Health Promotion: Towards a Critically Structural and Embodied Understanding
Steve Robertson and Robert Williams ............................................. 48

4  Bugging the Cone of Silence with Men’s Health Interviews
John L. Oliffe ................................................................................ 67

**Part 2  Popular Conceptions of Men’s Health and Well-Being** ................................................................. 91

5  Men’s Negotiations of a ‘Legitimate’ Self-Help Group Identity
Sarah Seymour-Smith ..................................................................... 93

6  Older Men’s Health: The Role of Marital Status and Masculinities
Kate Davidson and Robert Meadows ............................................. 109
7 Promoting ‘Masculinity’ over Health: A Critical Analysis of Men’s Health Promotion with Particular Reference to an Obesity Reduction ‘Manual’
Brendan Gough 125

8 The Health Experiences of African-Caribbean and White Working-Class Fathers
Robert Williams 143

Part 3 Men, Masculinities and Illness 159

9 Pathologising Fatherhood: The Case of Male Post-Natal Depression in Britain
Ellie Lee 161

10 Prostate Cancer and Masculinities in Australia
Alex Broom 178

11 Understanding Masculinities within the Context of Men, Body Image and Eating Disorders
Murray Drummond 198

12 The Role of Masculinities in White and South Asian Men’s Help-Seeking Behaviour for Cardiac Chest Pain
Paul Galdas 216

Afterword: What Next for Men’s Health Research?
Steve Robertson and Brendan Gough 232

Index 237
INTRODUCTION: WHAT IS THE POINT OF THIS BOOK?

This is a fair question, especially given the ever-increasing media, policy and research attention devoted to men’s health issues over the past twenty years or so. Of course, this attention to men’s health is long overdue, considering enduring sex differences in mortality and the overrepresentation of men in statistics concerning major killers such as heart disease and cancers (see Box 1). While these trends can be partly explained through recourse to social class indicators (e.g. income, postcode, education), and biological factors can also be implicated (e.g. genetic predisposition), the role of gender remains significant. In other words, problems in men’s health can and have been widely attributed to ‘masculinity’. This thesis that masculinity is bad for men’s health can be traced to Harrison’s (1978) influential paper, ‘Warning, the male sex role may be dangerous to your health’, and it is a thesis which remains popular today, with, for example, dedicated media campaigns urging men to look after their health (see Gough, 2006). However, this pathologisation of masculinity masks the complex and sometimes contradictory nature of masculinity – or masculinities – which has been demonstrated in the wider literature on men and masculinity studies (e.g. Connell, 1995; Connell & Messerschmidt, 2005). It is only very recently that some researchers working in the field of men’s health have taken on board this literature to produce more critical analyses of men’s identities and lifestyle practices in relation to health contexts (see Robertson, 2007) – and we have invited a number of those people to contribute to this book. This book, then, is designed to showcase a range of contemporary theoretical and empirical contributions, emanating from a range of disciplinary (and interdisciplinary) settings and geographical locations (the UK, Canada, Australia) which foreground issues
of masculinities in diverse health-relevant arenas. Thus we have chapters from sociologists, social psychologists and media and cultural studies scholars as well as from former health professionals who have subsequently pursued research careers. As such, this book is aimed at a number of constituencies, including social and health scientists researching topics to do with gender, health and inequalities, health professionals involved in designing and enacting health promotion interventions with male client groups, and students and lecturers participating in courses where gender and/or health feature as key themes.

In explicating the various nuances and tensions pertaining to men’s negotiation of health phenomena, qualitative research

### Box 1 Men, mortality and morbidity: some headline figures

- Average life expectancy for men in the UK is approximately four years less that it is for women (Office for National Statistics, 2006).
- There are significant inequalities in life expectancy between men in terms of social class and geographical location (White et al., 2005).
- Men’s deaths exceed women’s across a number of serious diseases; for example, men are twice as likely than women to develop and die from the ten most common cancers affecting both sexes (Men’s Health Forum, 2004).
- Men in the UK are significantly more likely to be overweight and obese than women (Office for National Statistics, 2003).
- Men in the UK are less likely than women to consume the recommended five daily portions of fruit and vegetables, and are more likely to have a higher than recommended salt intake (Office for National Statistics, 2006).
- Men in the UK are more likely than women to drink above recommended amounts, to binge drink, and to take illicit drugs (Office for National Statistics, 2006).
methods have been privileged by our contributors – in common with the wider men and masculinities literature. Of course, survey and experimental studies can be valuable in providing general information (e.g. sex-difference statistics on health service use) but the great strength of qualitative work lies in its capacity to illuminate lay understandings and practices within specified social contexts and therefore to complement and/or challenge quantitative data. Not surprisingly, interview methods are particularly in evidence in this book – as they are across qualitative research in health and social sciences – and yield fascinating, grounded and rich insights into men’s constructions of health issues. Mass media representations of men and health, and health promotion generally, are attracting more research attention, and some authors focus on select media resources to underline points about contemporary masculinities within health contexts (Buchbinder in Chapter 2, Gough in Chapter 7, Lee in Chapter 9). A range of analytic methods, including thematic analysis, grounded theory and discourse analysis are deployed across the chapters, and Oliffe (Chapter 4) explicitly addresses key issues facing qualitative researchers working in the field of men’s health. We think this variety makes for a stimulating and engaging text.

Rather than offer a consistent textbook perspective, then, our book is designed to showcase diverse theoretical and empirical contributions concerning the complex relationship between men, masculinities and health. We do not, for example, offer a once-and-for-all definition of ‘masculinity’. Instead, we recognise that the term ‘hegemonic masculinity’ has been used in a range of ways – an issue which has attracted some criticism of the concept (see Connell & Messerschmidt, 2005). As editors, we were therefore left with two options relating to the use of the term: (1) to agree a definition ourselves in advance and have contributors utilise this definition within their chapters, or (2) to allow contributors to utilise the term as they will. In order to promote academic freedom, and not to stifle critiques that may rely on particular definitions of ‘hegemonic masculinity’, we have adopted the latter option. The term is therefore used and defined in slightly differing ways throughout. For example, it is identified as ‘configurations of practice’ by Lohan (Chapter 1) and Galdas (Chapter 12), as ‘gender ideals’ by Gough (Chapter 7) and implicated as ‘sets of characteristics’ by Lee (Chapter 9).
We have structured the book into three main sections. Part 1 deals with conceptual issues in the arena of men’s health and begins with a perspective from media and cultural studies. In Chapter 1 Maria Lohan helpfully overviews two academic traditions which have variously informed men’s health: critical studies on men and the inequalities in health literature. While both traditions have developed largely in parallel, Lohan makes a persuasive case for blending aspects of both in order to forge a more critical and sophisticated perspective on men’s health issues. Then, in Chapter 2, David Buchbinder sets the scene for the book by drawing on the superhero genre in film to highlight both men’s investment in invulnerability myths and their recognition of a more ‘ordinary’ status, and the extent to which individual men resolve these dual tendencies will, of course, imply health consequences. Our third chapter by Steve Robertson and Robert Williams adopts a more sociological tone through drawing on, for example, Foucauldian concepts (e.g. self-surveillance), notions of ‘moral’ citizenship (e.g. Lupton, Crawford) and embodiment (e.g. Williams, Turner) in order to speak to men’s health. In this chapter accounts from men derived from the authors’ and others’ empirical studies are nicely counterposed with theoretical points in order to highlight some conceptual shortcomings and to argue for a critical, structuralist and embodied understanding of men, masculinity and health. Chapter 4 by John Oliffe then provides a reflexive piece which critically examines methodological (and other) issues in preparing for and conducting men’s health research projects. This inventive personal reflection is neatly interspersed with vivid examples and illustrates some important challenges and opportunities in, for example, negotiating access to male patients and then striving to render the research encounter meaningful for both interviewer and interviewee.

In Part 2 the focus is on mundane accounts of health and well-being emerging from diverse locations – cancer support groups, older men, a health promotion publication and fathers from different ethnic backgrounds. Chapter 5, by Sarah Seymour-Smith, uses data from interviewees talking about their involvement in a testicular cancer self-help group to illustrate how men negotiate the delicate business of seeking (and offering) help. Her discursive analysis shows how gender is made relevant in various ways by her participants, not least in their efforts to construct their participation in self-help groups as ‘legitimate’. The next chapter (6),
by Kate Davidson and Robert Meadows, also focuses on another potentially threatening context for men: being ‘older’. Through sampling a range of older men with respect to age, marital status and living arrangements, they highlight continuities in adherence to masculinised discourses over time while also drawing attention to important differences in self-care and lifestyles between men in different situations, with the role (or absence) of partners and extended families underlined as significant influences on older men’s health. Chapter 7 by Brendan Gough turns to a men’s health promotion text (on reducing obesity in men) in order to examine the construction and function of masculinities therein. His analysis suggests a reliance on stereotypical notions of masculinity (e.g. rational, autonomous actor) which, he argues, undermines the health promotion agenda since it is those very forms of masculinity which are implicated in men’s poor health in the first place. The last chapter (8) in this section is by Robert Williams and focuses on a men’s health project involving interviews with working-class fathers from different ethnic backgrounds. The accounts of these men are indeed varied but issues of material hardship and social prejudice (particularly racism) clearly impinge upon masculine identities and lifestyle practices, while at times other priorities such as pleasurable consumption and caring for children take precedence over health concerns.

Our third and final section comprises contributions which focus on how men are positioned – and position themselves – within illness contexts. While two chapters focus on classic ‘male’ diseases (coronary heart disease, testicular cancer), the other two deal with problems traditionally associated with women (post-natal depression [PND], eating disorders). Chapter 9 by Ellie Lee considers recent media and popular cultural attention directed at fathers and the ‘hidden’ issue of men struggling with undiagnosed PND. The medicalisation of men’s vulnerability in relation to fatherhood is astutely discussed by Lee, with some question marks raised about the merits of such intervention and labelling; certainly, more research into men’s experiences of parenting issues and encounters with health professionals is required here. Chapter 10 by Alex Broom addresses another point of male vulnerability: men diagnosed with prostate cancer. Based on interviews with male patients undergoing a variety of treatments, Broom highlights the central role of masculinities in shaping men’s accounts and practices, most vividly
illustrated by cases where urinary problems were not reported by men for 20 or more years due to lack of awareness and difficulties admitting to problems, and also the shared sense of humiliation reported by the (heterosexual) men concerning transrectal treatment procedures, implicitly linked to homosexual practice. The next chapter (11) by Murray Drummond also deals with embodiment issues, this time concerning men classified as suffering from body-image problems and/or eating disorders within sport and exercise contexts. Based on interviews with a range of men Drummond shows how, for example, sexual orientation and age mediate the accounts men provide when dealing with issues such as muscularity and fat consciousness, while also identifying the centrality of mass media images of the male body – and their reception – on some men’s embodied identities. Our final chapter (12) by Paul Galdas considers interview data with men from South Asian and white British backgrounds who have suffered heart problems – ethnicity being a factor much overlooked to date in studies of men’s health. In comparing accounts from both groups, Galdas is able to pinpoint differences in emphasis and gender-identity concerns, with recognising and divulging experiences of pain, early help-seeking within extended families, and respect for medical authority as normative practices for most South Asian men – themes not prevalent in the accounts of white British interviewees.

In sum, we feel we have put together a diverse and important collection which challenges some commonly held presumptions concerning masculinities and men’s health practices and which makes a strong contribution to the field. While each chapter can be picked up as a stand-alone piece, it is clear that all authors are united by a commitment to critical work which draws upon men’s accounts while paying attention to the local and wider social, material and cultural contexts in which men live and move.

**References**


INDEX

Note: page numbers in italics denote tables or figures

action-oriented approach 94, 105–6
active listening 80
Adamsen, L. 94, 105–6
Adler, P. 71
Adler, P.A. 71
adolescent males 212
Adonis complex 126
adventure heroes 42
see also superheroes
advertising 139, 204, 210–11
aetiology of disease 50
African men’s health 24
African-Caribbean fathers 143–5, 155
Afro-Canadian men 226–7
Age Concern 115
age factors
  gender differences 109–10
  health behaviours 5, 232
  hegemonic masculinity 110
  interview methodology 79
  physical performance 207–8
  role changes 31
  self-identity 110
see also older men
Alabaster, M. 172
alcohol use 2
  consumption limits 52
  excesses 33–4, 125
  fathers 152, 153
  older men 113
  stress 148
  well-being 56
  alcoholism 126
  alexithymia 86n1
American Psychiatric Association 162
Annandale, E. 235
anorexia 164, 198, 200, 204
Anti-Cancer Council of Victoria 72
anxieties 37, 170
Arber, S. 111, 112
archetypes 48
Armstrong, D. 51, 59
army lifestyle 57
asthma patient 117–18
athletes 202, 207
Austin, J.L. 34
Australia
  breast cancer studies 178–9, 180, 181
  health education 185, 186
  masculinity 178, 179, 184
  prostate cancer studies 178–96
Australian Institute of Health and Welfare 180
authority 13
see also power
autonomy 52–3, 94, 149
Ballard, C. 168
Barclay, L. 166–8, 169, 170–1
barebacking 53, 127
Barker, D.J.P. 22–3
BBC News Online 164, 165
being/doing masculinity 181, 201–2
see also doing masculine acts
Bentham, J. 38
Bernardes, J. 109
Billig, M. 96, 103
biological determinism 161–2
biological factors 1
biomedical model
body 58
health 49–50
identity 182–3, 188–92
masculinity 233
men’s health talk 74–5
reductionist 59
Blaxter, M. 19, 148
blogs 85
body
aesthetics 201–2, 209
critical realist framework 59–60
detachment from 127, 138
fitness 152
fragmentation 60, 62, 151
gaze 59, 204
identity 198–9
as machine 50, 130, 132–6
materiality 58–9
medicalisation 61, 184
size 211–12
see also male body
body hair; removal of 209
Body Mass Index 52, 127, 138, 139–40n1
bodybuilders 202–3
body-consciousness 139
body-image
adolescent males 212
eating disorders 6, 198, 199, 200, 204, 213
masculinity 201, 206–8, 212
superheroes 37
Bordo, S. 211
Bourdieu, P. 17–18, 54
Bracey, R. 170, 171
breadwinner role 121, 166–7, 228
breast cancer 178–9, 180, 181
breast cancer self-help group 95
British Heart Foundation 218
British Medical Association 172
Broom, A. 5, 79, 178–9
Brown, S. 70–1
Buchbinder, D. 3, 4
Bui, L.L. 93
bulimia nervosa 198, 200, 204
Burgess, R. 145
Burghes, L. 166–7, 169
Burroughs, A. 45n11
Butera, K.J. 71, 74
Butler, J. 34–5, 38
Cameron, D. 80
Cameron, E. 109
Canada 76, 77–8, 226–7
cancer 1, 2, 93, 125, 131
see also specific types
cancer support groups 93, 105–6
capitalism 55, 57–8, 63
car metaphor 127–8
see also mechanistic approach
caring/paid work 150–1
Cash, K. 125
Chapple, A. 180–1, 216
chest pain
 coronary heart disease 219–22
disclosure to others 222–3
treatment options 232
child rearing 163, 166–7
see also fatherhood; motherhood
Choosing Health (DoH) 143
citizenship 4, 55–8, 113–14
climatic differences 146–7
clinical environment 182–3, 196
coercion by partners 116–17, 120
Collinson, D.L. 228
commodification 204
competition 33, 37
compliance
resistance 56, 57–8, 62–3
routine 117–18
Condo, J. 161
condom use/non-use 53, 127
cone of silence 67–8, 86
bugging 68–9, 85
confidentiality 68, 75–6
Connell, R.W.
  Australian masculinity 178
  breadwinner role 228
  doing masculinity 181
  ethnicity 156
  global masculinity 228–9, 235
  hegemonic masculinity 3, 12–13, 125, 144, 218
  illness-inducing behaviour 171
  Ironman 203
  masculinity 1, 145, 155
  men’s narratives 85–6
  prostate cancer 179
  protest masculinity 21
  social embodiment 20, 95
Conner, M. 106, 126
Conrad, P. 164
consumption 55, 139, 152–3, 155–6
conversation/interview 80–1
coping mechanisms 21, 106, 153
coronary heart disease
chest pain 219–22
help-seeking delays 216–17
premature death from 216–18
South Asian men 217–29
symptom onset 217
white men 217–28
Courtenay, W.H. 15, 18, 109, 125, 138, 154, 226
Crawford, R. 55–6, 57, 58, 59, 63, 152
critical health psychology 126
critical obesity studies 127
critical period model 22
critical realist framework 59–60
critical studies on men (CSM)
cultural/behavioural explanations 19–20
and feminism 12
hegemonic masculinity 14
inequalities in health 11, 15–24
materialist/structuralist explanations 17–18
and men’s studies 12
psychosocial explanation 21–2
relational context of power 15
Crossley, M.L. 53
crying 100, 101, 102
cultural factors
  health behaviours 18–20, 225–9
  hegemonic masculinity 218
  masculinity 139, 181, 192
  cumulative effects model 23–4
Cunningham-Burly, S. 150–1
Curham, S. 172
Daniel, K. 172
Danish support groups 94
Davidson, K. 5, 111, 112
Davies, B. 96
Davies, C. 70
Davis, K. 64n2
De Laine, M. 80
decision-making 195–6, 222
denial 172, 183, 217
Denner, B.J. 71
Denzin, N. 67
Department of Health 122, 143, 156, 172
Department of Trade and Industry 156–7
depression 32, 216
Diamond, E. 39
dietary factors 2, 125, 132
dietary requirements 52
dieting 203
digital rectal examination 189, 190–2
disclosure-prevention 153–4
discursive practices 129
discursive psychology 96
disease, aetiology of 50
divorce 111
doing gender 57, 109
doing health 109
doing masculine acts 181, 195, 201–2, 206, 212–13
domino pathologies 118–20
don’t care/should care dichotomy 55, 112–14, 119, 120, 152–3, 232
Drakeford, M. 167
Drewnowski, A. 203
drug abuse 2
Drummond, M. 6, 78, 198–9, 201, 211, 212

Eakin, J. 56
early life pathway model 23
eating disorders
  body-image 6, 198, 199, 200, 204, 213
  fat as repellent 208–9
  feminisation 198
  gender 5, 204
Edinburgh Postnatal Depression Scale 173
Edley, N. 95
Edwards, D. 95, 96
Edwards, G. 57
embarrassment 189–92
embodiment 4, 6, 63
social 20, 95
emotion
decision-making 195–6
fatherhood 166, 168, 169
feminised 136
pathologisation 170–3
support 216
weight-loss 135, 136–7
employment factors 33
  see also paid work
Emslie, C. 216, 217, 218
endurance sports 201
environmental factors 23
epidemiology 18, 50
Equality Bill 156
essentialism 48, 161–2, 218
ethical approval 96, 206
ethnicity
  appropriate behaviour 226
  Connell 156
gatekeepers 73–4
health 6
hegemonic masculinity 226
help-seeking 218
masculinity 13, 218
prostate cancer support
group 73–4
researcher/participant 78–9
Evans, J. 226, 227
Everybody Loves Raymond 45n11
exercise 52, 203–4, 209
  see also physical activity
Ezzy, D. 182
Faircloth, C.A. 61, 163, 164, 171
Faludi, S. 44n2
family health 143
fat 127, 128, 130, 131–3, 208–9
  see also obesity
fatherhood
  changes 166–9
  emotion 166, 168, 169
  health behaviours 114, 146–55
  illness framework 165–6, 168–9
  mass media 5
  medicalisation 162–3, 173–4
  men’s health 111, 165–6, 168–9
  obligations 146
  pathologisation 169
  psychologisation 168–9
fathers
  absent 167
  alcohol 152, 153
  child rearing 166–7
  health behaviours 151–3
  health beliefs 145–51, 153–5
  health policies 143
  involvement with children 149–50, 167–8
  junk food 152, 153
  leisure pursuits 151–3
  life course 144–5
negative health experiences 150
gatekeepers 71–2
new 167
ethnicity 73–4
paid work 148–51
gender 73–4, 143
as peripheral 143
interview methodology 70–1,
Post-Natal Depression 165, 174
73–4, 234
gay and queer studies 12, 32
gay men 45n10, 127, 210–12
see also homoeroticism
gaze
authoritative 110
body 59, 204
male 211, 213
medical 61
gender
as active process 14
ageing 109–10
constativty 35
coping behaviours 106
eating disorders 5, 204
gatekeepers 73–4, 234
health 1, 54
help-seeking 226
hierarchies 61, 125
identity 13–14, 54, 188, 194
inequalities in health 200, 235
life expectancy 2, 11, 17, 58,
109, 125, 200
lifestyle choices 143
medicalisation 163–4
performativity 34–5, 38,
45n10, 84, 196
researcher/participant 79
self-help groups 93, 94, 95,
98–9, 106–7
social construction of 12, 13
stereotypes 79
gender politics 33
gender relations 12, 14–15,
17–18, 156
General Household Surveys 111
geographical factors 2
Get Smart 67–8, 86
Gibson, M. 71
Gill, R. 128, 132, 138
Gough, B.
archetypes 48
health aversive behaviour 74, 93
health promotions 1, 5, 106
masculinity/health 1, 3, 218
older men 110
peer pressure 57
reflexivity 70
screening 61
Graham, H. 22, 23
La Grande Illusion 43
Gray, R. 94
Greig, B. 44n3
Grogan, S. 126
grounded theory 218–19
Gutmann, D. 121
Harré, R. 96
Harrison, J. 1
Hawaiian Ironman
Triathlon 201, 202
Haynes (UK) car manuals 128–9
health
biomedical model 49–50
enactment 53
ethnicity 6
as feminine 125
Foucault 51
as functional capacity 145–6
gender 1, 54
masculinity 1, 3, 11, 218
as norm 51–2
official guidelines 52
poverty reduction 62
as resource 146
as social practice 15, 58
subjective interpretations 67
see also inequalities in health
health awareness 112–14, 120
health behaviours
ageing 5, 232
cultural beliefs 19, 225–9
determinants 234
ethnicity 226
fatherhood 114, 146–55
fluidity 232–3
hegemonic masculinity
24, 130
individual 49, 126–7
lack of discussion 217
lifestyle choices 31
mortality 24
negative 22
responsibility 56–7
sexual 24, 53, 127
social context 126–7, 235
health checks 184
health education 106, 183, 185, 186
health policies 143
health professionals 115–16, 199, 234–5
health promotion 25, 49
discursive style 137
feminised 109
gender inclusive 171–2
gender specific 106–7
lifestyle choices 126
masculine metaphors 130
mass media 3
men’s health 1, 5, 143–4
non-compliance 56
resistance 53
stereotypes 138
health trade-offs 112–13
Hearn, J. 12, 13, 15, 228
heart disease 1, 5, 6, 125
see also coronary heart disease
Heck, G.L. 94
hegemonic masculinity
age factors 110
breadwinner role 228
citizenship ideals 113–14
Connell 3, 12–13, 125, 144, 218
counter-productive 74
crisis in men’s health 125
CSM 14
cultural factors 218
defined 171
ethnicity 226
health behaviours 24, 74, 93, 130
health education 106
help-seeking practices 216–17
HGV Man Manual 132
lifestyle choices 93, 137–8
men’s health 19–20, 24, 181, 226
prostate cancer 216
rejection of feminised practice 54
self-help groups 93
social practices 55, 57
South Asian men 227–8
vulnerability denied 154
hegemony of men 13, 17–18
Heikes, E.J. 79
help-seeking
delayed 216–17
denial 172, 183, 217
ethnicity 218
gender 226
grounded theory 218–19
hegemonic masculinity 216–17
Muslim men 223–4
prostate cancer 183
reluctance 58, 126, 179
solitary experience 154
South Asian men 222–4
white men 222–3
Herald Sun 31
Herzlich, C. 146
heterosexuality 45n10, 191, 195, 211–12
HGV Man Manual
analysis of text 129–37
hegemonic masculinity 132
mechanistic approach 132–6
obesity 126, 128–9
rational choice 137
Hill, R. 168
homoeroticism 36–7, 191
homophobia 191
Huberman, A. 145
Hughner, R.S. 50–1
Hunt, K. 235
identity
biomedical intervention 182–3, 188–92
body 198–9
disrupted 178–9
gender 13–14, 54, 188, 194
lifestyle choices 1
negotiation of 96, 110
self 12, 110, 181
self-help groups 93, 95, 101–2, 105–7
strength 207–8
visibility, logic of 39
identity markers 79–80
illness 171, 196
impotency risk 192
income factors 21
incontinence risk 192
independence 52, 53
Indiana Jones films 42, 45n12
individual responsibility 49, 126–7
inequalities in health
capitalism 57–8
CSM 11, 15–24
cultural/behavioural 18–20
gender 200, 235
life-course approach 22–4
materialist/structuralist 16–18
psychosocial 20–2
infertility, male 127
informed consent 75
insecurities 33, 202–3
see also anxieties
interactional data analysis 96, 103–5
interventionist approach 50, 126, 163
see also biomedical model
interview methodology 3, 67
active listening 80
age/social class factors 79
anonymity 85
bugging the cone of silence 68–9
confidentiality 68, 75–6
ethical approval 96
gatekeepers 70–1, 73–4, 234
informed consent 75
life-historical perspective 205–6
location 75–6, 78–9, 205–6
mixed-sex interviews 79
participant recruitment 70–1, 73–4
prostate cancer study 182
qualitative research 67, 68–9
questioning 80, 81–2
self-health 74–6
tape-recordings 95–6
third-party endorsement 71
transcription 206
writing yourself in 69–70
see also participants
interview-based research 73
interviewee-guided investigation 80, 86
interviewer 73, 76, 86, 96, 97–8
Ironman Triathlon 201, 202
irony 42–3
Italo-Australian men 78

Jackson, M. 170
Jahoda, M. 148
Jefferson, G. 96, 132
Johnson, M. 217
Jungian theory 12
junk food 152, 153

Karlsen, S. 148
Kawachi, I. 20–1, 22
Kegan Gardiner, J. 12
Kimmel, M. 12, 171
Klein, A. 202–3
Kleine, S.S. 50–1
Klemm, P. 94
Korfage, I. 180
Kroeger, B. 38
Kunkel, E. 192–3
Kvale, S. 80–1

Labre, M.P. 132, 139
Lacan, Jacques 39
latency model 22
Laws, T.A. 78
Lee, C. 171
Lee, D. 76, 166
Lee, E. 3, 5, 164, 173
leisure pursuits 151–3
life-course approach 21, 22–4, 111, 144–5
life expectancy
gender 2, 11, 17, 58, 109, 125, 200
life-course differences 111
socio-economic factors 17
life-chances 62
life-historical perspective 205–6
lifestyle choices
autonomy 52–3
gender 143
health behaviours 31
health promotion 126
hegemonic masculinity 93, 137–8
identity 1
life-chances 62
physical activity 199
resistance 52–3
risk factors 51–2, 55
Lister, S. 122
lived experiences
embodiment 63
negative 150
older men 112
prostate cancer 179, 180
Lloyd, N. 143
 Loaded 130
logic of practice 54, 121
Lohan, M. 3, 4
lung cancer 180
Lupton, D. 55, 166–8, 169, 170–1
Lu-Yao, G. 180
Lynch, J.W. 16, 21

McCracken, G. 67
McCready, D.R. 201
Macdonald, J. 233
macho behaviours 22, 35, 57, 172, 183, 186
Macintyre, S. 18
McLean, T. 31
male body
advertising 210–11
car metaphor 127–8
commodification 204
gaze 204
ignorance about 185, 186
as machine 50, 130, 132–6
male gaze 211, 213
mass media 204, 210–11, 212–13
objectification 204
social obligations 144
see also male physique
male bonding 12
male physique 139, 198–9, 213
Manderson, L. 76, 79
marginalisation 147, 155, 227
marriage 111
masculine domination 17–18, 39
see also hegemonic masculinity
masculinity
changes 139
conceptualised 233
Connell 1, 145, 155
in crisis 12, 32, 44n3167
as cultural practice 139, 181, 192
as dynamic force 234
ethnicity 13, 218
and femininity 212
health 1, 3, 11, 218
heterosexuality 45n10, 191, 195, 211–12
hierarchies 22, 43–4, 201
independence 52, 53
men’s health 144, 183, 187
modes of 129
as norm 35
prostate cancer 179–82
social construction 122–3, 200
as social practice 234
as status 33
masculinity, types
Australian 178, 179, 184
complicit 13
essentialist 48, 218
global 228–9, 235
marginalised 13, 144
multiple 181, 218, 228
patriarchal 37
personal/social 95
problematic 45n8
protest 21
South Asian 227
subordinated 13, 144
traditional 130
see also hegemonic masculinity
mass media
fatherhood 5
health promotion 3
male body 204, 210–11, 212–13
male physique 213
men’s health 3, 30, 139, 188
obesity 126
Post-Natal Depression 165
materialist/structuralist explanations 5, 16–18, 58–9
Matthey, S. 165
Meadows, R. 5, 112
mechanistic approach 50, 130, 132–6
medical professionals: see health professionals
medicalisation
  body 61, 184
  fatherhood 162–3, 173–4
  gender 163–4
  theories of 163
melanoma 180
menopause, male 164
men’s health
  in crisis 125
  cultural studies 30
  damaged 110
  fatherhood 111, 165–6, 168–9
  health promotion 5, 143–4
  hegemonic masculinity 19–20, 24, 181, 226
marriage 111
masculinity 144, 183, 187
mass media 3, 30, 139, 188
non-discussion of 185
power relations 109
researcher-status 70
social construction 109–10
stereotypes 48, 233
talking about 74–5, 80, 81, 85–6
vulnerability 48
workplace 31
Men’s Health 130, 138
Men’s Health Forum 2
men’s health manuals 127, 128–9
  see also HGV Man Manual
Men’s Health Week 48
men’s magazines 130, 213
men’s studies 12
  see also critical studies on men (CSM)
Messerschmidt, S.W. 1, 3, 13, 228
Messner, M. 202–3
Miles, M. 145
Mills, C.W. 145
mind–body dualism 50, 134
Minichiello, V. 182
misery/health 20–1
Monaghan, L. 127
morbidity 2, 118
Morgan, D. 12
Morgan, M. 109
mortality 1, 2, 24
  see also life expectancy
motherhood 162, 163, 169
Mummy films 42
Murdoch, R. 31
muscularity 201, 206–8, 212
Muslim men 223–4
myocardial infarction 75, 220, 224
  see also coronary heart disease
nag and drag syndrome 120
Napoleon Dynamite 45n8
National Health Service 157
Nauru example 131
Nazroo, J. 148
neo-materialist argument 16
Nettleton, S. 50
New South Wales Department of Health 32
News Corporation 31
newspapers: see mass media
Noone, J.H. 116, 117, 120, 121
Norman, P. 126
NSW Health 31
Oakley, A. 80, 162
obesity
  advantages/risks of 131
  critical studies 127
  gender 2
  HGV Man Manual 5, 126, 128–9, 131–3, 138
  panic 208–9
  as personal weakness 132
  social changes 131–2
objectification 147, 204
obligations 144, 146, 150
  see also responsibility
O’Brien, M. 143
O’Brien, R. 54, 56–7, 154, 155
Office for National Statistics  2
older men
  alcohol  113
  don’t care/should care  120, 232
  health awareness  120
  invisibility  110
  life-course approach  111
  lived experiences  112
  role changes  121, 122
  screening programmes  122
  smoking  113
Oliffe, J.  3, 4, 24, 74, 76, 178, 181, 189, 218
othering  72
overweight men  126, 131–3, 138, 148
see also  obesity
Owens, R.G.  171
paid work  148–51
pain perception  225
pain thresholds  220, 221
panopticon  38, 39
Parkinson’s Disease  110
participants
  positioning of  96
  recruitment  70–1, 73–4
  researchers  78
  resisting positioning  97–8, 102–3
  self-help groups  104–5
partner’s coercion strategies  70–1, 116–17, 120
passing  38, 39, 40, 41, 45n10
pathologisation  1, 169, 170–3
pathway model  23
patriarchy  33, 37
Patton, M.  205
peer group pressures  57, 73
performativity  34–5, 38, 45n10, 84, 196
Peterkin, T.  161
photo interviewing  82–4
physical activity  151–2, 199, 200–4
Pini, B.  73, 74
Pomerantz, A.M.  97–8
Pope, H.  126, 204, 213
positive discrimination  33
Post-Natal Depression  161–3
  advice book  172
Ballard on  168
  biological determinism  161–2
  essentialism  161–2
  fathers  165, 174
  Fathers Matter  172
  mass media  5, 165
  non-biological model  162
  Vulnerability Index  173
post-traumatic stress disorder  170
potency, sexual  192–4
Potter, D.  164
Potter, J.  95, 96
power  12, 14–15, 17–18, 144
see also  authority
power of being  202–3
power relations  15, 76, 77–8, 109
pride, loss of  190–1
primary health care  115, 116, 223–5
Prochaska, J.  134
prostate biopsy  189–90, 196n1
prostate cancer
  Afro-Canadian men  226–7
  Australian studies  5–6, 178–96
  Connell  179
  education about  184, 185
  hegemonic masculinity  216
  help-seeking  183
  identity disruption  178–9
  interview-based research  73
  Italo-Australian men  78
  lived experience of  179, 180
  masculinity  179–82
  potency, sexual  192–4
  screening programmes  74
  statistics  180
  treatment options  180, 186, 189–92, 195–6, 232
urinary problems  6, 184, 185
Prostate Cancer Foundation of Australia 179
prostate cancer support group 71–2, 73–4
prostatectomy, radical 180, 192
psychosocial explanation 20–2
public health 62
qualitative research 2–3, 68–70, 85, 127
questioning techniques 80, 81–2
racism 5, 146–51, 155
rational actor 18, 126, 136–7, 138
Rawles, S. 161
reductionist approach 50
reflexivity 4, 42–3, 69–70
Reinharz, S. 67, 69–70, 80
relationship breakdown 31
Renoir, J. 43
researchers 69–70, 78–9
see also interviewers
resistance and compliance 56, 57–8, 62–3
health promotion 53
lifestyle choices 52–3
partner’s coercion strategies 70–1
smoking 54
responsibility 49, 126–7
retrospective life-course design 24
Rice, P. 182
Richards, H. 126
Richardson, N. 52, 55, 60
Riessman, C.K. 163, 164
Riley, R. 31
risk factors 18, 48, 51–2, 55
risk-taking 33–4, 58, 125
rivalry 33
Rivière, Joan 45n10
Roberts, Y. 48
Robertson, S.
army life 57
citizenship 113–14
embodiment 60
fatness 152
Foucauldian concepts 4, 55–6
lifestyle 1
logic of practice 121
masculine identity 14
masculinity 218
men’s health/masculinity 144, 156
older men 120, 121, 122
screening 61
smoking 52, 53–4, 56
social construction 109–10
Robinson, A. 39
Rosenfeld, D. 61, 163, 164, 171
Rosten, L. 37
Royal College of Nursing 172
Royal College of Psychiatrists 170, 171
runners, competitive 203
Sabo, D. 109
Sacks, H. 104
Saltonstall, R. 109
Sasse, D.K. 201
Sayer, A. 59
schlemiel cinematic treatment of 45n8
Rosten 37
and schlimazl 44–5n7
superheroes 41–2, 43–4, 232
schlimazl 44–5n7
Schlossberg, L. 39, 40–1, 42
Schwalbe, M. 73
Scott-Samuel, A. 127, 138
Scourfield, J. 167
screening programmes 61–2, 74, 114–15, 122
Seale, C. 79
Searle, J. 34
sedentary lifestyles 131–2
self-care 113, 120
self-control 114–15
self-disclosure 80, 135
self-esteem 21–2
self-harming 164
self-health 74–6
self-help groups
barriers to participation 93
femininity 102
gender 93, 94, 95, 98–9, 106–7
hegemonic masculinity 93
identity 95, 101–2, 105–7
name change 106
participants 104–5
stereotypes 100–2
and support groups 94
testicular cancer 4
self-identity 12, 42, 110, 181
self-reliance 94
self-surveillance 4, 54–5, 60
sexual health behaviours 24, 53, 127
sexuality 186–7
see also heterosexuality;
Smoking through the Eyes of Fathers’ 82–4
Smoking through the Eyes of Fathers’
sniffing
six-pack tyranny 132, 138
social class 1, 2, 13, 79, 148
social construction 12, 13, 109–10, 122–3, 200
social control 60
social phobia 170
social practices 15, 55, 57, 58, 63n1, 234
socialisation 12
socio-economic factors 17, 22, 144
Solimeo, S. 110
solitary experiences 154–5
South Asian men
Canada 76, 77–8
chest pain 221–3
coronary heart disease 6, 217–29, 218–29
hegemonic masculinity 227–8
help-seeking 222–3
male values 221–2
marginalisation 227
primary health care use 223–4
UK education/values 224–5, 228
South Essex Partnership NHS
Trust 172
speech acts 34
Spider-Man 3 36
sports example 125, 199, 200–4
Stages of Change Model 134
Stanistreet, D. 24
Stephens, C. 116, 117, 120, 121
Stiller, B. 45n8
strength 206, 207–8
stress 147–8, 149, 153, 168
stress-response 40
suicide rates 32
Summerfield, D. 170
Seymour-Smith, S. 4, 48, 138
sickle cell anaemia 146
Sin, C.H. 78
six-pack tyranny 132, 138
Skype™ 85
sleep requirements 52
Smith, J.A. 85
Smokin’ 82–4
Smokin’
Smoking
fathers 82–4, 152, 153
older men 113
quitting of 121
relief/resistance 52, 53–4, 56
Smoking through the Eyes of Fathers’
speaking
social class 1, 2, 13, 79, 148
social construction 12, 13, 109–10, 122–3, 200
social control 60
social phobia 170
social practices 15, 55, 57, 58, 63n1, 234
socialisation 12
socio-economic factors 17, 22, 144
Solimeo, S. 110
solitary experiences 154–5
South Asian men
Canada 76, 77–8
chest pain 221–3
coronary heart disease 6, 217–29, 218–29
hegemonic masculinity 227–8
help-seeking 222–3
male values 221–2
marginalisation 227
primary health care use 223–4
UK education/values 224–5, 228
South Essex Partnership NHS
Trust 172
speech acts 34
Spider-Man 3 36
sports example 125, 199, 200–4
Stages of Change Model 134
Stanistreet, D. 24
Stephens, C. 116, 117, 120, 121
stereotypes
cultural 183
gender 79
health promotion 138
men’s health 48, 233
men’s health manuals 127
racism 147
self-help groups 100–2
steroids 37
Stiller, B. 45n8
strength 206, 207–8
stress 147–8, 149, 153, 168
stress-response 40
suicide rates 32
Summerfield, D. 170
Seymour-Smith, S. 4, 48, 138
sickle cell anaemia 146
Sin, C.H. 78
six-pack tyranny 132, 138
Skype™ 85
sleep requirements 52
Smith, J.A. 85
Smokin’ 82–4
Smoking
fathers 82–4, 152, 153
older men 113
quitting of 121
relief/resistance 52, 53–4, 56
‘Smoking through the Eyes of Fathers’
speaking
social class 1, 2, 13, 79, 148
social construction 12, 13, 109–10, 122–3, 200
social control 60
social phobia 170
social practices 15, 55, 57, 58, 63n1, 234
socialisation 12
socio-economic factors 17, 22, 144
Solimeo, S. 110
solitary experiences 154–5
South Asian men
Canada 76, 77–8
chest pain 221–3
coronary heart disease 6, 217–29, 218–29
hegemonic masculinity 227–8
help-seeking 222–3
male values 221–2
marginalisation 227
primary health care use 223–4
UK education/values 224–5, 228
South Essex Partnership NHS
Trust 172
speech acts 34
Spider-Man 3 36
sports example 125, 199, 200–4
Stages of Change Model 134
Stanistreet, D. 24
Stephens, C. 116, 117, 120, 121
stereotypes
cultural 183
gender 79
health promotion 138
men’s health 48, 233
men’s health manuals 127
racism 147
self-help groups 100–2
steroids 37
Stiller, B. 45n8
strength 206, 207–8
stress 147–8, 149, 153, 168
stress-response 40
suicide rates 32
Summerfield, D. 170
Superbad 45n8
superheroes 30
alter egos 35, 38
body-image 37
genitals 36
homoeroticism 36–7
schlemiel 41–2, 43–4, 232
support groups 94
Sure Start 143
surgery 181
surveillance 60, 71
see also self-surveillance
surveillance medicine 51, 61
survey questionnaires 80–1
symptom denial 119, 200, 225–6
tape-recordings 95–6
testicular cancer 4, 5, 139
testicular cancer self-help group 95, 100–1
thalassaemia 146
Thomas, M. 111
Thompson, E.H. 110
The Times 48
Trachtenberg, F. 115–16
transgression 56, 57, 152–3, 155–6
transrectal treatment 6, 182–3, 186–7, 191, 195
transrectal ultrasound 189, 190
triathletes 202
truckers example 132
Turner, B.S. 60

UK Men’s Health Forum 165
Ullman, S. 39
unemployment 31, 32, 126
urinary problems 6, 184, 185

Vascular Disease Risk Factor Assessment and Management Programme 122
Verkaik, R. 165, 168, 172

Victor, C. 111
Vingerhoots, A.J.M. 94
visibility, logic of 39
vulnerability
clinical environment 182–3
denial of 153, 154
disclosure-prevention 153, 171
fat people 128
interventions 126
men’s health 48
Vulnerability Index 173

Warin, J. 151
Warr, P.B. 148
Watson, J. 52, 110, 144, 146, 151, 156
weight problems 2, 134
weight-loss 135, 136–7
exercise 203–4, 209
see also obesity
well-man checks 61–2, 114–15
West Ham United Football Club 172
Wetherell, M. 95, 96, 129–30
White, A. 117, 125
White, A.K. 217
White, R. 125
white men
chest pain/CHD 219–21
coronary heart disease 218–29
disclosure of chest pain 222–3
help-seeking 222–3
primary health care use 224–5
Whitehead, S.M. 12, 110
widowed status 111, 118–19
Wilkinson, R.G. 20–1
Williams, C.L. 79
Williams, G. 18
Williams, R. 4, 5, 54, 55–6, 61
Williams, R.A. 144, 149–50
Williams, S.J. 59, 60, 110
Williamson, P. 14
Winchester, H.P.M. 79
<table>
<thead>
<tr>
<th>Name</th>
<th>Page(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wisse, R.R.</td>
<td>42</td>
</tr>
<tr>
<td>Wolkomir, M.</td>
<td>73</td>
</tr>
<tr>
<td>Woofitt, R.</td>
<td>104</td>
</tr>
<tr>
<td>workplace</td>
<td>31, 76, 149</td>
</tr>
<tr>
<td>workplace sexual harassment study</td>
<td>76</td>
</tr>
<tr>
<td>Wright, J.</td>
<td>199, 208</td>
</tr>
<tr>
<td>Yates, A.</td>
<td>203</td>
</tr>
<tr>
<td>Yong, V.</td>
<td>73</td>
</tr>
<tr>
<td>Zborowski, M.</td>
<td>225</td>
</tr>
<tr>
<td>Ziebland, S.</td>
<td>180–1, 216</td>
</tr>
</tbody>
</table>

women: see breast cancer; femininity; feminism; gender; motherhood; Post Natal Depression

women in workforce 32–3, 166–7

women’s health 23, 150–1, 163–4, 184

women’s movement 12