

# MalePsychology

## Top Posts

compiled by /u/dream-hunter

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## **Top most upvoted posts made in the subreddit /r/MalePsychology in a single PDF file**

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Enjoy, and if you are a fan of red pill, don't forget to check my website [TheRedArchive.com](http://TheRedArchive.com) for an archive of content related to The Red Pill community including many subreddits and blogs.

Best Regards,

[/u/dream-hunter](#)

May 12, 2023

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## Anti-male gender bias deters men from healthcare, early education, and domestic career fields, study suggests

48 upvotes | May 2, 2023 | by [Oncefa2](#) | [Link](#) | [Reddit Link](#)

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<https://www.psypost.org/2023/05/anti-male-gender-bias-deters-men-from-healthcare-early-education-or-domestic-career-fields-study-suggests-80191>

## Why men are less likely report their abuse

34 upvotes | April 23, 2023 | by [Impressive\\_Male](#) | [Link](#) | [Reddit Link](#)

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Whenever, I have decided to talk about men's issues or their abuse I instantly get silenced by the data that look women are having worse. While it's the most selfish way of acknowledging any social issues but still it get accepted as it's pro-women. The reason why the studies around men are conducted less and if conducted they either get done through negative way because they are mostly done in female POV is because we don't have much data for men. The data is normally gather from different law and order organisations and as men report their abuse very less likely so we don't have much data for men.

So, why do men report their abuse less likely?



# All-Party Parliamentary Group on Issues Affecting Men and Boys: Tackling Male Suicide

27 upvotes | March 24, 2023 | by [Oncefa2](#) | [Link](#) | [Reddit Link](#)

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The APPG has released three reports on the status of boys and men and are hitting on most of the points that you would expect out of this type of effort.

They consulted with various experts on the topic of male suicide, including several academic psychologists, as well as people working on the front lines for this issue.

It's a relatively short report so if you want to read it yourself, you can download it here:

<https://equi-law.uk/wp-content/uploads/2022/09/APPG-MB-Male-Suicide-Report-9-22.pdf>

Here are some key points.

## **Suicide is the leading cause of death for men under 50**

While suicide rates for women have been in decline for decades, suicide rates for men continue to increase, and this should be seen as a national emergency. 75% of all suicide deaths are men.

## **Male suicide is primarily driven by external factors, not by internal mental health issues**

Male suicide is being driven by larger issues in society that need to be dealt with on their own. It is not simply an issue of "depression" or other "internalized" problems that can be dealt with in therapy.

Some of these problems are,

- Institutional issues related to the family court system. Including parental alienation, child support, and administrative violence.
- Domestic violence and a lack of support and resources for male victims
- Financial and employment issues, which are often concentrated geographically and by employment industry. Relationship breakdown is also a contributing factor because men are expected to financially support two households instead of just one.
- Homelessness
- Loneliness and isolation
- Ethnicity, and in particular our reluctance to believe ethnic men, especially when it comes to domestic violence and sexual assault
- A lack of empathy in society for men and male issues
- A lack of academic and professional interest that focuses on men in any kind of positive or helpful manner, including at a government level

There are also factors that align a little closer with the mental healthcare industry:

- Adverse childhood experiences
- A loss of meaning and purpose
- Schizophrenia and depression
- Addiction

- Major life transitions, especially related to employment, the military, and relationship breakdown
- A lack of signposting for mental healthcare services for men

One thing that got pointed out several times is that many of these drivers are not related to mental health. What that means is we cannot solve the male suicide epidemic by focusing on mental health solutions for these problems. We instead need to be looking at society at large, and tackling these issues more broadly.

### **Suicide is one symptom of a larger problem**

Not all men affected by these problems commit suicide. Many resort to diseases of despair, such as addiction, and fall into poor physical health.

### **We need to get away from campaigns that tell men to "open up" or "talk more"**

While many people have the best of intentions when they say this, it is simply not very helpful.

Most men do talk about their problems. The real issue is that people don't listen. It shouldn't be up to men to open up more and should instead be up to everyone else to listen more.

### **Most men do ask for help**

Research has found that men do seek help before committing suicide.

Around half of men had been in contact with a mental health resource before committing suicide, and over 90% had reached out to professional resources for their problems. This includes help related to the common drivers of suicide mentioned earlier: help with homelessness, domestic violence, employment, family court issues, and financial assistance.

This is important for two reasons:

- These resources are helping, but they could be doing more
- Men who reach out to these resources should be identified as potential suicide risks, and offered additional help

### **We should not use the term "toxic masculinity" in any capacity**

Toxic masculinity is mentioned 7 times, including in the forward of the publication. The message is clear and resolute: toxic masculinity is a harmful idea that needs to be dropped from the conversation on male mental health.

### **We should not be policing masculinity, or victim blaming men**

There is a growing narrative in society that masculinity is somehow harmful or in need of reform. This includes ideas ranging from "ending the patriarchy" to the idea that men need to "man up".

There is simply no evidence that there is a problem with masculinity. In fact, quite a bit of research has identified masculinity to be a positive influence for men and for society.

It also places the burden back onto men to fix their own problems. Which they often cannot do because their issues are systemic and institutional in nature.

### **Male suicide should not be minimized because "women attempt more"**

It's difficult to say who really attempts suicide more, but there is certainly room to help everyone, including women.

### **We need more men in psychology and a greater focus placed on male psychology**

Women dominate the mental health field which has led to strategies being tailored towards women more than men. We need to increase the number of men entering the field and place a greater emphasis on male mental health education via male psychology modules and training.

### **We need a minister for men's health and wellbeing**

There are four ministers for women but none for men.

A minister for men's health and wellbeing is greatly needed, and a strong focus for the minister should be placed on the suicide epidemic.

### **There are signs of progress**

Most of the progress over the years has come from the bottom up through local charities, online groups (often anonymous), and interested people.

But there is also a growing field for male psychology, new textbooks, and courses at university.

Some common themes are signposting for men, shoulder to shoulder therapy instead of face to face talk therapy, and making sure resources are open and accessible for men when they're available outside of employment and domestic commitments.

# On Being a Male in Female Spaces: A Personal Investigation into Misandry in Modern Psychology

26 upvotes | April 28, 2023 | by [Oncefa2](#) | [Link](#) | [Reddit Link](#)

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Crosspost "On Being a Male in Female Spaces: A Personal Investigation into Misandry in Modern Psychology" from /r/TrueReddit:

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Posted by Oncefa2 | 28 April 2023 | [Link](#)

# How would you know if you are discriminating against men? — The Centre for Male Psychology

24 upvotes | April 23, 2023 | by [Oncefa2](#) | [Link](#) | [Reddit Link](#)

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<https://www.centreformalepsychology.com/male-psychology-magazine-listings/how-would-you-know-if-you-are-discriminating-against-men>

## **Study suggests that feeling sexually desired by one's partner is more important for men than we think**

24 upvotes | August 24, 2021 | by [Oncefa2](#) | [Link](#) | [Reddit Link](#)

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<https://www.psypost.org/2021/08/study-suggests-that-feeling-sexually-desired-by-ones-partner-is-more-important-for-men-than-we-think-61734>

# Incels More Likely to Internalise Rejection and Suffer Mental Health Issues, Study Finds

23 upvotes | April 13, 2023 | by [Beaver1844](#) | [Link](#) | [Reddit Link](#)

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<https://www.psychreg.org/incels-more-likely-internalise-rejection-suffer-mental-health-issues-study-finds/>

## **Masculinity may have a protective effect against the development of depression — even for women**

20 upvotes | August 27, 2021 | by [UnHope20](#) | [Link](#) | [Reddit Link](#)

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<https://www.psypost.org/2021/08/masculinity-may-have-a-protective-effect-against-the-development-of-depression-even-for-women-61730>



## **Men tend to be judged more harshly for humor mistakes than women, study finds**

20 upvotes | September 8, 2021 | by [UnHope20](#) | [Link](#) | [Reddit Link](#)

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<https://www.psypost.org/2021/08/men-tend-to-be-judged-more-harshly-for-humor-mistakes-than-women-study-finds-61691>

# The APA has changed its view of masculinity — The Centre for Male Psychology

19 upvotes | May 6, 2022 | by [Oncefa2](#) | [Link](#) | [Reddit Link](#)

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<https://www.centreformalepsychology.com/male-psychology-magazine-listings/the-apa-have-changed-their-view-of-masculinity>

## International Men's Day 2023: Zero Male Suicide

17 upvotes | March 11, 2023 | by [Beaver1844](#) | [Link](#) | [Reddit Link](#)

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<https://www.psychreg.org/international-mens-day-2023-zero-male-suicide/>

## **"Perspectives in Male Psychology: An Introduction" is out. It's written for psychology students, "intelligent laypeople", and for anyone working with men in the real world, regardless of academic background.**

17 upvotes | June 11, 2021 | by [Oncefa2](#) | [Link](#) | [Reddit Link](#)

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This is the second textbook ever published about male psychology, and it's definitely the most accessible to date (the other being *The Palgrave Handbook of Male Psychology and Mental Health*). There will be other books in this series published in the coming years that I think will be more specialized (and probably more technical), so if that interests you at all, I'd recommend picking this one up first. It's already been adopted by several universities (mainly in the UK).

It's about £35 in the UK and \$50 in the US. I have no affiliation with the authors or anything like that, I just figured some people here might be interested. It's not that difficult of a read, and the material is pretty interesting.

One thing I like is that the target audience is not strictly academic. In addition to psychology majors and "intelligent laypeople", they are also targeting professionals and volunteers working with men in mental health and related fields. In fact the relatively cheap pricetag is so specialists working with men (who often have limited funds) can afford it. From what I can tell, basically every topic from drug and alcohol abuse, to autism and PTSD, is covered. There's even a special focus on things like education, the military, and employment.

Because the topic [of male psychology] was gaining as much interest outside of psychology as within, it made sense to make that book accessible to professionals outside psychology (e.g. counselors, coaches) and people working in a variety of related fields (e.g. volunteers and workers in charities dealing with men). In fact, we were finding that many non psychologists were more informed about men's psychology then were many psychologists, having gained insight from working in the varies charities that support men's mental health, or in some cases being users of those services. Many of those non-professionals are volunteers with limited income, and the black-and-white illustrations in this book are part of the effort to ensure that cost was not too much of an obstacle to finding out about male psychology.

Here is the publisher's website:

<https://www.wiley.com/en-gb/Perspectives+in+Male+Psychology%3A+An+Introduction-p-9781119685357>

I'm not going to link where all you can get it but I would encourage anyone who's interested to look up their options. It is available worldwide from what I've been able to tell.

## **Women get more upset when deceived about men's work, while men get more upset when deceived about women's looks**

15 upvotes | November 14, 2021 | by [UnHope20](#) | [Link](#) | [Reddit Link](#)

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<https://www.psypost.org/2021/11/women-get-more-upset-when-deceived-about-mens-work-while-men-get-more-upset-when-deceived-about-womens-looks-62081>

## **UBC psychology professor Don Dutton speaks out against science denialism around domestic violence research in Canada: "Few seem able to hear that women can be as violent as men in domestic disputes".**

15 upvotes | July 6, 2021 | by [Oncefa2](#) | [Link](#) | [Reddit Link](#)

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<https://vancouver.sun.com/opinion/columnists/douglas-todd-controversy-ensues-when-science-butts-heads-with-liberal-ideology>

## Survey Reveals Half of UK Men Feel Pressure and Insecurities on Their Appearance

15 upvotes | October 18, 2022 | by [Beaver1844](#) | [Link](#) | [Reddit Link](#)

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<https://www.psychreg.org/uk-men-feel-pressure-insecurities-appearance/>

## Sex Doll Ownership: Controversial, But Not Linked to Increased Sexual Aggression, Study Finds

15 upvotes | April 3, 2023 | by [Beaver1844](#) | [Link](#) | [Reddit Link](#)

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<https://www.psychreg.org/sex-doll-ownership-controversial-but-not-linked-increased-sexual-aggression-study-finds/>



# Millions of Men Are Burned Out, But Many Don't Want to Admit It

14 upvotes | November 18, 2022 | by [Beaver1844](#) | [Link](#) | [Reddit Link](#)

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<https://www.psychreg.org/millions-men-are-burned-out-many-dont-want-admit-it/>

# Updated list of male psychology resources

14 upvotes | April 19, 2023 | by [Oncefa2](#) | [Link](#) | [Reddit Link](#)

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I was told that some people can't see this because of how they access Reddit.

It should be in the sidebar / widget section.

But if you can't access it, here is our updated list of male psychology resources.

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## **The Centre for Male Psychology**

<https://www.centreformalepsychology.com/>

## **Male Psychology: The Magazine**

<https://www.centreformalepsychology.com/male-psychology-the-magazine>

## **Male Psychology Section | British Psychological Society**

<https://www.bps.org.uk/member-networks/male-psychology-section>

## **Psychological interventions to help male adults | British Psychological Society**

<https://cms.bps.org.uk/sites/default/files/2022-11/Practice%20Briefing%20-%20psychological%20interventions%20to%20help%20male%20adults.pdf>

## *Perspectives in Male Psychology: An Introduction*

<https://www.wiley.com/en-ie/Perspectives+in+Male+Psychology:+An+Introduction-p-9781119685357>

## *The Palgrave Handbook of Male Psychology and Mental Health*

<https://link.springer.com/book/10.1007/978-3-030-04384-1>

## *Men's Issues and Men's Mental Health: An Introductory Primer*

<https://link.springer.com/book/10.1007/978-3-030-86320-3>

## Preference of lethal methods is not the only cause for higher suicide rates in males

14 upvotes | August 12, 2021 | by [Oncefa2](#) | [Link](#) | [Reddit Link](#)

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<https://www.sciencedirect.com/science/article/abs/pii/S0165032711005179>

# Male Gender Bias Deters Men from Some Career Paths

14 upvotes | December 27, 2022 | by [Beaver1844](#) | [Link](#) | [Reddit Link](#)

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<https://www.psychreg.org/male-gender-bias-deters-men-some-career-paths/>

# New Research Reveals Men Are Struggling with Anxiety More Than Ever

13 upvotes | January 11, 2023 | by [Beaver1844](#) | [Link](#) | [Reddit Link](#)

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<https://www.psychreg.org/new-research-reveals-men-are-struggling-anxiety-more-than-ever/>

## New Behavioural Therapy Offers Hope for Testicular Cancer Survivors

13 upvotes | April 29, 2023 | by [Beaver1844](#) | [Link](#) | [Reddit Link](#)

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<https://www.psychreg.org/new-behavioural-therapy-offers-hope-testicular-cancer-survivors/>

## **Suicide kills six men a day. Here are three strategies that can help stop it | Glen Poole**

13 upvotes | October 9, 2021 | by [Banake](#) | [Link](#) | [Reddit Link](#)

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<https://www.theguardian.com/commentisfree/2016/sep/30/suicide-kills-six-men-a-day-here-are-three-strategies-that-can-help-stop-it>

## Male Suicide: A Silent Crisis

12 upvotes | September 11, 2021 | by [Banake](#) | [Link](#) | [Reddit Link](#)

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<https://www.psychologytoday.com/intl/blog/talking-about-men/202109/male-suicide-silent-crisis>



# The High Cost of Men's Loneliness

12 upvotes | November 21, 2021 | by [Banake](#) | [Link](#) | [Reddit Link](#)

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<https://www.psychologytoday.com/intl/blog/fear-intimacy/202111/the-high-cost-mens-loneliness>

# How the Manosphere led us to develop better mental health services for men — The Centre for Male Psychology

12 upvotes | March 1, 2023 | by [Oncefa2](#) | [Link](#) | [Reddit Link](#)

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Crosspost "How the Manosphere led us to develop better mental health services for men — The Centre for Male Psychology" from /r/mensupportmen:

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Posted by a-man-from-earth | 1 March 2023 | [Link](#)

## Researchers read this before posting

11 upvotes | February 18, 2023 | by [UnHope20](#) | [Link](#) | [Reddit Link](#)

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We do not consent to the use of any information associated with this community being used for any research, reports, or data gathering projects of any sort.

If you are seeking participants for a study, please submit a formal request to the mod team using the link [HERE](#)

Once a decision is made you will be notified by the mod team. This message will contain the following information:

1. The teams decision (Yes/no)
2. The length of time for which your post has been approved to remain up.
3. If denied, we will provide a brief explanation for why your request was denied (Roughly a sentence)

Failure to gain approval will result in your post being removed and a one month suspension of your account from [r/MalePsychology](#). Please contact the mod team with any questions.

## Men may have evolved better 'making up' skills

11 upvotes | February 27, 2022 | by [UnHope20](#) | [Link](#) | [Reddit Link](#)

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<https://www.google.com/amp/s/www.bbc.com/news/science-environment-36969103.amp>

## **Men's Testosterone Levels and Sexual Arousal Is Lowered By Women's Tears.**

11 upvotes | November 20, 2021 | by [UnHope20](#) | [Link](#) | [Reddit Link](#)

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<https://www.nature.com/articles/news.2011.2>

## **Child contact problems and family court issues are related to chronic mental health problems for men following family breakdown**

10 upvotes | July 7, 2021 | by [Oncefa2](#) | [Link](#) | [Reddit Link](#)

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<https://zenodo.org/record/4302120#.YNeiuhGSlPY>

# YSK: Psychologists want you to stop using the phrase "toxic masculinity"

10 upvotes | April 25, 2023 | by [Oncefa2](#) | [Link](#) | [Reddit Link](#)

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Crosspost "YSK: Psychologists want you to stop using the phrase "toxic masculinity"" from /r/YouShouldKnow:

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**Why YSK:** Toxic masculinity is an example of the outdated *deficit approach* to psychology, which violates central principles of the more modern *positive psychology* approach. It also damages the *therapeutic alliance* (or at least the potential for one) by giving clients the idea that therapy might focus on emasculation instead of problem solving. And it's a literal textbook example of something called *negative labelling*, which can be a kind of self-fulfilling prophecy.

People and organisations who have come out against the phrase include the British Psychological Society, a recent government report on male suicide, the Centre for Male Psychology, the Canadian Centre for Men and Families, the Australian Men's Health Forum, the National Coalition for Men, various independent psychology experts from around the world, and at least three published psychology textbooks.

## Sources

Terminology that puts masculinity in a negative light, such as *toxic masculinity*, *hegemonic masculinity*, should be discouraged. Even if these terms are intended to describe specific behaviours, they almost inevitably imply that all men are dysfunctional in some way. The term 'masculinities' can also be problematic because it implies that masculinity is socially fluid without any core biological contribution. It is more helpful to understand masculinity as the result of interactions between social, biological and evolutionary forces (Barry & Owens, 2019). Traits associated with masculinity tend to be observable globally and cross-culturally (Ellis, 2011). Masculinity is thus unlikely to be readily amenable to change, any more than sexuality is readily amenable to change.

British Psychological Society. (2022). *Psychological interventions to help male adults*.

<https://cms.bps.org.uk/sites/default/files/2022-11/Practice%20Briefing%20-%20psychological%20interventions%20to%20help%20male%20adults.pdf>

A key underlying issue that has been raised both in this inquiry and also in the APPG's previous two reports, is the pervasive male-victim blaming narrative. It is clear that the phrase 'toxic masculinity' is damaging and adds additional stigma and barriers to male help-seeking.

This damaging narrative suggests that masculinity itself is at fault and that, if men would only talk more, this would solve their problem.

The previous two APPG reports eschewed this deficit-model and this report continues with this same approach. The key is that whilst there is a need for men to talk, and this is increasingly the case, the responsibility should not primarily rest on their shoulders. It should primarily rest on society, employers and professionals to understand better the ways

| men communicate, and then to listen, ask and act.

All-Party Parliamentary Group on Issues Affecting Men and Boys. (2022). *Tackling Male Suicide: A New 'Whole System' Approach*.

<https://equi-law.uk/wp-content/uploads/2022/09/APPG-MB-Male-Suicide-Report-9-22.pdf>

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Posted by Oncefa2 | 25 April 2023 | [Link](#)



# Opposite Molecular Signatures of Depression in Men and Women

10 upvotes | August 18, 2021 | by [UnHope20](#) | [Link](#) | [Reddit Link](#)

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[https://www.biologicalpsychiatryjournal.com/article/S0006-3223\(18\)30065-9/fulltext#back-bib3](https://www.biologicalpsychiatryjournal.com/article/S0006-3223(18)30065-9/fulltext#back-bib3)

## **Men who pose shirtless on Tinder are perceived as less competent and more prone to risky sexual behavior**

10 upvotes | May 25, 2022 | by [UnHope20](#) | [Link](#) | [Reddit Link](#)

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<https://www.psypost.org/2022/05/men-who-pose-shirtless-on-tinder-are-perceived-as-less-competent-and-more-prone-to-risky-sexual-behavior-63186>

# No Man Is an Island: Creating Communities and Nurturing Networks

9 upvotes | November 7, 2022 | by [Beaver1844](#) | [Link](#) | [Reddit Link](#)

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<https://www.psychreg.org/no-man-is-island-creating-communities-nurturing-networks/>

# What Changes Do You Want To See In Psychology?

9 upvotes | January 20, 2022 | by [UnHope20](#) | [Link](#) | [Reddit Link](#)

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Hi everyone, Considering the field of psychology as it stands today, what do you wish would change? I'm interested in your thoughts on clinical psychology and research. Whatever part you want to see these changes in, I'd love to know.

For me, I wish that the feel of psychology would talk more about the importance of ideological diversity within its ranks. Admittedly, I am on the political left. However, I feel that the field is suffering from a lack of perspectives from conservatives and moderates.

It's not that I agree with these ideologies so much as I believe in the importance of having a comprehensive understanding of the human mind.

A person's political beliefs may not only effect how they seek to answer certain research questions, it may also effect the types of questions that researchers ask in the first place.

What about you? Do you wish therapists were trained to help you in a specific manner?

Do you want to see different types of research about men being published?

How about more male therapists?

What do you think really needs to change in psychology to make it a field that serves you better?

## Male Ritual Opposition? Play Fighting?

9 upvotes | January 22, 2022 | by [PearlFrog](#) | [Link](#) | [Reddit Link](#)

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I am looking for info about the verbal sparring that men seem to do in social contexts. I have noticed that men sometimes play fight verbally and younger men play fight physically. Where can I learn more about this behavior? What are your personal experiences of it? Is this described or analyzed in any scholarly journals? Have you ever seen this accurately portrayed in film or television? How can men tell when it is real hostility and when it is joking?

# Why Do You Think So Many Men Are Going Overseas To Date?

8 upvotes | May 3, 2023 | by [Mother-Breath-9576](#) | [Link](#) | [Reddit Link](#)

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<https://www.youtube.com/watch?v=mVNF6insXXs>

## Differences in socialization strategies between men and women: "The Pandemic of Male Loneliness"

8 upvotes | June 16, 2021 | by [Oncefa2](#) | [Link](#) | [Reddit Link](#)

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<https://www.psychologytoday.com/us/blog/life-smarts/202102/the-pandemic-male-loneliness>

## Scientific Bias in Favor of Studies Finding Gender Bias (But against whom?)

8 upvotes | July 12, 2021 | by [UnHope20](#) | [Link](#) | [Reddit Link](#)

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<https://www.google.com/amp/s/www.psychologytoday.com/us/blog/rabble-rouser/201906/scientific-bias-in-favor-studies-finding-gender-bias%3famp>



## Women's power to hurt the male ego

8 upvotes | July 16, 2021 | by [UnHope20](#) | [Link](#) | [Reddit Link](#)

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<http://www.cnn.com/2010/LIVING/10/25/o.glass.ego/index.html>

## Study Finds Disparate Gender Differences in Victims of Child Sex Trafficking

8 upvotes | April 11, 2023 | by [Beaver1844](#) | [Link](#) | [Reddit Link](#)

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<https://www.psychreg.org/study-finds-disparate-gender-differences-victims-child-sex-trafficking/>

# When It Comes to Financial Uncertainty, Men Go Out on a Limb

8 upvotes | February 14, 2023 | by [Beaver1844](#) | [Link](#) | [Reddit Link](#)

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<https://www.psychreg.org/when-it-comes-financial-uncertainty-men-go-out-on-a-limb/>

## Females Outperform Males on ‘Theory of Mind’ Test Across 57 Countries

8 upvotes | December 26, 2022 | by [Beaver1844](#) | [Link](#) | [Reddit Link](#)

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<https://www.psychreg.org/females-outperform-males-theory-of-mind-test-across-57-countries/>

# Male Royal Family Members Are Helping Men Worldwide to Open Up About Mental Health

8 upvotes | October 19, 2022 | by [Beaver1844](#) | [Link](#) | [Reddit Link](#)

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<https://www.psychreg.org/male-royal-family-members-helping-men-worldwide-open-about-mental-health/>

# Psychotherapist Urges Parents to Understand the Early Signs of Eating Disorders in Their Pre-Teen Boys

7 upvotes | March 24, 2023 | by [Beaver1844](#) | [Link](#) | [Reddit Link](#)

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<https://www.psychreg.org/psychotherapist-urges-parents-understand-early-signs-eating-disorders-their-pre-teen-boys/>

## **[Research] Attitudes towards gay and bisexual men [Are you a man currently living in the United Kingdom]**

7 upvotes | March 26, 2022 | by [Onattitudes](#) | [Link](#) | [Reddit Link](#)

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Are you a man currently living in the United Kingdom? We are inviting men to complete an online survey to gain insight into the attitudes in the UK towards gay and bisexual men.

For more information/to participate please click the following:

<https://nottingham.onlinesurveys.ac.uk/to-explore-attitudes-amongst-men-towards-gay-and-bisexual-2>

# Postpartum Depression Can Also Affect Dads. Here's How They Can Combat It

7 upvotes | January 22, 2023 | by [Beaver1844](#) | [Link](#) | [Reddit Link](#)

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<https://www.psychreg.org/pospartum-depression-can-also-affect-dads-heres-how-they-can-combat-it/>



# Psychology researchers are taking a serious look at "cumshots"

7 upvotes | December 10, 2022 | by [UnHope20](#) | [Link](#) | [Reddit Link](#)

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<https://www.psypost.org/2022/12/psychology-researchers-are-taking-a-serious-look-at-64421>

## **Not Really Directly Talking About Men's Issues. But I Feel It Relevant.**

7 upvotes | August 22, 2021 | by [UnHope20](#) | [Link](#) | [Reddit Link](#)

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<https://www.healthline.com/health/mental-health/family-manipulation#how-to-respond>

# 10 Things Every Woman Should Know About a Man's Brain

7 upvotes | January 8, 2022 | by [UnHope20](#) | [Link](#) | [Reddit Link](#)

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<https://www.livescience.com/14422-10-facts-male-brains.html>

## UFC mixed martial arts fighting events appear to reduce involvement in violent crime

6 upvotes | May 18, 2022 | by [UnHope20](#) | [Link](#) | [Reddit Link](#)

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<https://www.psypost.org/2022/05/ufc-mixed-martial-arts-fighting-events-appear-to-reduce-involvement-in-violent-crime-63050>

# Welcome to r/MalePsychology!

6 upvotes | June 10, 2021 | by [Oncefa2](#) | [Link](#) | [Reddit Link](#)

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Male psychology is a brand new field of research and there are a lot of interesting findings and perspectives coming out of it. The study of men in psychology was discouraged for decades starting in the 1990s, and a strong chilling effect arose due to the assumption that it was sexist to study and learn about men and masculinity.

We're starting to see renewed interest and less stigma around it today though, so I felt like it was appropriate to create a subreddit dedicated to the topic.

This sub is open to everyone, including women, nonbinary, and transgender people. Some of the biggest names in the field of male psychology are female researchers. And I think it's normal to find this, and related topics around gender and psychology, to be *interesting*, regardless of your background or gender.

If you want a good primer on men's psychology, I highly recommend the book *Perspectives in Male Psychology: An Introduction*. There are other books and resources in the sidebar, which I will be updating as I run across additional resources.

Feel free to discuss anything related to men and psychology in this sub. I will be adding content and finding more members in the coming weeks (feel free to advertise yourself as well!).

## Loving and leaving: Sex differences in romantic attachments

6 upvotes | June 13, 2021 | by [problem\\_redditor](#) | [Link](#) | [Reddit Link](#)

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[https://www.researchgate.net/publication/225204472\\_Loving\\_and\\_leaving\\_Sex\\_differences\\_in\\_romantic\\_attachments](https://www.researchgate.net/publication/225204472_Loving_and_leaving_Sex_differences_in_romantic_attachments)

# Combating loneliness by talking to strangers: a potential new treatment option

6 upvotes | January 13, 2023 | by [Oncefa2](#) | [Link](#) | [Reddit Link](#)

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A recent study found that loneliness can be combatted by making an effort to talk to strangers.

More than that, the results have nothing to do with those interactions ever leading to friendships, or otherwise helping the social lives of participants. The benefits come directly from limited, low-risk social interactions that are not meant to progress to anything else.

This is important because it removes the pressure of needing to "perform" or do well in the interactions.

It does seem to help with aspects of confidence though, so it may have other long term benefits.

The study has its limitations, but it is something that's easy for anyone to try.

Our intervention may have special relevance now, as a growing number of scientists and public health officials are raising the alarm about increasing levels of loneliness, and the dire health consequences.

At its heart, our intervention is simple: it involves repeatedly approaching and talking to strangers. As such, this intervention is something that many people could self-administer. We encourage readers to try it, despite any natural instinct to avoid such interactions—which even the authors confess to sharing. As our research shows, these conversations really do get easier with practice, and the experience will be more positive than you expect.

<https://www.psypost.org/2022/12/psychology-researchers-find-that-a-simple-talking-to-strangers-intervention-is-surprisingly-effective-64561>

<https://www.sciencedirect.com/science/article/pii/S0022103122000750>

# No Man Is an Island: Creating Communities and Nurturing Networks

6 upvotes | November 8, 2022 | by [Beaver1844](#) | [Link](#) | [Reddit Link](#)

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<https://www.psychreg.org/no-man-is-island-creating-communities-nurturing-networks/>



## **Memo to Jo Swinson: men have body image issues, too**

6 upvotes | October 6, 2021 | by [Banake](#) | [Link](#) | [Reddit Link](#)

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<https://www.newstatesman.com/world/2013/05/memo-jo-swinson-men-have-body-image-issues-too>

## People tend to perceive stronger men as more effective parents, study finds

6 upvotes | March 14, 2022 | by [UnHope20](#) | [Link](#) | [Reddit Link](#)

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<https://www.psypost.org/2022/03/people-tend-to-perceive-stronger-men-as-more-effective-parents-study-finds-62717>

## What book on male psychology would you recommend reading while on vacation?

6 upvotes | July 22, 2022 | by [John\\_Barry](#) | [Link](#) | [Reddit Link](#)

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## **Meta-analysis of 97 studies indicates mental disorders are linked to cognitive dysfunction across multiple domains**

6 upvotes | May 6, 2022 | by [UnHope20](#) | [Link](#) | [Reddit Link](#)

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<https://www.psypost.org/2022/04/meta-analysis-of-97-studies-indicates-mental-disorders-are-linked-to-cognitive-dysfunction-across-multiple-domains-62981>

# How to Talk With a Man About His Mental Health

6 upvotes | March 28, 2022 | by [Oncefa2](#) | [Link](#) | [Reddit Link](#)

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<https://www.psychologytoday.com/us/blog/talking-about-men/202203/how-talk-man-about-his-mental-health>

## Thoughts on this?

5 upvotes | December 28, 2021 | by [UnHope20](#) | [Link](#) | [Reddit Link](#)

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[https://www.amhf.org.au/male\\_psychology\\_what\\_s\\_wrong\\_with\\_apas\\_masculinity\\_guidelines](https://www.amhf.org.au/male_psychology_what_s_wrong_with_apas_masculinity_guidelines)

## **Mpox Outbreak Affects Sexual Minority Men: New Study Explores Vaccination Patterns and Correlates**

5 upvotes | April 3, 2023 | by [Beaver1844](#) | [Link](#) | [Reddit Link](#)

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<https://www.psychreg.org/mpox-outbreak-affects-sexual-minority-men-new-study-explores-vaccination-patterns-correlates/>

## Question

5 upvotes | September 30, 2021 | by [Hady\\_blt](#) | [Link](#) | [Reddit Link](#)

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Can any of you describe to me how he feels when he suffers from stuttering sometimes? Or why might some of us feel constant tension, rapid heartbeat, and fear of everything to the point of isolation?



# Why has the suicide rate fallen, and will this help prevent male suicides in future?

5 upvotes | September 10, 2021 | by [John\\_Barry](#) | [Link](#) | [Reddit Link](#)

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I wrote an article today - [World Suicide Prevention Day](#) - for the *Male Psychology Magazine*.

It explores possible reasons why suicide rates have gone down since covid-19 restrictions, even though mental illness has increased. It also asks whether current suicide prevention strategies, often based on the APA's jaundiced view of masculinity, can be improved on.

You can read the full article here: [World Suicide Prevention Day 2021: complex times require clear thinking, not ideology — The Centre for Male Psychology](#)

# Predictors of Attitudes Toward Gay Men and Lesbian Women in 23 Countries

5 upvotes | November 20, 2022 | by [shit-zen-giggles](#) | [Link](#) | [Reddit Link](#)

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<https://journals.sagepub.com/doi/10.1177/1948550619887785>

## Older Men's Sperm May Contribute to Offspring's Neurodevelopmental Disorders, Study Finds

5 upvotes | March 21, 2023 | by [Beaver1844](#) | [Link](#) | [Reddit Link](#)

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<https://www.psychreg.org/older-mens-sperm-may-contribute-offsprings-neurodevelopmental-disorders-study-finds/>

## Study suggests boys more vulnerable when parents have poor coping mechanisms

5 upvotes | June 10, 2021 | by [Oncefa2](#) | [Link](#) | [Reddit Link](#)

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<https://news.uga.edu/parents-abused-as-children-may-pass-on-emotional-issues/>

# Gendered Mental Disorders: Masculine and Feminine Stereotypes About Mental Disorders and Their Relation to Stigma

4 upvotes | June 29, 2021 | by [Oncefa2](#) | [Link](#) | [Reddit Link](#)

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Crosspost "Gendered Mental Disorders: Masculine and Feminine Stereotypes About Mental Disorders and Their Relation to Stigma" from /r/Male\_Studies:

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Posted by UnHope20 | 28 June 2021 | [Link](#)

## **'Sexism' in sexual assault research, but this time men are the target**

4 upvotes | June 30, 2021 | by [UnHope20](#) | [Link](#) | [Reddit Link](#)

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<https://www.sciencedaily.com/releases/2017/07/170710091655.htm>

## **Tilting your head can affect judgments of your attractiveness and dominance, study finds**

4 upvotes | June 13, 2021 | by [UnHope20](#) | [Link](#) | [Reddit Link](#)

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<https://www.psypost.org/2020/08/tilting-your-head-can-affect-judgments-of-your-attractiveness-and-dominance-study-finds-57281>

**Are you REALLY affected by "male beauty standards" or is this some sort of menslib ploy to change the subject from what REALLY matters to men? Even if you have a rocky balboa face you can lift. I personally lift very seldomly ~ but its a quick fix (I apologize to exclude brothers who are unable tho)**

4 upvotes | June 13, 2021 | by [cyberphunkisms](#) | [Link](#) | [Reddit Link](#)

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**Crosspost "The dark reality behind male beauty standards" from /r/MensLib:**

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Posted by ThatGuyWeLike87 | 12 June 2021 | [Link](#)



## Are you a man currently living in the United Kingdom?

4 upvotes | March 29, 2022 | by [Onattitudes](#) | [Link](#) | [Reddit Link](#)

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We are inviting men to complete an online survey to gain insight into the attitudes in the UK towards gay and bisexual men.

For more information/to participate please click the following:

<https://nottingham.onlinesurveys.ac.uk/to-explore-attitudes-amongst-men-towards-gay-and-bisexual-2>

## **Falling Birth Rate Not Due to Less Desire to Have Children, According to New Study**

4 upvotes | January 12, 2023 | by [Beaver1844](#) | [Link](#) | [Reddit Link](#)

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<https://www.psychreg.org/falling-birth-rate-not-due-less-desire-have-children-according-new-study/>

## Men Inflate Penis Size More Than You Think, According to Researchers

4 upvotes | April 13, 2023 | by [Beaver1844](#) | [Link](#) | [Reddit Link](#)

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<https://www.psychreg.org/men-inflate-penis-size-more-than-you-think-according-researchers/>

## Glen Poole on male suicide, UCL 5th Jan 2018

4 upvotes | October 6, 2021 | by [Banake](#) | [Link](#) | [Reddit Link](#)

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<https://www.youtube.com/watch?v=6y4nAzVLA4U>

# Negative Marital Communications Leave Literal, Figurative Wounds

4 upvotes | January 18, 2023 | by [Beaver1844](#) | [Link](#) | [Reddit Link](#)

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<https://www.psychreg.org/negative-marital-communications-leavel-literal-figurative-wounds/>

## Which is your favorite branch of psychology?

4 upvotes | December 6, 2022 | by [UnHope20](#) | [Link](#) | [Reddit Link](#)

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Which is your favorite branch of psychology? Comment reasons below.

[View Poll](#)

## Are Wider Faced Men More Self-Sacrificing?

4 upvotes | July 9, 2021 | by [UnHope20](#) | [Link](#) | [Reddit Link](#)

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<https://www.psychologicalscience.org/news/releases/are-wider-faced-men-more-self-sacrificing.html>

## Percentage of men experiencing depression in the UK & Worldwide

4 upvotes | March 7, 2022 | by [jamsredditter](#) | [Link](#) | [Reddit Link](#)

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Does anyone know the percentage of men experiencing depression in the UK & worldwide? I feel like this figure must be out there but struggling to find it. Thanks in advance.



# Applicability of the Implicit Association Test to gender

4 upvotes | February 5, 2022 | by [lightning\\_palm](#) | [Link](#) | [Reddit Link](#)

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Women have a strong automatic in-group preference for their own gender that is absent in men. This is shown e.g. in [Gender Differences in Automatic In-Group Bias: Why Do Women Like Women More Than Men Like Men?](#) (Rudman & Goodwin, 2004). To empirically reach this conclusion, the authors use the IAT (Implicit Association Test), which has been used in other contexts (e.g., implicit racial bias, implicit woman—family & man—career bias, implicit disability bias, etc.) and has prompted a number of criticisms. Specifically, I read the blog entry [Unconscious Bias | The Illustrated Empathy Gap](#) in which William Collins raises a number of points that made me question whether the IAT is reliable at all and what this tells us about its applicability to implicit gender bias. The points he makes mostly concern race, but that is simply a feature of the types of situations in which the IAT is commonly applied. Neither he nor I want to start a discussion about racial bias (to the extent that this is avoidable to adequately discuss the IAT in the context of implicit gender bias).

## Critiques:

1. "All we can say is that people associating black faces with negative words have a fast VMPFC-amygdala response which refers the issue upwards for further rational consideration. [...] Consider a society in which people are schooled assiduously to avoid anti-black racism. This is likely to lead to a learned VMPFC-amygdala response in which the association of black faces and negative words would indeed flag the need for careful further consideration – exactly as is commonly observed. In other words, the apparently racist IAT response may sometimes be exactly the opposite."
2. "Recall that the essence of the VMPFC-amygdala response is its speed. Its speed is accomplished by being computationally (cognitively) very simple – perhaps so simple that its response is virtually a binary switch. If so, it is reasonable to suppose that all ‘negative’ associations would produce the same response. So, what if a group – say blacks – were associated socially with disadvantage, oppression, victimization, and discrimination. The VMPFC-amygdala response might well conflate these negatives with the negative words deployed in the IAT (“lazy”, “dirty”, “disaster”, etc). So, an IAT result which is being interpreted as indicating racial bias is actually indicating a recognition of racial disadvantage – the very opposite. Uhlmann, Brescoll, and Levy Paluck [have published a paper](#) demonstrating in an experiment this very effect."
3. "In an article titled, [“I Don’t Actually Hate Myself: Why Harvard Is Wrong About Bias”](#), the openly gay journalist John Cloud was surprised to be told that, “Your data suggest a slight automatic preference for Straight People compared to Gay People”. He observed, “My results might mean I’m self-hating, although I’m not exactly sure what I could do to be gayer. Wear a tiara to work?”. [...] But the paradox of ‘hating yourself’ disappears if you accept, as argued in Section 5.1, that the IAT can be a measure of perceived disadvantage rather than perceived inferiority."
4. According to [Jesse Singal](#), when you combine the many different variations of the IAT, from race to disability to gender the IAT has a test-retest reliability of about  $r = 0.55$  (poor reliability) according to sources from proponents of the IAT. Other sources indicate at most  $r = 0.4$  (unacceptable reliability).

## Counters relating specifically to gender:

1. People are generally not aware of misandry and much more aware of misogyny. This can be verified by a [Google Scholar](#) or a regular [Google search](#). This Psychology Today post also explores that [studies that find bias against women often get disproportionate attention](#). One may then counter that this is because misogyny is simply much more prevalent. The prevalence of tweets like KAM and social media content of a similar variety indicates the opposite. For evidence of this statement, one may take a look at [Discovering and Categorising Language Biases in Reddit \(Ferrer et al., 2021\)](#) and note that even a male-dominated forum like Reddit on an otherwise neutral subreddit has "a significant negative bias towards men, evaluating them in terms of unreliability, pettiness and self-importance". One may also look at [this Washington Post article](#) or this Vanity Fair article [“MEN ARE SCUM”: INSIDE FACEBOOK’S WAR ON HATE SPEECH](#). Specifically, Facebook found a strong bias against men but they justify this gender bias as "content on which our enforcement undermines our legitimacy". While Facebook has a similar stance against anti-white content, it is noteworthy that this specific justification is applied only to men. I quote: "For example, the company’s systems would now place a higher priority on automatically removing statements such as “Gay people are disgusting” than “Men are pigs.”" Regardless of whether one feels this is justified or not, it is evidence that misandry is not taken as seriously, which makes me conclude that William Collins' argument is not applicable to this type of gender bias. Steve Moxon elaborates on the prevalence of misogyny and misandry in his 2018 article, [Misogyny has no scientific basis of any kind: the evidence is of philogyny – and misandry](#). Furthermore, people commonly misattribute men's lack of benevolent sexism to misogyny/hostile sexism ([Yeung, 2012](#)). Also, this pro-female bias is found even in explicit tests, such as the original experiment after which the term "Women are Wonderful effect" was coined ([Eagly et al., 1991](#)).
2. People are not cognizant of male disadvantages. Once again, this can be verified by a Google Scholar search, the lack of policies to tackle male disadvantages, and the lack of conversation regarding men's issues. Also relevant in this context is the concept of [male gender blindness](#) and the [Gamma Bias hypothesis](#), as well as the empirically verified gender bias in moral typecasting ([Reynolds et al., 2020](#)).
3. See point 2.
4. Jesse Singal lumps together various studies on race, disability, and gender. Does the same apply to the type of automatic gender in-group bias that is measured in [Rudman & Goodwin \(2004\)](#) (noting that there is a difference between measuring the associations 'woman—good' & 'man—bad' and 'woman—family' & 'man—career', the former of which interests me)? Input on this one would be especially appreciated.

## What are your thoughts on this topic?

## What is male psychology?

3 upvotes | January 14, 2023 | by [kunalkondhare](#) | [Link](#) | [Reddit Link](#)

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<https://www.bps.org.uk/member-networks/male-psychology-section>

## **r/MalePsychology Lounge**

3 upvotes | June 10, 2021 | by [Oncefa2](#) | [Link](#) | [Reddit Link](#)

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A place for members of [r/MalePsychology](#) to chat with each other

## What Is Your Interest In This Sub?

3 upvotes | June 12, 2022 | by [UnHope20](#) | [Link](#) | [Reddit Link](#)

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Why Do You Use [r/MalePsychology](#)?

[View Poll](#)

## Boosting Men's Mental Health Via Community Programs (Men's Sheds)

3 upvotes | June 11, 2021 | by [Oncefa2](#) | [Link](#) | [Reddit Link](#)

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<https://www.psychologytoday.com/ca/blog/talking-about-men/202105/boosting-mens-mental-health-community-programs>

## Which Age Group Do You Feel Is Most Understudied Among Men?

2 upvotes | September 3, 2022 | by [UnHope20](#) | [Link](#) | [Reddit Link](#)

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Among males, which group do you think psychology doesn't study enough?

[View Poll](#)

## **New psychology research reveals men's motives for sending unsolicited dick pics**

2 upvotes | June 13, 2021 | by [UnHope20](#) | [Link](#) | [Reddit Link](#)

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<https://www.psypost.org/2019/09/new-psychology-research-reveals-mens-motives-for-sending-unsolicited-dick-pics-54420>



## **unrecognized masculine emotional labor and the commodification of love**

2 upvotes | June 19, 2021 | by [cyberphunkisms](#) | [Link](#) | [Reddit Link](#)

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[https://youtu.be/QNBvTJq9Rvg?list=PL1\\_\\_CLvWU1JQvSHLXA\\_eaLAWtg-wHbZrD](https://youtu.be/QNBvTJq9Rvg?list=PL1__CLvWU1JQvSHLXA_eaLAWtg-wHbZrD)

## Do I have to Pay for Lunch?

1 upvotes | October 28, 2022 | by [ManyAppointment5705](#) | [Link](#) | [Reddit Link](#)

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<https://menpsyche.com/modern-men-dating-dilemmas/>

## Play Fighting: The Male Banter Game

1 upvotes | February 27, 2022 | by [UnHope20](#) | [Link](#) | [Reddit Link](#)

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<https://www.google.com/amp/s/www.psychologytoday.com/us/blog/he-speaks-she-speaks/201111/play-fighting-the-male-banter-game%3famp>

**<https://menpsyche.com/the-male-psychology-article-of-your-dreams-menpsyche/>**

1 upvotes | November 9, 2022 | by [ManyAppointment5705](#) | [Link](#) | [Reddit Link](#)

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# 12 Questions to Test Your Level of Self-Connection

1 upvotes | May 17, 2022 | by [UnHope20](#) | [Link](#) | [Reddit Link](#)

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<https://www.psychologytoday.com/us/blog/finding-new-home/202205/12-questions-test-your-level-self-connection>

## Relationships- Why The Gender Wars?

0 upvotes | October 21, 2022 | by [ManyAppointment5705](#) | [Link](#) | [Reddit Link](#)

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<https://menpsyche.com/relationships-why-the-gender-wars/>

# Mathematicians Crack the Code on How to Have an Orgasm

0 upvotes | April 10, 2023 | by [Beaver1844](#) | [Link](#) | [Reddit Link](#)

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<https://www.psychreg.org/mathematicians-crack-code-how-have-orgasm/>

# When ‘Good Genes’ Go Bad: How Sexual Conflict Can Cause Population Collapse

0 upvotes | March 3, 2023 | by [Beaver1844](#) | [Link](#) | [Reddit Link](#)

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<https://www.psychreg.org/when-good-genes-go-bad-how-sexual-conflict-can-cause-population-collapse/>



## Bringing Out Circumcision Trauma.

0 upvotes | May 28, 2022 | by [BackgroundFault3](#) | [Link](#) | [Reddit Link](#)



Genevieve Genevieve

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I will talk about circumcision trauma here, so content warning.

When I'm working with my clients, my intention is to go deep to the root of their trauma patterning. To go to the place that is creating their psychosis. To find the space where something snaps and they NEED to have sx, NEED to spin out. S.xual addiction is one of my specialties, but my clients likely would never admit their addictive tendencies. They're just seeking and they can't be satiated.

Over the past three years, my 1:1 clients were primarily millionaires and billionaires who had perfection on the outside but wanted a super hot s3x life.

Boy, were they in for surprise when they realized that the only way to have the S3xual satisfaction that they were craving was to address their trauma. You know, the early childhood ones that they've been "coping" with for decades.

"How do I get my mind to stop yelling at me?" Said over tears. A grown man. Came to me to have a hot sxx life. Realizing how much his sxx life is a reflection of his internal state that he doesn't want to look at.

Of the men that I've worked intimately with in the past year, during our VIP day, they found the source of their trauma as that moment where a piece of their penis was cut off. One described it as feeling "like I was being eaten alive."

Their bodies would start shaking, filling with rage. Anger flooding their bodies. Then, arousal would happen (to escape the feeling, not authentic arousal). I would gently encourage them back into their bodies and then they would see it:

Their mother's face.

And then pain.

Confusion. Trauma. Loss.

The nurse's face.

From my own deductions with my personal clients, here's the leg I stand on: S3xual aggression and violence by cis-het men are predicated by a deep sense of internal hatred that they cannot bear. Every single one of my cis male clients, at one point in their journey, said to me, "I am a murderer. I want to kill. What's wrong with me? I don't want to scare you."

I'm not scared. I get it. Coming into the Earth with immediate trauma is something so many of us deal with, and it's disproportionately so in the US for those of us that are both with penises.

There's healing available. If you want to kill, I get it. Thank you for getting help. Peace is available to you.