

## Join us as a MAPP partner

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### What is the MAPP study?

Men and Parenting Pathways (MAPP) is a study exploring how men respond to a range of life experiences during their late 20s and early 30s. These years are particularly important because it is a time in life for many men when family life looms large... but life can take many directions.

By this age, some men have barely given a thought to having children while others have already started a family or are hoping to in the future. Some men have no intention of having children while others learn that it is not possible for them to become fathers.

Whatever the path, this age is one characterised by change in social networks, relationships, responsibilities and opportunities, and we are interested in how men adapt to that change.

We would like to learn from men about the different ways they will experience the transition to becoming a parent, and to compare the psychological health of men who become fathers with those who remain childless.

Understanding mental health and wellbeing during this transition is important for the men, their families, partners, children or future children, social networks and workplaces.

### Why study just men?

When we began to explore this topic we realised there were hundreds of studies from around the world that had investigated how women experience the transition to parenting but, in comparison, very few that had explored this important time of life for men. Certainly, there are no studies like the one that we have designed.

Worldwide, there is now a move by researchers to build our understanding of the transition to fatherhood and to build knowledge about mental health for men who do not become fathers. In Australia, the Federal Government has identified this as a critical area of research in the National Male Health Policy.

### Who would we like to take part in this study?

We want men aged 28-32 years to participate in our study. All they need to do is complete an online questionnaire once a year until they are 33-37 years

old. That's it! While our study is called Men and Parenting Pathways, we are just as interested in men who do not have children. We aim to compare how life changes for those who do and do not become fathers.

### Who is conducting this study?

This study is undertaken by a team of experienced researchers from the School of Psychology and the School of Health and Social Development at Deakin University, the Parent-Infant Research Institute at Austin Health, and the Murdoch Children's Research Institute.

### How can your organisation support the MAPP study?

We are seeking to build partnerships with organisations that have male members, employees or supporters who are in the eligible age range for recruitment - men aged 28-32 years. We hope that you agree that this is an important area of research that your organisation would like to support so that we can reach our target number of participants.

### Some ways your organisation might help:

- Send an email about the MAPP Study to your members or employees
- Mention the MAPP Study in your organisation's newsletter
- Invite our research team to give a presentation
- Invite our research team to a lunchtime data collection session, in which we attend your organisation with our surveys for employees or members who would like to participate.
- Put up study posters or flyers in the workplace.

We will provide your organisation with all the relevant promotional material. At this stage we are seeking only indications of future support from potential partners. If you think there might be interest from your organisation in being a project-partner then we can arrange a time to talk with you about specific ways to be involved. You will NOT be asked to provide any personal or contact details of your employees or members. Once an employee or member consents to participate in the MAPP Study, our team will manage all contact with the participant.

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### **We value and acknowledge your partnership**

All partners will be acknowledged and have logos displayed on our study webpage with links to your organisation webpage if desired. Where possible, we will also acknowledge your organisation on other promotional materials for the study, for example on the MAPP Study Facebook page and our quarterly e-newsletter. If you can think of other ways that our study can work with your organisation, we would love to hear your ideas.

### **Timeframe for data collection**

We started wave one data collection in February 2015. We will continue to collect data throughout 2016 until we have over 1300 participants. This means that your organisation can select the most convenient time to be involved in the MAPP Study.

We have established a webpage for the project that can be viewed at [www.deakin.edu.au/psychology/mapp-study](http://www.deakin.edu.au/psychology/mapp-study). Please be aware that the web page is currently under development.

### **Register your interest**

To register interest in becoming a MAPP project partner please contact either our Project Manager, Bengianni Pizzirani, or lead researchers, Jacqui Macdonald or Tess Knight. All contact details are listed below. General enquiries can be made to [mapp@deakin.edu.au](mailto:mapp@deakin.edu.au)

The evidence we gain from the MAPP study will inform policy and programs that can help all men adjust to family and social change. For those who become fathers, we want to find ways to help them to enjoy being the best dads they can be. We hope that you can see value in being a partner in this rare and important project.

### **For further information:**

**General enquiries:** [mapp@deakin.edu.au](mailto:mapp@deakin.edu.au)

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