

## Who can take part?

White British men over the age of 18 who earn less than £14000 a year.

This research is being supervised by Dr. Anna Madill and Dr Siobhan Hugh-Jones. The university ethics reference is 13-0036

If you wish to discuss the research or have any reservations about the conduct of the researcher, please contact Dr Anna Madill by emailing [a.madill@leeds.ac.uk](mailto:a.madill@leeds.ac.uk)

**WANTED!**

## What now?

Take some time to think about whether you would like to take part and talk it through with anybody you would like to. Think of any questions you have for the researcher or anything you are not sure about. Once you have decided then contact the researcher to get involved.



**Mike Jestico**

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**Your views  
on  
men's health**

**Would you like to be  
involved in research  
aimed at improving  
men's health and well-  
being?**

### What is the aim of the study?

Men die on average 4 years younger than women in the UK and have less healthy years too. This doesn't have to be the case and you can make a difference.

The study aims to understand what men think and do about their own health and how this affects how healthy they are. What difference does this make to their lives?

### When would I take part?

You can take some time to decide whether or not to take part. The research will last for a limited time, so the sooner the better but not until you are totally sure you wish to take part. You can choose which week you take your photos and the interview will be arranged at a time that suits you.

### Why should I take part?

Men die on average 4 years younger than women in the UK and have less healthy years too. Lots of people have written about reasons why but few researchers have thought to ask how men live their lives and how do they 'do' health. With your help in this study we can help improve this situation and help men live longer and healthier lives. You might also enjoy it too.

### What is involved?

If you decide to take part then this is what would happen:

You will be asked to complete a short consent form. You will then be loaned a digital camera, and asked to photograph your life for 7 days. The photos will be of what is around you or things you do that affect your health and feelings of well-being. If you take photographs of adults, you must try and gain their verbal consent first. The researcher will develop the photos with you on a portable printer.

An audio recorded interview will then be arranged in a place of your choosing when you will talk about the photos you have taken with the researcher (Mike Jestico). This will give you the opportunity to discuss any issues that came up during the process.

### Will anybody know I am taking part?

Your personal details (age, name etc) will be anonymous. All of the data (photos and interview recordings) will only be looked at by the research team and your name will not be used (you will be given a false name instead). All of the data will be stored securely in locked filing cabinets or on secure University of Leeds computer systems. Any reports, presentations or publication of results will not name anybody taking part.

If you tell me something during the project, or take a picture of something, that makes me think that you are at risk of harm, or may harm someone else, then I will have to tell someone else. If this happens then I will talk to you about it first.

### Is there a downside to taking part?

If you do decide to take part then we will be asking for some of your time, but it will be quick between beginning and end of the research. There is the possibility that during the interview we may talk about some things that you find difficult or upsetting, but you will never be forced to talk about anything you do not want to. If you do decide to take part you will always have the option of withdrawing at any time you want to. You will be rewarded with £20 in supermarket vouchers in exchange for the time you have spent on the research.