

# CUMULATIVE LIFETIME VIOLENCE SEVERITY, SOCIAL DETERMINANTS AND ANXIETY IN A NATIONAL SAMPLE OF CANADIAN MEN

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## BACKGROUND

Anxiety disorders are common globally and have been associated with discrete experiences of violence and with social determinants of health (SDOH) such as gender, income and age. Yet little attention has focused on how intersections among SDOH and cumulative lifetime violence severity (CLVS) affect likelihood of experiencing generalized anxiety disorders (GAD). CLVS includes physical, psychological, or sexual violence in childhood or as an adult, as target or perpetrator within families, communities, schools, workplaces or partner relationships.

## PURPOSE

To explore the relationships among CLVS, SDOH, and GAD in Canadian men.

## SAMPLE

A community convenience sample of 592 English-speaking men, 19 years and older, living in Canada who self-identified as having experiences of violence as a target and/or perpetrator.

## KEY MESSAGES

- Together, a lifetime history of violence as target and perpetrator combined with socio-economic disparities and other chronic stressors may increase men's vulnerability for GAD.
- First evidence that feeling overwhelmed or stressed by daily demands is a discrete chronic stressor, separate from CLVS, that may increase likelihood of GAD among men.
- **IMPORTANTLY**, our multivariate model identifies potentially modifiable SDOH such as food insecurity, social support, and unemployment.

## RESULTS

- 76.4% of the men had experiences of violence as a target and perpetrator & 30.9% met the criteria for probable GAD.
- The likelihood of GAD increased with higher CLVS scores .
- Compared to those without GAD, those with probable GAD were younger, had more stress about not being perceived as masculine, & more chronic physical health conditions, and reported less social support and control of life.
- Those with probable GAD were more likely to be unemployed, born in Canada, & overwhelmed by stress; to have lower incomes, food insecurity & adverse housing; and to not identify as heterosexual.
- In the adjusted model, CLVS and 5 SDOH remained significant predictors of GAD (See Table).

| Significant Predictors of GAD in Multivariable Model | Adjusted Odds Ratio |
|--|---------------------|
| CLVS   | 5.30                |
| Masculine Discrepancy Stress                         | 1.04                |
| Born in Canada                                       | 2.04                |
| Unemployed   | 1.80                |
| Food Insecure  | 2.73                |
| Social Support                                       | 0.94                |
| Sense of Personal Control                            | 0.93                |
| Feeling Overwhelmed Often/Most of the Time           | 6.26                |