

CUMULATIVE LIFETIME VIOLENCE, GENDER, SOCIAL DETERMINANTS OF HEALTH AND MENTAL HEALTH IN CANADIAN MEN: A LATENT CLASS ANALYSIS

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BACKGROUND

Little is known about how violence experiences, mental health outcomes and social determinants of health (SDOH) interact for men. Part of the reason may be that violence is often measured narrowly, in select contexts with select types. We define cumulative lifetime violence (CLV) as physical, psychological or sexual violence that occurred during childhood and/or as an adult, as a target and/or perpetrator in many contexts including within the family, community, school, workplace or partner relationships and developed a CLV severity scale to comprehensively measure violence experiences across the lifespan. This study uses latent class analysis (LCA), a person-oriented method, to identify subgroups of men according to patterns of violence experiences and to explore differences among classes regarding SDOH, mental health and gender role conflict (GRC).

SAMPLE

A community sample of 685 self-identified men, who were English speaking, aged 19-65 and residents of Eastern Canada.

LCA CLASSES



KEY FINDINGS

- **Class 1: (49.1%) - Moderate Psychological Target—Low Perpetrator All.** Some psychological violence in both childhood and adulthood as target and low perpetration of violence. Tended to be better educated, employed and had less GRC than other classes. Lowest proportion of men with mental health problems at 25.6%.
- **Class 2 (34.3%) - High Psychological Target—Moderate Psychological Perpetrator, Childhood and IPV.** Violence is mainly psychological: high targets in childhood from caregivers and peers, and as adults from partners, on teams and in the workplace; moderate perpetrators at all ages with peers and dates/partners. 57.4% had symptoms of depression, anxiety or PTSD, with 25.1% having symptoms of all three.
- **Class 3 (7.0%) - Highest Target All Types; Moderate Psychological Perpetration.** Most severe target experiences (except related to work and political unrest) and perpetrated moderate psychological violence as child and adult. Class 3 were the youngest and 40% were not heterosexual and less than half were employed. They had the highest scores of anxiety, depression and PTSD with 60.4% having symptoms of all three.
- **Class 4 (9.6%) - High Psychological & Physical, Moderate Sexual Target; Highest Perpetrator All Types.** Second highest target experiences across all violence types with one exception – they had the highest physical violence related to work and political unrest. Class 4 were the oldest, 19% received pensions, 45% were unemployed and more (~30%) worked (or had) in military, first responders or health care. Had the second highest scores of depression, PTSD and anxiety, with 40.9% having symptoms of all three.
- The finding that despite distinctly different patterns of high severity CLV, Classes 3 and 4 had similar mental health scores shows that more than one pattern of lifetime violence can be associated with substantive mental health issues.
- A history of psychological violence can have a negative impact on men's mental health, as demonstrated by Class 2, who experienced limited physical or sexual violence, but high psychological violence.
- Findings also revealed that GRC differ by patterns of violence, with significantly higher scores for GRC related to demands of family and work, expression of emotion to others, and avoidance and fear of physical contact and expression of emotion towards men in Class 4 than in Class 1. It is possible that intersection of GRC with the pattern of violence may influence mental health and comorbidity.