



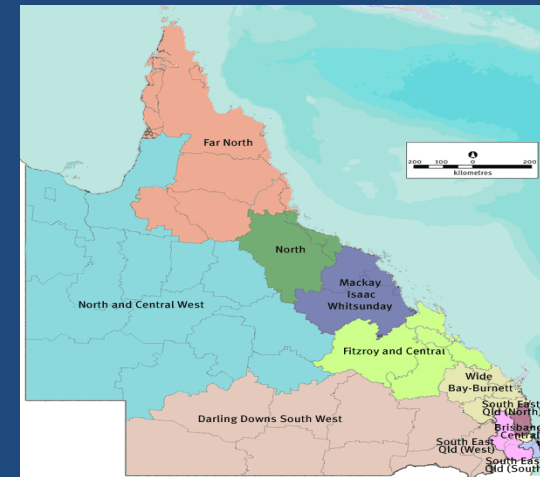
Help-seeking behaviour of working men in regional Queensland

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Background

- Health outcomes of Australian men < women
- Mackay male health status < National average
- Mackay region working men
 - Delayed help-seeking?
 - Less use of healthcare practitioners?
 - Longer shifts/fewer opportunities?



Aim: To explore perceptions of help-seeking behaviour among working men in the Mackay region and investigate potential contributors to poor health outcomes

Methods

“Working Men’s Health Survey” developed:

- 22-item, confidential, self-reporting instrument

Ethical approval (*THHS HREC*)

Distributed to working men in the Mackay region and surrounding areas

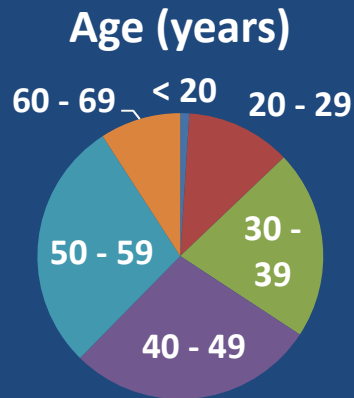
- local media advertisements
- direct contact with local businesses
- promotion by Mackay Base Hospital Facebook page
- available via hardcopy and online (SurveyMonkey)

296 surveys completed (163 print, 133 online)

Statistical analysis

Thematic analysis

Results

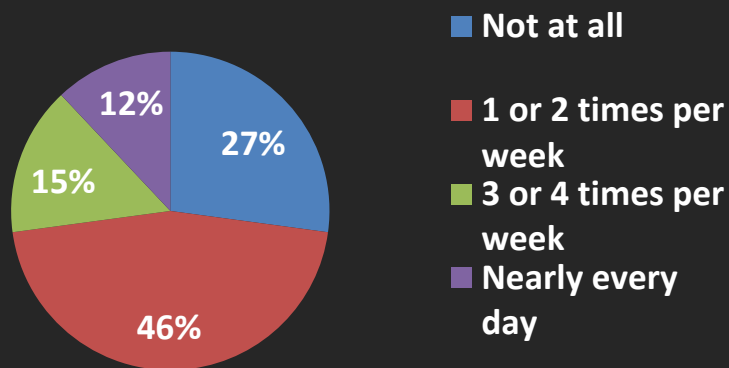


57% - consumed >4 std drinks \geq 1 day/week

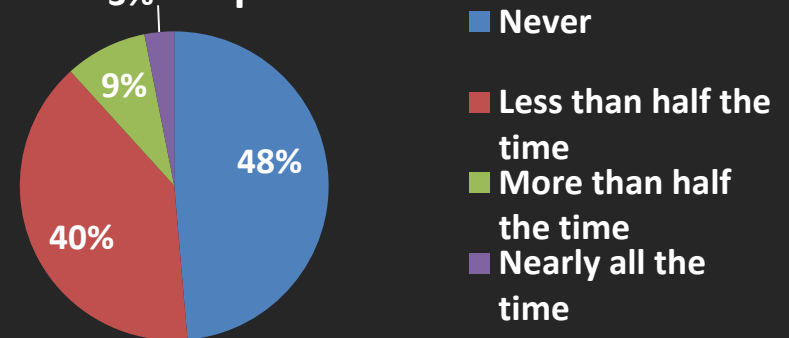
19% - consumed >4 std drinks \geq 3 days/week

2% - seeking help to reduce alcohol consumption

How often do you get anxious or stressed out?



How often do you get depressed, find everything is an effort, or experience hopelessness?



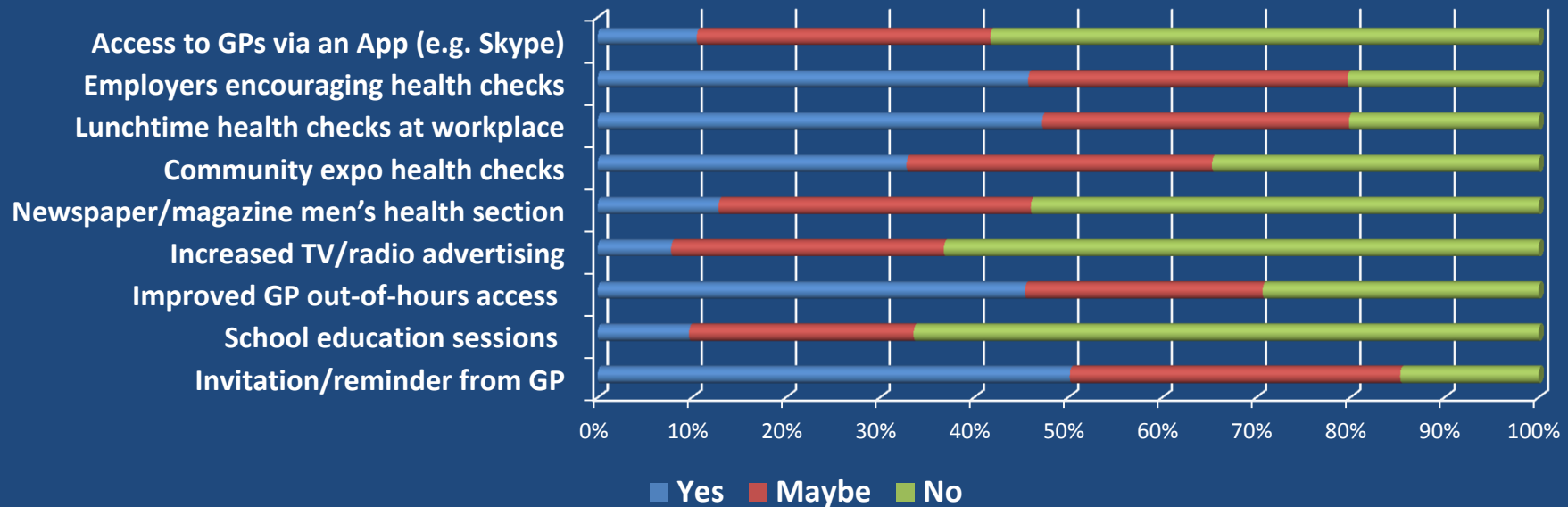
12% - seeking help for anxiety or depression

Results

In the past 12 months:

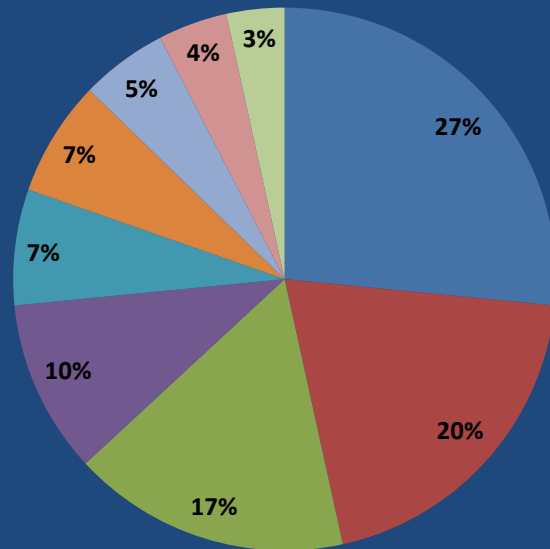
87% - Visited GP 67% - General health check

Regular health check influences



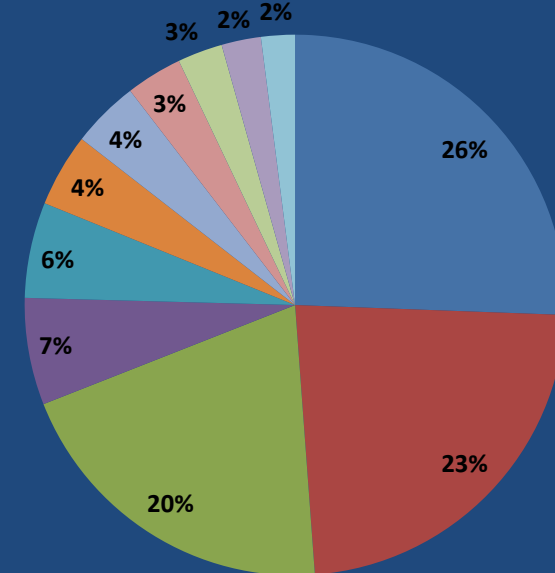
Results

Motivators for GP visit



- Health complaint/ Feel unwell
- Regular check up / Preventive / Improve general well-being
- Ongoing health condition
- Reminders / Price incentives / Free checks
- Increasing age
- Other
- Wife/ Kids / Family
- On time appointments / If had more time
- Family history

De-motivators for GP visit



- Cost
- Nothing / Not a problem
- Waiting / Appointments not on time
- Inconvenience
- Lazy / Complacency
- Other
- Too busy/ Lack of time
- Not sick / Don't need to / Can't see benefit
- Negative attitude to doctors
- Can't miss work/ Lost time at work
- Fear of bad news or being told I'm sick

Conclusions

- Disparity between alcohol consumption and help seeking behaviour
- Disparity between visiting a GP and having a health check done
- Interventions to improve help seeking
 - increased after hours access
 - invitations/reminders from GP

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