

**“I Don’t Need Advice or Lectures”**

**A Discursive Psychological Analysis of Men’s Posts in an Online Discussion Forum for  
Depression**

*This thesis is submitted in partial fulfillment of the Honours degree of Bachelor of  
Psychological Science*

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## TABLE OF CONTENTS

<b>Abstract</b> .....	<b>iv</b>
<b>Declaration</b> .....	<b>v</b>
<b>Acknowledgements</b> .....	<b>vi</b>
<b>CHAPTER 1: Introduction</b> .....	<b>1</b>
1.1 Overview.....	1
1.2 Depression in Men .....	2
1.3 Depression and Masculinity .....	3
1.4 Masculinity and Psychological Help-seeking.....	5
1.5 Critical Perspectives on Gender.....	6
1.6 Evidence for Help-seeking Preferences.....	7
1.7 Issues with Self-report Data.....	7
1.8 Men’s Help-seeking and Naturalistic Data.....	9
1.9 Online Discussion Forums as Naturalistic Data.....	9
1.10 Analyses of Online Discussion Forums.....	10
1.11 Aims of the Present Study.....	14
<b>CHAPTER 2: Methodology</b> .....	<b>15</b>
2.1 Theoretical Framework.....	15
2.2 Analytic Approach.....	16
2.3 Data Collection.....	17
2.4 Data Analysis.....	18
2.5 Ethics.....	19

<b>CHAPTER 3: Analysis and Discussion.....</b>	<b>21</b>
3.1 Overview.....	21
3.2 Troubles Telling Posts.....	21
3.3 Information and Advice Seeking posts.....	29
3.3.1 <i>Seeking advice on family relationships</i> .....	29
3.3.2 <i>Seeking validations of normality</i> .....	32
<b>CHAPTER 4: Conclusion.....</b>	<b>39</b>
4.1 Summary .....	39
4.2 Implications.....	39
4.3 Limitations and Future Research.....	41
<b>References.....</b>	<b>42</b>

## **Abstract**

Australian men are diagnosed with depression at half the rate of Australian women and, as such, depression in men has received less attention historically. Depression is often positioned as gendered, that is, as a psychological condition that women are more likely to experience. Many argue however that the disparity in depression diagnosis rates is not presentative of depression prevalence. Rather, such disparities have been suggested to be an artefact of inappropriate diagnostic criteria and societal norms about masculinity and help-seeking. The challenging nature of improving understanding of these gender differences, is that typical features of male depression which make diagnosis difficult (for example, reticence to discuss psychological distress openly), also make it difficult to study. Increasing use of online discussion forums on depression provides an opportunity to investigate how men describe their experiences with depression in ways that are not directed or influenced by researchers' concerns. This thesis aims to examine how men routinely describe their experiences of depression and position themselves in relation to the condition in an online forum. A discursive psychological approach informed by membership categorisation analysis is used to analyse how men formulate initial posts on an online discussion forum for depression.

## **Declaration**

This thesis contains no material which has been submitted for the award of any other degree or diploma in any other University and to the best of my knowledge, this thesis contains no materials published elsewhere except where due reference is made. I give consent to this copy of my thesis, when deposited in the University Library, being available for loan and photocopying.

Phoebe Drioli-Phillips

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