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University

## EXPLANATORY STATEMENT

**Institute of Public Accountants (IPA) Members**

**Project ID: 35030**

**Project title: [The Male Hug 2022 Survey of Australian Professionals](#)**

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You are invited to take part in this study. Please read this Explanatory Statement in full before deciding whether or not to participate in this research. If you would like further information regarding any aspect of this project, you are encouraged to contact the researchers via the phone numbers or email addresses listed above.

The Australian Bureau of Statistics 2021 census found that there were about 2.2 million (one in twelve) Australians with a diagnosed mental health condition; i.e., anxiety or depression. While anxiety and depression have been identified as important mental health issues in Australia, the aim of this current research study conducted by Dr Marjorie Jerrard (Monash University) and I (Dr. Sean A. Way, Monash University) on behalf of [The Male Hug](#) (Mr Tony Rabah, CEO) is to identify those mental health issues and psychological challenges that are the most salient to Australian professions.

Mr Andrew Conway (CEO, [Institute of Public Accountants](#)) as a [Partner of The Male Hug](#), on behalf of the [research team](#) (Dr Marjorie Jerrard and Dr Sean A. Way, Monash University) has sent all Institute of Public Accountants Members an invitation to participate in The Male Hug 2022 Survey of Australian Professionals. Your participation in this research project is voluntary and involves the completion (<15 minutes) of an anonymous online survey. This anonymous online survey involves your assessment of the mental health issues and psychological challenges (e.g., anxiety, emotional exhaustion, job anxiety, social support, and happiness) that are most salient to you. You can stop completing this study's anonymous online survey at any time, however, it is not possible to withdraw data once you have submitted your responses. You will submit your anonymous responses directly to me and only I will have access to your anonymous responses. Moreover, only I will have access to the study's anonymous data and only aggregated data will be reported in any future reports, presentations, et cetera.

### **Possible benefits and risks**

This study's anonymous data will form the basis of a TMH White Paper that the [research team](#) (Dr Marjorie Jerrard and Dr Sean A. Way, Monash University) will prepare on behalf of The Male Hug. This TMH White Paper will report only anonymous aggregated data. The THM White Paper's findings will be posted on The Male Hug website (by 31-10-2022) and will be reported in selected media presentations, and will be included in presentations to The Male Hug "Corporate and Professional Partners" as well as Government Entities in Victoria and Canberra. The purpose of this TMH White Paper is to provide an in-depth view of and to draw

attention to the mental health issues and challenges faced by Australian Professionals so that these entities (including [The Male Hug](#)) can consider those actions that may enable them to address these challenges.

### **Services if adversely affects**

Given the sensitive nature and themes of parts of this study's anonymous online survey; e.g., anxiety, emotional exhaustion, job anxiety, and social support, some respondents may experience heightened negative emotions. If you are adversely affected by participating in this study or if you need mental health assistance, help is available from the following free support services:

1. Beyondblue: call 1300 22 4636 for telephone support, information and resources for people dealing with depression or anxiety, or visit [Beyondblue](#).
2. Mensline Australia: call 1300 78 9978 for telephone support, information and referrals for men dealing with relationship issues, or visit [Mensline Australia](#).
3. MindSpot Clinic: call 1300 26 9438 for a free assessment and treatment service for Australian adults with anxiety or depression.
4. Bush Support Line: call 1800 80 5391 for telephone support for people in rural and remote areas, or visit [Bush Support Line](#)

### **Storage of data**

Only I will have access to the study's anonymous data. The data will be stored on a secure Monash computer and will be kept for a minimum of 5 years after completion of the project.

### **Results**

An overview of the THM White Paper's findings will be posted on The Male Hug website by 31-10-2022.

### **Complaints**

Should you have any concerns or complaints about the conduct of the project, you are welcome to contact the Executive Officer, Monash University Human Research Ethics Committee (MUHREC):

Executive Officer  
Monash University Human Research Ethics Committee (MUHREC)  
Room 111, Chancellery Building D,  
26 Sports Walk, Clayton Campus  
Research Office  
Monash University VIC 3800  
Phone: 03 9905 2052 • Email: [muhrec@monash.edu](mailto:muhrec@monash.edu) • Fax: 03 9905 3831

Thank you,

*Sean*

Dr. Sean A. Way