

January 2019 Update from the Field: Resilience

“Do it All by Myself”: A Salutogenic Approach of Masculine Health Practice Among Farming Men Coping with Stress. (2017). Roy P, Tremblay G, Robertson S, & Houle J. *American Journal of Men’s Health*, 11(5), 1536-1546.

Farming is often considered one of the most stressful occupations. At the same time, farming men symbolically represent a strong, traditional, or hegemonic form of masculinity based on stoicism, resourcefulness, and resilience to adversity. A contrast is observed between this social representation and their health status, marked by higher levels of stress, social isolation, psychological distress, and suicide than many other subgroups of men. A salutogenic approach was taken in this study to enable the investigation of the social contexts in which farming men positively engage in health-promoting behaviors that may prevent or ameliorate mental health problems. A focus was placed on how farming men cope with stress on their own, and the relationship of this to their popular image of being resourceful and resilient. Thirty-two individual in-depth interviews with farming men and a focus group with five key informants working in rural areas within the Province of Quebec, Canada, were carried out. Self-distraction and cognitive strategies emerged as the most relevant for participants. Notably, taking work breaks conflicted with the discourse of the “relentless worker” that farmers are expected to be. Pathways to positive coping and recovery implied an ambivalence between contemplation of strategies aligned with negative aspects of traditional masculinity norms in North America and strategies aligned with more positive, progressive aspects of these norms based on the importance of family and work life balance. Health promotion and future research should investigate how various positive masculine practices can be aligned with farmers’ health and well-being and that of their family.

Burnout and hopelessness Among Farmers: The Farmers Stressors Inventory. (2018). Truchot D & Andela M. *Social Psychiatry and Psychiatric Epidemiology*, 53, 859-867.

Background: Farming is a stressful occupation with a high rate of suicide. However, there have been relatively few studies that have examined the antecedents of stress and suicide in farmers. We also lack methodologically sound scales aimed at assessing the stressors faced by farmers. **Aims:** Therefore, the purposes of this study were to develop an instrument assessing the stressors met by farmers, The Farmers Stressors Inventory, and to test its factorial structure, internal consistency and criterion validity. **Methods:** First, based on the existing literature and interviews with farmers, we designed a scale containing 37 items. Then a sample of 2142 French farmers completed a questionnaire containing the 37 items along with two measures: The MBIGS that assesses burnout and the BHS that assesses hopelessness. **Results:** The statistical analyses (EFA and CFA) revealed eight factors in accordance with different aspects of farmers job stressors: workload and lack of time, uncertainty toward the future and the financial market, agricultural legislation pressure, social and geographical isolation, financial worry, conflicts with associates or family members, family succession of the farm, and unpredictable interference with farm work. The internal consistency of the eight subscales was satisfactory. Correlation between these eight dimensions and burnout on the one side and hopelessness on the other side support the criterion-related validity of the scale

“The Masks We Wear”: A Qualitative Study of Suicide in Australian Farmers. (2018). Kunde L, Kolves K, Kelly B, Reddy P, de Leo D. *The Journal of Rural Health*, 34, 254-262.

Purpose: Farmer suicide is a major public issue in Australia. Using the psychological autopsy method, this study aimed to examine the life and death circumstances of Australian male farmers who died by suicide through verbal reports from their close significant others. **Methods:** Individual semistructured interviews were conducted with 12 relatives of male farmers who had died by suicide in Queensland or New South Wales, Australia (2006-2014). This study followed the COREQ checklist criteria for the reporting of qualitative research. **Findings:** Six interrelated themes were identified: (1) masculinity, (2) uncertainty and lack of control in farming, (3) feelings of failure in relationships and farming, (4) escalating health problems, (5) maladaptive coping, and (6) acquired capability with access to means. **Conclusions:** Effective clinical interventions, as well as suicide prevention strategies, need to consider the importance of 3 key issues in suicide among farmers: adherence to masculine norms and socialization; expectations of self in maintaining family traditions and occupation; and a male subtype of depression.