

Longitudinal Study on Men's Behaviour Change Programs in Australia

Very little research has been carried out on Men's Behaviour Change Programs in Australia (Urbis, 2010). Four years ago Violence Free Families in partnership with the Department of Social Work at Monash University undertook the first large scale and the first longitudinal study on the impact of such programs in Australia.

The research involved collaboration with 8 service providers across three states and it followed men for two years, and sometimes more, following program completion. The study also sought information from partners, program managers and program staff. Data came from hard copy and on line surveys and from phone interviews.

The study is now completed and shows that such programs are successful. It shows some factors associated with the programs and some with the men affect outcomes. The project implies that the factors associated with the more successful programs should be incorporated into all programs.

As a side light the project followed up men who appeared to drop out, an issue for most program providers. Most of those who drop out progressed to other programs subsequently.

The project suggests new additional support programs are required to ensure men maintain their progress, to assist with parenting (often the reason the men came to the programs), and to tackle other problems the men were found to raise.