



Social Research Lab
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SOCIAL RESEARCH LAB

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The Social Research Lab at UNC prepared this report at the request of the ManKind Project. All identifying information has been removed and identified data is stored securely at the SRL only. The SRL is dedicated to assisting individuals and organizations in all stages of data collection and analysis. Any questions about this report and/or inquiries about specific data should be directed to Executive Director Josh Packard at josh.packard@unco.edu or 970-351-3385.

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Executive Summary

Overview

The following report compares the findings from the pre-test surveys to the one-month post-, three-month post-, and six-month post-test surveys administered to participants of the ManKind Project (MKP). The surveys assess changes in participants' self-assessment of indicators of four concepts: 1) isolation and loneliness, 2) self-efficacy and self-reliance, 3) aggression and dominance, and 4) psychological well-being. This report is broken down into three primary sections: Executive Summary, Findings, and Appendix. The Findings section of this report is divided into four sub-sections based on the four concepts. The report concludes with the appendix which includes tables that describe the findings.

How to Read this Report

The Findings section of this report summarizes all data collected from the pre-test, one-month post-, three-month post-, and six-month post-test surveys. In this section, the researchers compare the means of each one-month, three-month, and six-month post-test question to the means of the corresponding pre-test question to determine whether the changes are significant. Difference of means tests are used because the declining response rate of post-test surveys over time does not allow for the comparison of percentages of participants. While the percentages are included, the means provide a more accurate point of comparison between tests, so we encourage readers to direct their attention to the means. Findings are organized thematically, based on the concepts defined by the client. The appendix follows after the Findings. The Tables section provides tables for all of the survey questions and difference of means tests. Tables referenced in the body of the report will be found in the appendix.

The tables present the percentage of participants who selected a response. The number in the last column of the table is the mean for each statement. The mean is the average answer selected. The higher the mean score, the more importance or agreement the participants gave to the particular item.

Tables 1-24 and 29-32 are presented in 3-point Likert Scales. Tables 5-24 and 29-32 were recoded to condense the 5-point Likert Scale into 3 points. For example, the answers strongly disagree and disagree were condensed into "Disagree (Combined)". The answers strongly agree and agree were combined into "Agree (Combined)". Tables 25-28 are presented in 5-point Likert Scales. Tables 33-40 are presented as difference of means tables.

The surveys were administered to men who participated in one of the 10 MKP trainings held across the United States. The men were emailed a link leading to the survey before the training began and asked to complete it. Additionally, they were asked to complete the same survey immediately after the training. The survey was created in Qualtrics, an online platform, and then transferred into a program called Remark that allowed the researchers to mail paper versions of the survey. The immediate post-test was taken in paper form directly after the training concluded without the conductors of the training present. All other versions were taken through Qualtrics.

Concepts

Based upon the objectives of the training, the client requested that the Social Research Lab assess the training in regard to its impact on participants in the following areas: isolation and loneliness, self-efficacy and self-reliance, aggression and dominance, and psychological well-being. The survey was created to address the specific areas and utilized multiple scales to assess each concept. The highlights and findings sections are also organized according to these concepts.

1. Isolation & Loneliness

The UCLA Loneliness scale was implemented to measure feelings of isolation and loneliness (Hughes et al. 2004). The scale has three items each with a three-point Likert scale including hardly ever, some of the time, and often. In this implementation of the scale, a higher score indicates a heightened sense of loneliness and isolation.

2. Self-Efficacy & Self-Reliance

Two scales were implemented to measure this concept. The first, the New General Self-Efficacy Scale (NGSE), was developed to gauge an individual's beliefs in their own capabilities to meet the demands of a variety of situations (Chen et al. 2001). This scale is made up of eight questions that participants answer with a five-point Likert scale, which includes the options of strongly agree, agree, neither agree nor disagree, disagree, and strongly disagree. In this implementation of the scale, a higher score indicates a greater sense of self-efficacy in the participant.

The second scale implemented to measure this concept was the self-reliance subscale from the Male Role Norms Inventory (MRNI) (Levant and Richmond 2007). In this evaluation, the subscale was converted from a seven-point Likert scale to a five-point Likert scale, which included the options of strongly agree, agree, neither agree nor disagree, disagree, and strongly disagree. In this report we present the results in a condensed format in which responses of strongly agree and agree are combined and responses of strongly disagree and disagree are combined. While high scores on this scale indicate high self-reliance, high scores on this scale have been shown to be associated with reluctance to seek help and harmful notions of rugged independence.

3. Aggression & Dominance

Aggression and dominance were measured using the aggression and dominance subscales of the Male Role Norms Inventory (Levant and Richmond 2007). In this evaluation, these subscales were converted from a seven-point Likert scale to a five-point Likert scale, which included the options of strongly agree, agree, neither agree nor disagree, disagree, and strongly disagree. In this report we present the results in a condensed format in which responses of strongly agree and agree are combined and responses of strongly disagree and disagree are combined. These subscales are intended to measure adherence to traditional masculinity ideology and high scores on these subscales have been shown to be associated with sexual aggression and relationship violence.

4. Psychological Well-Being

Aspects of psychological well-being were measured using three tools. The first tool, the restrictive emotionality subscale of the Male Role Norms Inventory (MRNI) (Levant and Richmond 2007) examines the extent to which men restrict their emotions as a result of ideologies related to masculinity. In this evaluation, this subscale was converted from a seven-point Likert scale to a five-point Likert scale, which included the options of strongly

agree, agree, neither agree nor disagree, disagree, and strongly disagree. In this report we present the results in a condensed format in which responses of strongly agree and agree are combined and responses of strongly disagree and disagree are combined. Adherence to traditional masculinity ideology on this scale has been shown to be related to alexithymia.

The second tool used to examine psychological well-being was the depression and anxiety subscales from the Brief Symptom Inventory (Derogatis 1975). Together these subscales consist of twelve questions presented as a five-point Likert scale which included the options of not at all, a little bit, moderately, quite a bit, and extremely. The questions presented on this subscale serve as indicators of specific symptoms of depression and/or anxiety.

The third and final tool used to examine psychological well-being was the Satisfaction with Life Scale (Pavot and Diener 2009). This scale is made up of five questions and presented as a five-point Likert scale, which included the options of strongly agree, agree, neither agree nor disagree, disagree, and strongly disagree. In this report we present the results in a condensed format in which responses of strongly agree and agree are combined and responses of strongly disagree and disagree are combined. This scale is used to indicate changes of participants' overall satisfaction with their lives over the course of an intervention or treatment.

Highlights

1. Participants' feelings of isolation and loneliness decreased over time. (Addresses Concept 1)
2. Participants expressed that their feelings of self-efficacy increased while feelings of self-reliance decreased. (Addresses Concept 2)
3. Participants' feelings of aggression and dominance lessened after participating in the program. (Addresses Concept 3)
4. Participants indicated that their psychological well-being is generally unaffected by participation in this program. (Addresses Concept 4)

Findings

Concept 1 – Isolation & Loneliness

Tables 1-4 reflect the scores of the questions regarding the isolation and loneliness items from the pre-test, one-month post-, three-month post-, and six-month post-tests, respectively. During the pre-test, the mean score for all three items was below 2.0 (Appendix, Table 1), indicating that the participants hardly ever felt isolated or lonely before experiencing the New Warrior Training (NWT). The scores for the same three questions on the one-month post-test (Appendix, Table 2) also fall below 2.0 (ranging from 1.6-1.9). The scores demonstrate a lower range during the three-month post-test (1.5-1.6) and six-month post-test (1.5-1.6), indicating that, over time, the participants feelings of isolation and loneliness lessened (Appendix, Tables 3 and 4, respectively).

However, although the mean scores declined over the course of the six-month period, only one question appears as statistically significant (Appendix, Table 33). The question, “How often do you feel left out?” averaged a score of 1.9 on the pre-test and dropped to a 1.6 on the three-month post-test (mean difference = 0.3). The results show that there was a statistical difference between the answers on the pre-test and the answers on the three-month post-test.

Overall this data suggests that participants rarely felt lonely or isolated before participating in NWT and their participation in the program may have further decreased their likelihood of feeling lonely or isolated.

Concept 2 – Self-Efficacy & Self-Reliance

Tables 5-8 refer to men’s feelings of self-efficacy before and after engaging in NWT. The pre-test shows the mean score ranging from 2.6-2.8 on all items relating to self-efficacy (Appendix, Table 5). Based on the surveys, men demonstrated an increase in feelings of self-efficacy (ranging from 2.7-3.0) during the one-month post-tests (Appendix, Table 6). When analyzing these post-tests, the most noticeable increase in mean was on the item “I will be able to achieve most of the goals that I set for myself,” scoring a 2.6 on the pre-test and a 2.9 on the one-month post-test. Two of the eight items are statistically significant: “I will be able to successfully overcome my challenges” (mean difference = 0.2), and “I am confident that I can perform effectively on many different tasks” (mean difference = 0.1). The three-month post-test (Appendix, Table 7) also saw an increase in mean score on this group of items (ranging 2.6-3.0). All but two items on this post-test were statistically significant. When observing the six-month post-tests (Appendix, Table 8), it can be observed that the mean scores rose (ranging 2.6-3.0). No decrease in mean score was statistically significant. There was one statement on the one-month post- and three-month post-test that was scored 3 (Agree Combined) by all the men who answered it: “I will successfully be able to overcome many challenges.” Two statements on the six-month post-test Self-Efficacy section were scored all 3s as well: “I believe that I can succeed at most any endeavor to which I set my mind” and “I am confident that I can perform effectively on many different tasks.”

Tables 9-12 look at men’s feelings of self-reliance after participating in NWT. The average score on these items ranged from 1.9-2.7. When looking at the one-month post-test, one observes a drop in mean scores on all items relating to self-reliance (1.5-2.5). The largest decrease in mean scores is seen in the item “Men should be able to fix things around the house,” falling from a 2.5 on the pre-test to a 1.8 on the one-month

post-test (mean difference 0.7). Besides this decrease in mean score, one other was statistically significant: “A man should be able to perform his job even if he is physically ill or hurt” (mean difference = 0.6). The three-month post-test also indicates that men’s feelings of self-reliance lessened after participation in the program (1.2-2.6), with the largest decrease on the item: “A man should know how to repair his car should it break down,” falling from a 2.1 on the pre-test to a 1.4 on the three-month post-test (mean difference 0.7). According to the six-month post-test, mean scores on all items ranged from 1.5-3.0.

In sum, men’s feelings about their self-efficacy seemed to increase over time after participation in NWT, while their feelings about self-reliance became less strong. As self-efficacy promotes control over one’s actions, this can be interpreted as a positive change in men’s feelings towards masculinity. In general, participants’ scores on feelings of self-reliance seemed to drop, meaning that men identified less with these feelings. However, due to the lack of statistical significance, those changes in men’s self-reliance may have occurred by chance. Also, because the self-reliance scale was designed to measure harmful notions of rugged individualism and high scores on this scale have been associated with reluctance to seek help, the decrease in the mean scores on this scale serve as an indicator that the NWT may have challenged participants’ notions that men should never rely on others.

Concept 3 – Aggression & Dominance

Tables 13-16 present participants’ responses on all items pertaining to feelings of aggression. The average pre-test scores range from 1.6-2.8. After observing the one-month post-test, it can be concluded that the mean scores display a similar range (1.6-3.0) when reflecting on feelings of aggression one month after participation. None of the difference in means are statistically significant. The three-month post-test found that three months after participating in NWT, men’s feelings about aggression decreased (ranging from 1.3-2.5). Four of the seven items presented in this section were considered statistically significant: “Men should excel at contact sports” (mean difference = 0.5), “Boys should be encouraged to find a means of demonstrating physical prowess” (mean difference = 0.4), “When the going gets tough, men should get tough” (mean difference = 0.5), and “I think a young man should try to be physically tough, even if he is not big” (0.7). Six months after participating in the program, men’s average scores display a greater range than that of the pre-test (ranging from 1.3-3.0).

Tables 17-20 display participants’ responses regarding all items related to dominance, with the mean scores ranging from 1.2-1.7. One month after completing NWT, men indicated that they placed less importance on the idea of dominance than they did before participating, with the average scores for all items dropping below 1.5 (ranging from 1.1-1.4). After three months, men continued the trend with average scores maintaining a range of 1.1-1.4. In the six-month post-test, men’s average scores rose significantly (ranging from 1.4-3.0). *The results on this scale suggest that the experience of NWT challenged participants’ adherence to traditionally masculine notions of aggression and dominance, but after six months away from the training, their opinions on dominance and aggression may have reverted to their pre-training levels.*

Concept 4 – Psychological Well-Being

Tables 21-32 provide responses from participants about level of agreement with statements regarding psychological well-being. Tables 21-24 display an emotionality scale, tables 25-28 record responses to a psychological well-being scale, and tables 29-32 display a satisfaction with life scale.

The pre-test shows that all items related to emotionality had low mean scores (ranging from 1.3-1.7), suggesting that, before the training, participants did not adhere to the idea that men should not be emotional (Table 21). Similarly, Table 22 shows that the responses for participants who took the one-month post-test had low mean scores (ranging from 1.1-1.7). This suggests that participants maintained similar feelings about emotionality among men a month after the training. In Table 23, men's average score ranges from 1.1-1.3 three months after participating, and Table 24 indicates that after six months, men still maintain low mean scores (ranging from 1.0-1.5).

Tables 25-28 are presented on a five-point Likert scale. Table 25 shows that the mean score for the pre-test were low (ranging from 1.5-2.5), meaning that the participants did not indicate feelings of negative psychological well-being. The means for the one-month post-test (1.2-2.5), three-month post-test (1.3-2.2), and six-month post-test (1.2-2.6) echo these findings, as they all reflect low scores.

The low initial scores for both sections suggest that men's psychological well-being may have been unimpacted by this training as they mostly demonstrated the emotionality desired by the program before participating in the training.

Table 29 reflects the pre-test scores for the satisfaction with life section. The scores range from low to moderately high (1.9-2.5). The one-month post-test (Table 30) displays a mild decrease in average scores (1.5-2.5), suggesting that one month after participating, men's satisfaction with life decreased. The average scores for the three-month post-test (2.1-2.7) and six-month post-test (1.9-2.7) suggest that satisfaction with life increases the further from the program (Tables 31 and 32, respectively). However, only two items on the three-month post-test are statistically significant: "I am satisfied with my life" (mean difference = 0.3) and "If I could live my life over again, I would change almost nothing" (mean difference = 0.2).

Taken together these results suggest that while NWT did not appear to have a significant impact on participants' overall psychological well-being, this may be because the participants entered the program with psychological states that already reflected the goals of the training.

Appendices

Descriptive Tables

Isolation & Loneliness Descriptive Tables

Table 1 – Pre-Test

	1 Hardly Ever	2 Some of the Time	3 Often	Mean Score
How often do you feel like you lack companionship?	30.9%	50.0%	19.1%	1.8
How often do you feel left out?	38.9%	51.8%	9.3%	1.7
How often do you feel isolated from others?	31.8%	48.4%	19.8%	1.9

Table 2 – One-Month Post-Test

	1 Hardly Ever	2 Some of the Time	3 Often	Mean Score
How often do you feel like you lack companionship?	32.1%	42.9%	25.0%	1.9
How often do you feel left out?	39.3%	53.6%	7.1%	1.7
How often do you feel isolated from others?	39.3%	50.0%	10.7%	1.7

Table 3 – Three-Month Post-Test

	1 Hardly Ever	2 Some of the Time	3 Often	Mean Score
How often do you feel like you lack companionship?	35.6%	62.2%	2.2%	1.7
How often do you feel left out?	50.0%	45.5%	4.5%	1.5
How often do you feel isolated from others?	47.7%	45.5%	6.8%	1.6

Table 4 – Six-Month Post-Test

	1 Hardly Ever	2 Some of the Time	3 Often	Mean Score
How often do you feel like you lack companionship?	50.0%	41.7%	8.3%	1.6
How often do you feel left out?	50.0%	41.7%	8.3%	1.6
How often do you feel isolated from others?	41.7%	50.0%	8.3%	1.6

Self-Efficacy Descriptive Tables

Table 5 – Pre-Test

	1 Disagree (Combined)	2 Neutral	3 Agree (Combined)	Mean Score
I will be able to achieve most of the goals I set for myself.	12.9 %	13.9%	73.2%	2.6
When facing difficult tasks, I am certain I will accomplish them.	7.7%	19.6%	72.7%	2.6
In general, I think I can obtain outcomes that are important to me.	8.3%	8.3%	83.4%	2.7
I believe that I can succeed at most any endeavor to which I set my mind.	5.2%	9.8%	85.0%	2.8
I will be able to successfully overcome many challenges.	2.6%	13.0%	84.4%	2.8
I am confident that I can perform effectively on many different tasks.	2.1%	10.8%	87.1%	2.8
Compared to most people, I can do most tasks very well.	2.6%	27.3%	70.1%	2.7
Even when things are tough, I can perform quite well.	7.7%	17.6%	74.7%	2.7

Table 6 – One-Month Post-Test

	1 Disagree (Combined)	2 Neutral	3 Agree (Combined)	Mean Score
I will be able to achieve most of the goals I set for myself.	3.6 %	0.0%	96.4%	2.9
When facing difficult tasks, I am certain I will accomplish them.	3.6%	21.4%	75.0%	2.7
In general, I think I can obtain outcomes that are important to me.	3.7%	11.1%	85.2%	2.8
I believe that I can succeed at most any endeavor to which I set my mind.	3.6%	3.6%	92.9%	2.9
I will be able to successfully overcome many challenges.	0.0%	0.0%	100.0%	3.0
I am confident that I can perform effectively on many different tasks.	0.0%	3.6%	96.4%	2.9
Compared to most people, I can do most tasks very well.	0.0%	17.9%	82.1%	2.8
Even when things are tough, I can perform quite well.	0.0%	17.9%	82.1%	2.8

Table 7 – Three-Month Post-Test

	1 Disagree (Combined)	2 Neutral	3 Agree (Combined)	Mean Score
I will be able to achieve most of the goals I set for myself.	0.0%	2.2%	97.8%	2.9
When facing difficult tasks, I am certain I will accomplish them.	0.0%	13.3%	86.7%	2.9
In general, I think I can obtain outcomes that are important to me.	0.0%	2.2%	97.8%	2.9
I believe that I can succeed at most any endeavor to which I set my mind.	2.2%	4.4%	93.3%	2.9
I will be able to successfully overcome many challenges.	0.0%	0.0%	100.0%	3.0
I am confident that I can perform effectively on many different tasks.	0.0%	4.4%	95.6%	2.9
Compared to most people, I can do most tasks very well.	2.2%	17.8%	80.0%	2.8
Even when things are tough, I can perform quite well.	4.4%	15.6%	80.0%	2.8

Table 8 – Six-Month Post-Test

	1 Disagree (Combined)	2 Neutral	3 Agree (Combined)	Mean Score
I will be able to achieve most of the goals I set for myself.	8.3 %	16.7%	75.0%	2.6
When facing difficult tasks, I am certain I will accomplish them.	8.3%	16.7%	75.0%	2.6
In general, I think I can obtain outcomes that are important to me.	0.0%	8.3%	91.7%	2.9
I believe that I can succeed at most any endeavor to which I set my mind.	0.0%	0.0%	100.0%	3.0
I will be able to successfully overcome many challenges.	0.0%	8.3%	91.7%	2.9
I am confident that I can perform effectively on many different tasks.	0.0%	0.0%	100.0%	3.0
Compared to most people, I can do most tasks very well.	8.3%	8.3%	83.3%	2.7
Even when things are tough, I can perform quite well.	8.3%	0.0%	91.7%	2.8

Self-Reliance Descriptive Tables

Table 9 – Pre-Test

	1 Disagree (Combined)	2 Neutral	3 Agree (Combined)	Mean Score
A man should be able to perform his job even if he is physically ill or hurt.	34.1%	18.6%	47.3%	2.1
Men should not borrow money from friends or family members.	33.6%	18.9%	47.6%	2.1
Men should have home improvement skills.	12.2%	9.9%	77.9%	2.6
Men should be able to fix most things around the house.	15.1%	15.0%	69.9%	2.5
A man should be able to make his own way in the world.	11.7%	7.8%	80.5%	2.7
A man should never count on someone else to get the job done.	44.6%	22.3%	33.1%	1.9
A man should know how to repair his car if it should break down.	37.0%	17.9%	45.1%	2.1

Table 10 – One-Month Post-Test

	1 Disagree (Combined)	2 Neutral	3 Agree (Combined)	Mean Score
A man should be able to perform his job even if he is physically ill or hurt.	64.3%	17.9%	17.9%	1.5
Men should not borrow money from friends or family members.	53.6%	21.4%	25.0%	1.8
Men should have home improvement skills.	25.0%	32.1%	42.9%	2.2
Men should be able to fix most things around the house.	42.9%	25.0%	32.1%	1.8
A man should be able to make his own way in the world.	10.7%	14.3%	75.0%	2.5
A man should never count on someone else to get the job done.	78.6%	7.1%	14.3%	1.4
A man should know how to repair his car if it should break down.	64.3%	21.4%	14.3%	1.4

Table 11 – Three-Month Post-Test

	1 Disagree (Combined)	2 Neutral	3 Agree (Combined)	Mean Score
A man should be able to perform his job even if he is physically ill or hurt.	57.8%	22.2%	20.0%	1.7
Men should not borrow money from friends or family members.	51.1%	26.7%	22.2%	1.7
Men should have home improvement skills.	26.7%	26.7%	46.7%	2.2
Men should be able to fix most things around the house.	37.8%	22.2%	40.0%	2.0
A man should be able to make his own way in the world.	15.6%	11.1%	73.3%	2.6
A man should never count on someone else to get the job done.	73.3%	8.9%	17.8%	1.3
A man should know how to repair his car if it should break down.	62.2%	22.2%	15.6%	1.4

Table 12 – Six-Month Post-Test

	1 Disagree (Combined)	2 Neutral	3 Agree (Combined)	Mean Score
A man should be able to perform his job even if he is physically ill or hurt.	66.7%	0.0%	33.3%	1.7
Men should not borrow money from friends or family members.	58.3%	8.3%	33.3%	1.9
Men should have home improvement skills.	33.3%	8.3%	58.3%	2.4
Men should be able to fix most things around the house.	58.3%	8.3%	33.3%	1.5
A man should be able to make his own way in the world.	16.7%	8.3%	75.0%	2.7
A man should never count on someone else to get the job done.	66.7%	8.3%	25.0%	1.7
A man should know how to repair his car if it should break down.	50.0%	8.3%	41.7%	1.9

Aggression Descriptive Tables

Table 13 – Pre-Test

	1 Disagree (Combined)	2 Neutral	3 Agree (Combined)	Mean Score
Men should excel at contact sports.	48.1%	11.4%	40.5%	1.9
If another man flirts with the woman accompanying a man, this is a serious provocation and the man should respond with aggression.	62.4%	14.3%	23.3%	1.6
Boys should be encouraged to find a means of demonstrating physical prowess.	37.4%	8.8%	53.8%	2.2
Men should get up to investigate if there is a strange noise in the house at night.	7.4%	4.9%	87.7%	2.8
It is important for a man to take risks, even if he might get hurt.	21.6%	13.7%	64.7%	2.4
When the going gets tough, men should get tough.	25.0%	8.3%	66.7%	2.4
I think a young man should try to be physically tough, even if he is not big.	31.0%	10.8%	58.2%	2.3

Table 14 – One-Month Post-Test

	1 Disagree (Combined)	2 Neutral	3 Agree (Combined)	Mean Score
Men should excel at contact sports.	50.0%	14.3%	35.7%	1.8
If another man flirts with the woman accompanying a man, this is a serious provocation and the man should respond with aggression.	71.4%	3.6%	25.0%	1.6
Boys should be encouraged to find a means of demonstrating physical prowess.	47.6%	9.5%	42.9%	2.1
Men should get up to investigate if there is a strange noise in the house at night.	9.1%	9.1%	81.8%	3.0
It is important for a man to take risks, even if he might get hurt.	22.2%	22.2%	55.6%	2.6
When the going gets tough, men should get tough.	36.8%	10.5%	52.6%	2.5
I think a young man should try to be physically tough, even if he is not big.	45.5%	18.2%	36.4%	2.0

Table 15 – Three-Month Post-Test

	1 Disagree (Combined)	2 Neutral	3 Agree (Combined)	Mean Score
Men should excel at contact sports.	68.9%	26.7%	4.4%	1.4
If another man flirts with the woman accompanying a man, this is a serious provocation and the man should respond with aggression.	75.6%	11.1%	13.3%	1.4
Boys should be encouraged to find a means of demonstrating physical prowess.	51.1%	20.0%	28.9%	1.8
Men should get up to investigate if there is a strange noise in the house at night.	15.6%	17.8%	66.7%	2.6
It is important for a man to take risks, even if he might get hurt.	33.3%	15.6%	51.1%	2.0
When the going gets tough, men should get tough.	35.6%	20.0%	44.4%	1.9
I think a young man should try to be physically tough, even if he is not big.	57.8%	17.8%	24.4%	1.6

Table 16 – Six-Month Post-Test

	1 Disagree (Combined)	2 Neutral	3 Agree (Combined)	Mean Score
Men should excel at contact sports.	58.3%	41.7%	0.0%	1.4
If another man flirts with the woman accompanying a man, this is a serious provocation and the man should respond with aggression.	75.0%	0.0%	25.0%	1.5
Boys should be encouraged to find a means of demonstrating physical prowess.	58.3%	8.3%	33.3%	1.9
Men should get up to investigate if there is a strange noise in the house at night.	9.1%	18.2%	72.7%	2.6
It is important for a man to take risks, even if he might get hurt.	33.3%	16.7%	50.0%	2.3
When the going gets tough, men should get tough.	41.7%	0.0%	58.3%	2.3
I think a young man should try to be physically tough, even if he is not big.	66.7%	8.3%	25.0%	1.7

Dominance Descriptive Tables

Table 17 – Pre-Test

	1 Disagree (Combined)	2 Neutral	3 Agree (Combined)	Mean Score
The President of the US should always be a man.	85.3%	5.3%	9.5%	1.2
Men should be the leader in any group.	80.5%	6.8%	12.6%	1.3
A man should always be the boss.	83.9%	5.2%	10.9%	1.3
A man should provide the discipline in the family.	58.6%	9.4%	31.9%	1.7
A man should always be the major provider in his family.	64.6%	11.0%	24.3%	1.6
In a group, it is up to the men to get things organized and moving ahead.	67.7%	9.7%	22.6%	1.5
Men should make the final decision involving money.	75.1%	7.9%	16.9%	1.4

Table 18 – One-Month Post-Test

	1 Disagree (Combined)	2 Neutral	3 Agree (Combined)	Mean Score
The President of the US should always be a man.	92.9%	7.1%	0.0%	1.1
Men should be the leader in any group.	89.3%	7.1%	3.6%	1.1
A man should always be the boss.	89.3%	7.1%	3.6%	1.1
A man should provide the discipline in the family.	64.3%	32.1%	3.6%	1.4
A man should always be the major provider in his family.	75.0%	17.9%	7.1%	1.3
In a group, it is up to the men to get things organized and moving ahead.	82.1%	7.1%	10.7%	1.4
Men should make the final decision involving money.	88.9%	7.4%	3.7%	1.2

Table 19 – Three-Month Post-Test

	1 Disagree (Combined)	2 Neutral	3 Agree (Combined)	Mean Score
The President of the US should always be a man.	93.3%	4.4%	2.2%	1.1
Men should be the leader in any group.	93.3%	4.4%	2.2%	1.1
A man should always be the boss.	93.3%	4.4%	2.2%	1.1
A man should provide the discipline in the family.	73.3%	17.8%	8.9%	1.4
A man should always be the major provider in his family.	77.8%	11.1%	11.1%	1.3
In a group, it is up to the men to get things organized and moving ahead.	82.2%	15.6%	2.2%	1.2
Men should make the final decision involving money.	86.7%	11.1%	2.2%	1.2

Table 20 – Six-Month Post-Test

	1 Disagree (Combined)	2 Neutral	3 Agree (Combined)	Mean Score
The President of the US should always be a man.	91.7%	0.0%	8.3%	1.2
Men should be the leader in any group.	91.7%	0.0%	8.3%	1.2
A man should always be the boss.	100.0%	0.0%	0.0%	1.0
A man should provide the discipline in the family.	83.3%	8.3%	8.3%	1.3
A man should always be the major provider in his family.	100.0%	0.0%	0.0%	1.0
In a group, it is up to the men to get things organized and moving ahead.	91.7%	0.0%	8.3%	1.2
Men should make the final decision involving money.	91.7%	0.0%	8.3%	1.2

Emotionality Descriptive Tables

Table 21 – Pre-Test

	1 Disagree (Combined)	2 Neutral	3 Agree (Combined)	Mean Score
A man should not react when other people cry.	80.2%	9.4%	9.4%	1.3
Being a little down in the dumps is not a good reason for a man to act depressed.	56.1%	13.3%	30.6%	1.7
Men should be detached in emotionally charged situations.	64.5%	13.7%	21.9%	1.6
I might find it a little silly or embarrassing if a male friend of mine cried over a sad love story.	73.0%	8.1%	18.9%	1.4
Fathers should teach their sons to mask fear.	79.1%	10.7%	10.2%	1.3
One should not be able to tell how a man is feeling by looking at his face.	70.7%	9.2%	20.1%	1.5
Men should not be too quick to tell others that they care about them.	75.7%	9.5%	14.8%	1.4

Table 22 – One-Month Post-Test

	1 Disagree (Combined)	2 Neutral	3 Agree (Combined)	Mean Score
A man should not react when other people cry.	92.9%	3.6%	3.6%	1.1
Being a little down in the dumps is not a good reason for a man to act depressed.	70.8%	4.2%	25.0%	1.5
Men should be detached in emotionally charged situations.	63.0%	11.1%	25.9%	1.7
I might find it a little silly or embarrassing if a male friend of mine cried over a sad love story.	89.3%	10.7%	0.0%	1.1
Fathers should teach their sons to mask fear.	92.9%	3.6%	3.6%	1.1
One should not be able to tell how a man is feeling by looking at his face.	76.9%	3.8%	19.2%	1.3
Men should not be too quick to tell others that they care about them.	89.3%	3.6%	7.1%	1.2

Table 23 – Three-Month Post-Test

	1 Disagree (Combined)	2 Neutral	3 Agree (Combined)	Mean Score
A man should not react when other people cry.	91.1%	8.9%	0.0%	1.1
Being a little down in the dumps is not a good reason for a man to act depressed.	72.2%	25.0%	2.3%	1.3
Men should be detached in emotionally charged situations.	91.1%	6.7%	2.2%	1.1
I might find it a little silly or embarrassing if a male friend of mine cried over a sad love story.	82.2%	11.1%	6.7%	1.2
Fathers should teach their sons to mask fear.	93.2%	4.5%	2.3%	1.1
One should not be able to tell how a man is feeling by looking at his face.	93.2%	2.3%	4.5%	1.1
Men should not be too quick to tell others that they care about them.	90.9%	4.5%	4.5%	1.1

Table 24 – Six-Month Post-Test

	1 Disagree (Combined)	2 Neutral	3 Agree (Combined)	Mean Score
A man should not react when other people cry.	100%	0.0%	0.0%	1.0
Being a little down in the dumps is not a good reason for a man to act depressed.	66.7%	16.7%	16.7%	1.5
Men should be detached in emotionally charged situations.	83.3%	8.3%	8.3%	1.3
I might find it a little silly or embarrassing if a male friend of mine cried over a sad love story.	91.7%	0.0%	8.3%	1.2
Fathers should teach their sons to mask fear.	83.3%	0.0%	16.7%	1.4
One should not be able to tell how a man is feeling by looking at his face.	100.0%	0.0%	0.0%	1.0
Men should not be too quick to tell others that they care about them.	100.0%	0.0%	0.0%	1.0

Psychological Well-Being Descriptive Tables

Table 25 – Pre-Test

	1 Not at all	2 A little bit	3 Moderately	4 Quite a bit	5 Extremely	Mean Score
Thoughts of ending your life	61.1%	30.6%	5.7%	1.6%	1.0%	1.5
Feeling lonely	12.8%	44.6%	21.5%	16.9%	4.1%	2.5
Feeling blue	10.8%	48.5%	23.7%	16.0%	1.0%	2.5
Feeling no interest in things	35.1%	33.5%	19.1%	11.3%	1.0%	2.1
Feeling hopeless about the future	33.5%	42.8%	13.4%	8.8%	1.5%	2.0
Feelings of worthlessness	33.7%	41.5%	12.4%	5.2%	7.3%	2.1
Nervousness or shakiness inside	18.6%	51.0%	18.6%	10.8%	1.0%	2.2
Suddenly scared for no reason	62.4%	25.8%	8.8%	2.1%	1.0%	1.5
Feeling fearful	25.9%	46.1%	18.7%	7.3%	2.1%	2.1
Feeling tense or keyed up	16.1%	43.8%	22.9%	12.5%	4.7%	2.5
Spells of terror or panic	63.4%	25.8%	7.7%	1.5%	1.5%	1.5
Feeling so restless you couldn't sit still	43.8%	33.5%	11.9%	8.8%	2.1%	1.9

Table 26 – One-Month Post-Test

	1 Not at all	2 A little bit	3 Moderately	4 Quite a bit	5 Extremely	Mean Score
Thoughts of ending your life	67.9%	17.9%	10.7%	3.6%	0.0%	1.5
Feeling lonely	17.9%	46.4%	10.7%	17.9%	7.1%	2.5
Feeling blue	17.9%	46.4%	14.3%	21.4%	0.0%	2.4
Feeling no interest in things	46.4%	32.1%	10.7%	7.1%	3.6%	1.9
Feeling hopeless about the future	53.6%	28.6%	14.3%	3.6%	0.0%	1.7
Feelings of worthlessness	39.3%	39.3 %	17.9%	0.0%	3.6%	1.9
Nervousness or shakiness inside	28.6%	50.0%	7.1%	14.3%	0.0%	2.0
Suddenly scared for no reason	75.0%	17.9%	3.6%	3.6%	0.0%	1.3
Feeling fearful	25.0%	60.7%	7.1%	7.1%	0.0%	1.9
Feeling tense or keyed up	22.2%	40.7%	18.5%	11.1%	7.4%	2.4
Spells of terror or panic	82.1%	10.7%	7.1%	0.0%	0.0%	1.2
Feeling so restless you couldn't sit still	39.3%	35.7%	7.1%	17.9%	0.0%	2.1

Table 27 – Three-Month Post-Test

	1 Not at all	2 A little bit	3 Moderately	4 Quite a bit	5 Extremely	Mean Score
Thoughts of ending your life	73.3%	26.7%	0.0%	0.0%	0.0%	1.3
Feeling lonely	22.2%	48.9%	20.0%	6.7%	2.2%	2.2
Feeling blue	24.4%	55.6%	11.1%	8.9%	0.0%	2.2
Feeling no interest in things	33.3%	42.2%	17.8%	6.7%	0.0%	1.9
Feeling hopeless about the future	55.6%	28.9%	11.1%	4.4%	0.0%	1.6
Feelings of worthlessness	44.4%	37.8%	11.1%	6.7%	0.0%	1.8
Nervousness or shakiness inside	33.3%	37.8%	15.6%	13.3%	0.0%	2.1
Suddenly scared for no reason	75.6%	17.8%	4.4%	0.0%	2.2%	1.3
Feeling fearful	31.1%	35.6%	26.7%	4.4%	2.2%	2.1
Feeling tense or keyed up	26.7%	46.7%	13.3%	8.9%	4.4%	2.2
Spells of terror or panic	75.6%	15.6%	8.9%	0.0%	0.0%	1.3
Feeling so restless you couldn't sit still	53.3%	31.1%	11.1%	4.4%	0.0%	1.7

Table 28 – Six-Month Post-Test

	1 Not at all	2 A little bit	3 Moderately	4 Quite a bit	5 Extremely	Mean Score
Thoughts of ending your life	58.3%	33.3%	0.0%	8.3%	0.0%	1.6
Feeling lonely	0.0%	75.0%	16.7%	8.3%	0.0%	2.4
Feeling blue	8.3%	83.3%	0.0%	8.3%	0.0%	2.1
Feeling no interest in things	58.3%	33.3%	0.0%	8.3%	0.0%	1.6
Feeling hopeless about the future	33.3%	58.3%	0.0%	8.3%	0.0%	1.9
Feelings of worthlessness	58.3%	33.3%	0.0%	8.3%	0.0%	1.6
Nervousness or shakiness inside	16.7%	75.0%	8.3%	0.0%	0.0%	1.9
Suddenly scared for no reason	83.3%	16.7%	0.0%	0.0%	0.0%	1.2
Feeling fearful	33.3%	58.3%	8.3%	0.0%	0.0%	1.8
Feeling tense or keyed up	16.7%	66.7%	8.3%	8.3%	0.0%	2.1
Spells of terror or panic	83.3%	16.7%	0.0%	0.0%	0.0%	1.2
Feeling so restless you couldn't sit still	72.7%	18.2%	9.1%	0.0%	0.0%	1.4

Satisfaction with Life Descriptive Tables

Table 29 – Pre-Test

	1 Disagree (Combined)	2 Neutral	3 Agree (Combined)	Mean Score
In most ways my life is close to ideal.	28.4%	17.6%	54.1%	2.5
The conditions of my life are excellent.	17.6%	15.3%	67.2%	2.5
I am satisfied with my life.	25.0%	21.3%	53.7%	2.3
So far I have gotten the important things I want in life.	22.3%	16.5%	61.2%	2.4
If I could live my life over again, I would change almost nothing.	44.6%	22.3%	33.1%	1.9

Table 30 – One-Month Post-Test

	1 Disagree (Combined)	2 Neutral	3 Agree (Combined)	Mean Score
In most ways my life is close to ideal.	21.4%	21.4%	57.1%	2.2
The conditions of my life are excellent.	28.6%	14.3%	57.1%	2.3
I am satisfied with my life.	23.5%	35.3%	41.2%	2.1
So far I have gotten the important things I want in life.	17.6%	5.9%	76.5%	2.5
If I could live my life over again, I would change almost nothing.	64.7%	11.8%	23.5%	1.5

Table 31 – Three-Month Post-Test

	1 Disagree (Combined)	2 Neutral	3 Agree (Combined)	Mean Score
In most ways my life is close to ideal.	8.9%	11.1%	80.0%	2.7
The conditions of my life are excellent.	13.3%	4.4%	82.2%	2.7
I am satisfied with my life.	15.6%	4.4%	82.0%	2.6
So far I have gotten the important things I want in life.	15.6%	11.1%	73.3%	2.5
If I could live my life over again, I would change almost nothing.	35.6%	13.3%	51.1%	2.1

Table 32 – Six-Month Post-Test

	1 Disagree (Combined)	2 Neutral	3 Agree (Combined)	Mean Score
In most ways my life is close to ideal.	16.7%	25.0%	58.3%	2.6
The conditions of my life are excellent.	16.7%	16.7%	66.7%	2.7
I am satisfied with my life.	16.7%	16.7%	66.7%	2.3
So far I have gotten the important things I want in life.	41.7%	0.0%	58.3%	2.5
If I could live my life over again, I would change almost nothing.	50.0%	0.0%	50.0%	1.9

Difference in Means Tables

Table 33 – Isolation & Loneliness

	Pre-Test (Mean)	One-Month Post-Test (Mean)	Difference between pre-test mean	t-value	Three-Month Post-Test (Mean)	Difference between pre-test mean	t-value	Six-Month Post-Test (Mean)	Difference between pre-test mean	t-value
How often do you feel like you lack companionship?	1.8	1.9	0.1	-0.6	1.7	0.1	1.9	1.6	0.2	-0.5
How often do you feel left out?	1.7	1.7	0.0	0.5	1.5	0.2*	2.3	1.6	0.1	1.0
How often do you feel isolated from others?	1.9	1.9	0.0	0.4	1.6	0.3	1.7	1.6	0.3	-0.3

*p≤.05 **p≤.01 ***p≤.001

Table 34 – Self-Efficacy

	Pre-Test (Mean)	One- Month Post- Test (Mean)	Difference between pre-test mean	t- value	Three- Month Post- Test (Mean)	Difference between pre-test mean	t-value	Six- Month Post- Test (Mean)	Difference between pre-test mean	t- value
I will be able to achieve most of the goals I set for myself.	2.6	2.9	0.3	-1.8	2.9	0.3	-3.8***	2.6	.00	1.2
When facing difficult tasks, I am certain I will accomplish them.	2.6	2.7	0.1	-1.0	2.9	0.3	-3.5***	2.9	0.3	.4
In general, I think I can obtain outcomes that are important to me.	2.7	2.8	0.1	-1.1	2.9	0.2	-3.3**	2.9	0.2	.0
I believe that I can succeed at most any endeavor to which I set my mind.	2.8	2.9	0.1	-1.1	2.9	0.1	-2.1*	3.0	0.2	-1.0
I will be able to successfully overcome many challenges.	2.8	3.0	0.2*	-2.1	3.0	0.2	-2.9**	2.9	0.1	-.6
I am confident that I can perform effectively on many different tasks.	2.8	2.9	0.1*	-2.1	2.9	0.1	-2.2*	3.0	0.2	-2.4
Compared to most people, I can do most tasks very well.	2.7	2.8	0.1	-2.3	2.8	0.1	-1.4	2.7	0.0	-.4
Even when things are tough, I can perform quite well.	2.7	2.8	0.1	-1.5	2.8	0.1	-0.9	2.8	0.1	-.4

*p≤.05 **p≤.01 ***p≤.001

Table 35 – Self-Reliance

	Pre-Test (Mean)	One- Month Post-Test (Mean)	Difference between pre-test mean	t- value	Three- Month Post- Test (Mean)	Difference between pre-test mean	t- value	Six- Month Post- Test (Mean)	Difference between pre-test mean	t- value
A man should be able to perform his job even if he is physically ill or hurt.	2.1	1.5	0.6*	2.5	1.7	0.4*	2.4	1.7	0.4	1.4
Men should not borrow money from friends or family members.	2.1	1.8	0.3	1.3	1.7	0.4*	2.5	1.9	0.2	0.6
Men should have home improvement skills.	2.6	2.2	0.4	1.8	2.2	0.4*	2.6	2.4	0.2	1.5
Men should be able to fix most things around the house.	2.5	1.8	0.7*	2.8	2.0	0.5*	2.5	1.5	1.0**	4.0
A man should be able to make his own way in the world.	2.7	2.5	0.2	0.7	2.6	0.1	0.7	2.7	0.0	-1.0
A man should never count on someone else to get the job done.	1.9	1.4	0.5	1.1	1.3	0.6**	3.4	1.7	0.2	0.3
A man should know how to repair his car if it should break down.	2.1	1.4	0.7	1.7	1.4	0.7***	3.9	1.9	0.2	0.0

*p≤.05 **p≤.01 ***p≤.001

Table 36 – Aggression

	Pre-Test (Mean)	One- Month Post-Test (Mean)	Difference between pre-test mean	t- value	Three- Month Post- Test (Mean)	Difference between pre-test mean	t- value	Six- Month Post- Test (Mean)	Difference between pre-test mean	t- value
Men should excel at contact sports.	1.9	1.8	0.1	0.3	1.4	0.5***	4.1	1.4	0.5	1.6
If another man flirts with the woman accompanying a man, this is a serious provocation and the man should respond with aggression.	1.6	1.6	0.0	0.6	1.4	0.2	1.2	1.5	0.1	0.4
Boys should be encouraged to find a means of demonstrating physical prowess.	2.2	2.1	0.1	1.0	1.8	0.4**	3.2	1.9	0.3	0.7
Men should get up to investigate if there is a strange noise in the house at night.	2.8	3.0	0.2***	12.1	2.6	0.2	1.8	2.6	0.2	-1.0
It is important for a man to take risks, even if he might get hurt.	2.4	2.6	0.2	-1.0	2.0	0.4	1.8	2.3	0.1	-0.2
When the going gets tough, men should get tough.	2.4	2.5	0.1	-0.6	1.9	0.5*	2.3	2.3	0.1	-0.2
I think a young man should try to be physically tough, even if he is not big.	2.3	2.0	0.3	0.4	1.6	0.7***	3.8	1.7	0.6	0.0

*p≤.05 **p≤.01 ***p≤.001

Table 37 – Dominance

	Pre-Test (Mean)	One- Month Post-Test (Mean)	Difference between pre-test mean	t- value	Three- Month Post- Test (Mean)	Difference between pre-test mean	t- value	Six- Month Post- Test (Mean)	Difference between pre-test mean	t- value
The President of the US should always be a man.	1.2	1.1	0.1	1.1	1.1	0.1	1.5	1.2	0.0	1.0
Men should be the leader in any group.	1.3	1.1	0.2	1.7	1.1	0.2*	2.6	1.2	0.1	1.8
A man should always be the boss.	1.3	1.1	0.2	0.8	1.1	0.2*	2.6	1.0	0.3	1.5
A man should provide the discipline in the family.	1.7	1.4	0.3*	2.5	1.4	0.3**	3.3	1.3	0.4	1.2
A man should always be the major provider in his family.	1.6	1.3	0.3	1.0	1.3	0.3**	2.8	1.0	0.6	1.5
In a group, it is up to the men to get things organized and moving ahead.	1.5	1.4	0.1***	4.0	1.2	0.3***	3.8	1.2	0.3	0.8
Men should make the final decision involving money.	1.4	1.2	0.2	1.2	1.2	0.2**	2.9	1.2	0.2	0.6

*p≤.05 **p≤.01 ***p≤.001

Table 38 – Emotionality

	Pre-Test (Mean)	One- Month Post-Test (Mean)	Difference between pre-test mean	t- value	Three- Month Post- Test (Mean)	Difference between pre-test mean	t- value	Six- Month Post- Test (Mean)	Difference between pre-test mean	t- value
A man should not react when other people cry.	1.3	1.1	0.2	1.7	1.1	0.2*	2.3	1.0	0.3	1.9
Being a little down in the dumps is not a good reason for a man to act depressed.	1.7	1.5	0.2	0.6	1.3	0.4***	3.4	1.5	0.2	0.5
Men should be detached in emotionally charged situations.	1.6	1.7	0.1	0.6	1.1	0.5***	4.4	1.3	0.3**	3.1
I might find it a little silly or embarrassing if a male friend of mine cried over a sad love story.	1.4	1.1	0.3	1.8	1.2	0.2	1.9	1.2	0.2	1.2
Fathers should teach their sons to mask fear.	1.3	1.1	0.2*	2.1	1.1	0.2**	2.8	1.4	0.1	0.0
One should not be able to tell how a man is feeling by looking at his face.	1.5	1.3	0.2	0.3	1.1	0.4***	3.9	1.0	0.5	1.4
Men should not be too quick to tell others that they care about them.	1.4	1.2	0.2	1.9	1.1	0.3*	2.7	1.0	0.4	1.8

*p≤.05 **p≤.01 ***p≤.001

Table 39 – Psychological Well-Being

	Pre-Test (Mean)	One- Month Post-Test (Mean)	Difference between pre-test mean	t- value	Three- Month Post- Test (Mean)	Difference between pre-test mean	t- value	Six- Month Post- Test (Mean)	Difference between pre-test mean	t- value
Thoughts of ending your life	1.5	1.5	0.0	0.2	1.3	0.2*	2.4	1.6	0.1	0.0
Feeling lonely	2.5	2.5	0.0	0.1	2.2	0.3*	2.2	2.4	0.1	0.6
Feeling blue	2.5	2.4	0.1	-0.6	2.2	0.3*	2.7	2.1	0.4	0.3
Feeling no interest in things	2.1	1.9	0.2	-0.5	1.9	0.2	1.5	1.6	0.5	-0.2
Feeling hopeless about the future	2.0	1.7	0.3	1.1	1.6	0.4**	2.9	1.9	0.1	-0.4
Feelings of worthlessness	2.1	1.9	0.2	0.3	1.8	0.3*	2.3	1.6	0.5	0.2
Nervousness or shakiness inside	2.2	2.0	0.2	0.2	2.1	0.1	1.7	1.9	0.3	0.4
Suddenly scared for no reason	1.5	1.3	0.2	0.6	1.3	0.2	1.9	1.2	0.3	1.8
Feeling fearful	2.1	1.9	0.2	0.5	2.1	0.0	.42	1.8	0.3	0.6
Feeling tense or keyed up	2.5	2.4	0.1	0.5	2.2	0.3*	2.1	2.1	0.4	0.5
Spells of terror or panic	1.5	1.2	0.3	1.2	1.3	0.2*	2.0	1.2	0.3	1.9
Feeling so restless you couldn't sit still	1.9	2.1	0.2	-1.5	1.7	0.2**	2.6	1.4	0.5	0.3

*p≤.05 **p≤.01 ***p≤.001

Table 40 – Satisfaction with Life

	Pre-Test (Mean)	One-Month Post-Test (Mean)	Difference between pre-test mean	t-value	Three-Month Post-Test (Mean)	Difference between pre-test mean	t-value	Six-Month Post-Test (Mean)	Difference between pre-test mean	t-value
In most ways my life is close to ideal.	2.5	2.2	0.3	-0.5	2.7	0.2*	-2.2	2.6	0.1	0.7
The conditions of my life are excellent.	2.5	2.3	0.2	-0.7	2.7	0.2	-1.9	2.7	0.2	0.0
I am satisfied with my life.	2.3	2.1	0.2	0.2	2.6	0.3*	-2.0	2.3	0.0	0.6
So far I have gotten the important things I want in life.	2.4	2.5	0.1	0.3	2.5	0.1	0.0	2.5	0.1	0.9
If I could live my life over again, I would change almost nothing.	1.9	1.5	0.4	0.6	2.1	.02*	-2.2	1.9	0.0	0.0

*p≤.05 **p≤.01 *** p≤.001

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