

ABSTRACT

## An Exploration of how Intimate Partner Relationships Impact the Mental Wellbeing of Men in the Construction Sector in Aotearoa New Zealand: Understanding the Interplay Between Work, Family, and Employee Mental Health.

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**Keywords:** Intimate partner relationships, mental wellbeing, mental health, construction sector

This poster presentation aims to illustrate a comprehensive literature review and methodology used in my study. The main purpose of this study is to explore how intimate partner relationships impact the mental wellbeing of men in the construction sector in Aotearoa New Zealand. The focus of my research is on relationship breakdown, which is a predominant theme preceding suicide by men in the industry (Bryson et al., 2019). Several studies have investigated specific elements of intimate partner relationships associated with suicidality, including intimate partner violence and abuse (Devries et al., 2013; McLaughlin et al., 2012). There is currently no research within Aotearoa New Zealand that has explored the interplay between men's work, family, and mental health. For this study, I will use qualitative research methodology because I seek to capture the experiences, perceptions and perspectives of construction workers, their intimate partners, and key stakeholders. The underlying theoretical paradigms will be constructivism and interpretivism. Grounded theory will be used to develop a theoretical basis for understanding the different influences on mental health and the role that intimate partner relationships play in workers' mental wellbeing. Data collection for Study 1 will comprise semi-structured face-to-face interviews (n = ~ 20) with key stakeholders in the construction sector. Study 2 will comprise 15-20 semi-structured face-to-face interviews with construction workers across a range of occupations, as well as interviews with their intimate partners (30-40 interviews in total). Participants will be recruited through the MATES in construction programme. The interview data will be transcribed verbatim, and NVivo software will be used for data management and coding. It is hoped that this study will contribute to understanding more about the risk factors associated with poor mental health in the construction industry and that it may stimulate action from stakeholders in better supporting the mental wellbeing of its workers including impacting organisational and governmental policies and procedures within the construction sector in Aotearoa New Zealand.

### References

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