



The Centre For Male Psychology

Male Psychology Infographics

Infographics are visual representations of information, data, or knowledge. They are useful in that they convey information quickly and clearly, but it's important to remember that they offer only a snapshot about an issue, and that behind every infographic are the complex real lives of people, and in some cases the real hurt of their experiences

Usage, Permissions & References

Usages

The infographics on the CMP website are intended for the following purposes:

- to highlight statistics we think are interesting in relation to male psychology
- to highlight topics for discussion and further research
- to be used in teaching, research, or writing, but not as the sole source of information.

In other words, the primary source (or sources) upon which the infographic is based should be accessed and read. Infographics are a good starting point, but there should be some effort to understand the complexity of the context in which the infographic belongs.

Permissions

These infographics were designed by, and the copyright is owned by, The Centre for Male Psychology. Permission is granted for use of these infographics for any non-commercial activity as long as a link to The Centre for Male Psychology is clearly referenced (e.g., the CMP URL of the infographic is shown beside the infographic).

References

The following provides a list of references and / or links to where the source information for the infographics can be found. We are unable to offer any support with regards to accessing specific references, which might for example be accessible only via an academic institution, or behind a 'paywall'.



The Centre For Male Psychology

References

As Discussed in Wiley Textbook

Is masculinity useful?

— Liddon & Barry, p.256

Liddon, L. & Barry, J.A. (2021). *Perspectives in Male Psychology: An Introduction*. Hoboken: John Wiley & Sons.

<https://www.wiley.com/en-gb/Perspectives+in+Male+Psychology:+An+Introduction-p-9781119685357>

What do we mean by ‘patriarchy’?

— Liddon & Barry, p.244

Liddon, L. & Barry, J.A. (2021). *Perspectives in Male Psychology: An Introduction*. Hoboken: John Wiley & Sons.

<https://www.wiley.com/en-gb/Perspectives+in+Male+Psychology:+An+Introduction-p-9781119685357>

Quotes

“Men are disturbed not by things, but by the view which they take of them”

— Ellis, 1979, p. 89

Ellis, A. (1979). Is rational-emotive therapy stoical, humanistic, or spiritual? *Journal of Humanistic Psychology*, 19(3), 89–92. <https://doi.org/10.1177/002216787901900314>

“research into self-fulfilling prophecy suggests that “giving a dog a bad name” tends to make behaviour worse”

— Seager & Barry 2019, p.114

Seager, M., & Barry, J. A. (2019). Positive masculinity: Including masculinity as a valued aspect of humanity. In *The Palgrave handbook of male psychology and mental health* (pp. 105-122). Palgrave Macmillan, Cham.

<https://www.palgrave.com/gb/book/9783030043834#aboutBook>

“Re “toxic masculinity”: “We know that extremes of anything can potentially become harmful. Even Buddhism, for example, can be taken to extremes, as demonstrated by



The Centre For Male Psychology

the sarin gas attacks on the Tokyo underground by the “Aum Shinrikyo” Buddhist cult in 1995.”

— Seager & Barry 2019, p.112

Seager, M., & Barry, J. A. (2019). Positive masculinity: Including masculinity as a valued aspect of humanity. In *The Palgrave handbook of male psychology and mental health* (pp. 105-122). Palgrave Macmillan, Cham.

<https://www.palgrave.com/gb/book/9783030043834#aboutBook>

“The positive psychology approach to masculinity suggests that therapy is improved by focusing on the potential strengths of masculinity rather than the potential weaknesses”

— Liddon & Barry, p.261

Liddon, L. & Barry, J.A. (2021). *Perspectives in Male Psychology: An Introduction*. Hoboken: John Wiley & Sons.

<https://www.wiley.com/en-gb/Perspectives+in+Male+Psychology:+An+Introduction-p-9781119685357>