

/r/MalePsychology

TOP POSTS

www.TheRedArchive.com

ABOUT THIS ARCHIVE

All 152 posts from **/r/MalePsychology**, as held by TheRedArchive.

About /r/MalePsychology. A community dedicated to research and discussion related to men and masculinity. TheRedArchive has archived it since June 2021 and is still collecting.

About TheRedArchive. TheRedArchive is a free, public archive of the Red Pill community, built so that none of this writing can quietly disappear. It holds **1,737,756 posts** and **40,053,237 comments** from 45 subreddits and 58 blogs. Much of it survives nowhere else — the accounts deleted, the subreddits banned, the websites long offline. All of it is free to read, search and download, and always will be, at www.TheRedArchive.com.

Support the mission. This Red Pill archive is free — no paywall, no account — but keeping it online isn't. I pay for the servers, the storage and the bandwidth myself, so that this valuable knowledge stays online. If you want to support the mission and archive, become one of the people who help keep it online at www.TheRedArchive.com/#help.

Share this file freely, and keep a copy of your own. What sits on one server can be taken down; what sits on a thousand hard drives cannot.

Best regards,

/u/dream-hunter

Founder of TheRedArchive
August 16, 2026

CONTENTS

152 posts

Anti-male gender bias deters men from healthcare, early education, and domestic career...	6
Why men are less likely report their abuse	7
On Being a Male in Female Spaces: A Personal Investigation into Misandry in Modern...	8
All-Party Parliamentary Group on Issues Affecting Men and Boys: Tackling Male Suicide	9
How would you know if you are discriminating against men? — The Centre for Male Psychology	12
Study suggests that feeling sexually desired by one's partner is more important for men...	13
Incels More Likely to Internalise Rejection and Suffer Mental Health Issues, Study Finds	14
The APA has changed its view of masculinity — The Centre for Male Psychology	15
Men tend to be judged more harshly for humor mistakes than women, study finds	16
Masculinity may have a protective effect against the development of depression — even...	17
Updated list of male psychology resources	18
Sex Doll Ownership: Controversial, But Not Linked to Increased Sexual Aggression, Study...	19
"Perspectives in Male Psychology: An Introduction" is out. It's written for psychology...	20
Discussing Men's Issues Is Not About Creating an 'Us vs Them' Dichotomy	21
International Men's Day 2023: Zero Male Suicide	22
How the Manosphere led us to develop better mental health services for men — The Centre...	23
Survey Reveals Half of UK Men Feel Pressure and Insecurities on Their Appearance	24
Millions of Men Are Burned Out, But Many Don't Want to Admit It	25
Women get more upset when deceived about men's work, while men get more upset when...	26
UBC psychology professor Don Dutton speaks out against science denialism around domestic...	27
We Need to Enhance the Handling of Parental Alienation Claims. Only Then We Can Achieve...	28
Male Gender Bias Deters Men from Some Career Paths	29
Preference of lethal methods is not the only cause for higher suicide rates in males	30
Men Urged to Take Mental Health Warning Signs Seriously Ahead of Awareness Week	31
Suicide kills six men a day. Here are three strategies that can help stop it Glen Poole	32
YSK: Psychologists want you to stop using the phrase "toxic masculinity"	33
Fathers' Roles in Raising Children with Developmental Disabilities Are Pivotal and Need...	35
New Research Reveals Men Are Struggling with Anxiety More Than Ever	36
Men who pose shirtless on Tinder are perceived as less competent and more prone to risky...	37
The High Cost of Men's Loneliness	38
Male Suicide: A Silent Crisis	39
New Behavioural Therapy Offers Hope for Testicular Cancer Survivors	40
Majority of British Men Feel Burnt Out But Too Ashamed to Rest, New Survey Reveals	41
Researchers read this before posting	42
Men may have evolved better 'making up' skills	43
Men's Testosterone Levels and Sexual Arousal Is Lowered By Women's Tears.	44
Opposite Molecular Signatures of Depression in Men and Women	45
Child contact problems and family court issues are related to chronic mental health...	46
Females Outperform Males on 'Theory of Mind' Test Across 57 Countries	47
Male Ritual Opposition? Play Fighting?	48
What Changes Do You Want To See In Psychology?	49
New Fathers Are Also at Risk of Postpartum Depression, Says New Study	50
UK Charity Extends Support for Research into Male Suicide Crisis	51
Study Finds Disparate Gender Differences in Victims of Child Sex Trafficking	52
Psychology researchers are taking a serious look at "cumshots"	53
No Man Is an Island: Creating Communities and Nurturing Networks	54
Male Royal Family Members Are Helping Men Worldwide to Open Up About Mental Health	55
What book on male psychology would you recommend reading while on vacation?	56
How to Talk With a Man About His Mental Health	57
Women's power to hurt the male ego	58
Scientific Bias in Favor of Studies Finding Gender Bias (But against whom?)	59
Differences in socialization strategies between men and women: "The Pandemic of Male...	60

Why Do You Think So Many Men Are Going Overseas To Date?	61
Poll for minister for men in Britain on Twitter.	62
Study Reveals How Incel Communities Sustain Themselves Through Shared Despair	63
Psychological Interventions Fail to Improve Relationships in Couples Facing Prostate... ..	64
Men's Mental Health Crisis: Employers Urged to Act During Men's Health Week	65
When It Comes to Financial Uncertainty, Men Go Out on a Limb	66
Postpartum Depression Can Also Affect Dads. Here's How They Can Combat It	67
[Research] Attitudes towards gay and bisexual men [Are you a man currently living in the... ..	68
10 Things Every Woman Should Know About a Man's Brain	69
Not Really Directly Talking About Men's Issues. But I Feel It Relevant.	70
Study Finds Men Experience Higher Levels of Positive Feelings Towards Mutual... ..	71
Are Gen Z Males Deflecting Masculinity by Developing a Paraphilia?	72
Psychotherapist Urges Parents to Understand the Early Signs of Eating Disorders in Their... ..	73
Older Men's Sperm May Contribute to Offspring's Neurodevelopmental Disorders, Study Finds	74
Combating loneliness by talking to strangers: a potential new treatment option	75
Predictors of Attitudes Toward Gay Men and Lesbian Women in 23 Countries	76
People tend to perceive stronger men as more effective parents, study finds	77
Memo to Jo Swinson: men have body image issues, too	78
Loving and leaving: Sex differences in romantic attachments	79
Welcome to r/MalePsychology!	80
Facial Attractiveness, Not Masculinity, Influences Perceptions of a Father's Involvement... ..	81
Mpox Outbreak Affects Sexual Minority Men: New Study Explores Vaccination Patterns and... ..	82
Negative Marital Communications Leave Literal, Figurative Wounds	83
Which is your favorite branch of psychology?	84
No Man Is an Island: Creating Communities and Nurturing Networks	85
UFC mixed martial arts fighting events appear to reduce involvement in violent crime	86
Meta-analysis of 97 studies indicates mental disorders are linked to cognitive... ..	87
Thoughts on this?	88
Question	89
Why has the suicide rate fallen, and will this help prevent male suicides in future?	90
Study suggests boys more vulnerable when parents have poor coping mechanisms	91
Falling Birth Rate Not Due to Less Desire to Have Children, According to New Study	92
Blowing Apart Presuppositions of Men's Attractions	93
Falling Birth Rates Are Significantly Impacting Society's Future	95
A new global gender divide is emerging	96
Elite Universities Aren't Made for Working-Class Men, Reveals New Study	97
Men Inflate Penis Size More Than You Think, According to Researchers	98
Percentage of men experiencing depression in the UK & Worldwide	99
Applicability of the Implicit Association Test to gender	100
Glen Poole on male suicide, UCL 5th Jan 2018	102
Are Wider Faced Men More Self-Sacrificing?	103
'Sexism' in sexual assault research, but this time men are the target	104
Gendered Mental Disorders: Masculine and Feminine Stereotypes About Mental Disorders and... ..	105
Tilting your head can affect judgments of your attractiveness and dominance, study finds	106
Are you REALLY affected by "male beauty standards" or is this some sort of menslib ploy... ..	107
Tips to Self-Love and Masculine Fulfillment: Finding Wholeness Within	108
Infertility Stress Hits Men Harder Than Women, New Study Finds	109
The Complexity of Gender Disparities in Criminal Sentencing Requires Greater Scrutiny	110
What is male psychology?	111
What Is Your Interest In This Sub?	112
12 Questions to Test Your Level of Self-Connection	113
Are you a man currently living in the United Kingdom?	114
Boosting Men's Mental Health Via Community Programs (Men's Sheds)	115
r/MalePsychology Lounge	116
Have a laugh:scientific reality is only the reality of a monkey (homo-sapien)	117
Braun Faces Backlash for Using Trans Model in Men's Trimmer Ad Campaign	118

Debunking Myths Around Male Sexuality Leads to Healthier Attitudes and Relationships	119
Study Reveals Strong Link Between Erectile Dysfunction and Mental Health Issues	120
Incel Online Activity Requires Careful Forensic Evaluation, According to New Study	121
Older Men Less Likely to Admit Loneliness Than Older Women, Study Finds	122
Long Sedentary Hours Linked to Higher Risk of Depression in Young Men, Study Finds	123
Supporting Men's Mental Health This Movember Could Help Curb Rising Suicide Rates	124
New Dads Often Overlook Their Mental Health: Expert Shares Key Strategies for Coping... ..	125
UK Mental Health Coach Targets Loneliness Crisis Among Young Men	126
Relationships- Why The Gender Wars?	127
unrecognized masculine emotional labor and the commodification of love	128
New psychology research reveals men's motives for sending unsolicited dick pics	129
Stop Citing This Study	130
Disordered Eating and Men: 25% of Individuals with Eating Disorders in the UK Are Male	131
Study Reveals Gym Lifestyle Impacts Male Fertility	132
2 Fellaz Podcast: Raw, Unfiltered Conversations on Men's Mental Health	133
Investing in Social Networks Reduces Men's Mental Health Issues, Suggests New Study	134
Testicular Cancer Survivors Face Challenges in Sexuality and Fertility, Affecting... ..	135
Study Finds No Significant Difference in Sperm Quality Between Vegetarians and Omnivores	136
Migraines Significantly Impair Men's Sleep Quality and Sexual Functioning, Finds New Study	137
Calm Your Mind Marks Movember with New Video Stories from Local Men	138
When 'Good Genes' Go Bad: How Sexual Conflict Can Cause Population Collapse	139
https://menpsyche.com/the-male-psychology-article-of-your-dreams-menpsyche/	140
Do I have to Pay for Lunch?	141
Which Age Group Do You Feel Is Most Understudied Among Men?	142
Play Fighting: The Male Banter Game	143
I love a polyamorous girl who wants to get out of the lifestyle but probably can't, at... ..	144
Perseus and Medusa	145
Medusa & Perseus	146
Men's Physical Strength Linked to Perceptions of Political Conservatism, Study Reveals	147
Oenone & Paris: After Tennyson	148
How Gender Norms Influence Health Behaviours and Access to Care for Men and Women	149
Internalised Misogyny Linked to Acceptance of Dating Violence, Finds New Study	150
Misogynist Incels' Radicalisation and Violence Pose a Growing Threat, Says New Study	151
Violent Extremist Language in Incel Communities Has Steadily Increased Over the Past 6... ..	152
Self-Improvement and Questioning Beliefs Drive Former Incels to Leave Community	153
Study Reveals Key Moderators in Sport-Based Mental Health Programme for Adolescent Boys	154
Early-Life Diseases Strongly Impact Lifetime Childlessness, According to Study	155
New AI Model Reveals Significant Sex Differences in Brain Functionality	156
Therapists Recommend Building Rapport to Engage Adolescent Males in Therapy	157
Loneliness in Older Men Linked to Higher Alcohol Consumption and Social Isolation, Study... ..	158
It's Time to Share the Load: MANtenatal Empowers Dads-to-Be to Step Up and Transform the... ..	159
Wellness Expert Highlights Essential Strategies for Men's Mental Health During Movember	160
Mathematicians Crack the Code on How to Have an Orgasm	161
Bringing Out Circumcision Trauma.	162

61

UPVOTES

Anti-male gender bias deters men from healthcare, early education, and domestic career fields, study suggests

Oncefa2 · 2 May 2023 · Archived copy · Reddit

<https://www.psypost.org/2023/05/anti-male-gender-bias-deters-men-from-healthcare-early-education-or-domestic-career-fields-study-suggests-80191>

35

UPVOTES

Why men are less likely report their abuse

Impressive_Male · 23 April 2023 · Archived copy · Reddit

Whenever, I have decided to talk about men's issues or their abuse I instantly get silenced by the data that look women are having worse. While it's the most selfish way of acknowledging any social issues but still it get accepted as it's pro-women. The reason why the studies around men are conducted less and if conducted they either get done through negative way because they are mostly done in female POV is because we don't have much data for men. The data is normally gather from different law and order organisations and as men report their abuse very less likely so we don't have much data for men.

So, why do men report their abuse less likely?

31

UPVOTES

On Being a Male in Female Spaces: A Personal Investigation into Misandry in Modern Psychology

Oncefa2 · 28 April 2023 · Archived copy · Reddit

Crosspost "On Being a Male in Female Spaces: A Personal Investigation into Misandry in Modern Psychology" from /r/TrueReddit:

Posted by Oncefa2 | 28 April 2023 | [Link](#)

27

UPVOTES

All-Party Parliamentary Group on Issues Affecting Men and Boys: Tackling Male Suicide

Oncefa2 · 24 March 2023 · Archived copy · Reddit

The APPG has released three reports on the status of boys and men and are hitting on most of the points that you would expect out of this type of effort.

They consulted with various experts on the topic of male suicide, including several academic psychologists, as well as people working on the front lines for this issue.

It's a relatively short report so if you want to read it yourself, you can download it here:

<https://equi-law.uk/wp-content/uploads/2022/09/APPG-MB-Male-Suicide-Report-9-22.pdf>

Here are some key points.

Suicide is the leading cause of death for men under 50

While suicide rates for women have been in decline for decades, suicide rates for men continue to increase, and this should be seen as a national emergency. 75% of all suicide deaths are men.

Male suicide is primarily driven by external factors, not by internal mental health issues

Male suicide is being driven by larger issues in society that need to be dealt with on their own. It is not simply an issue of "depression" or other "internalized" problems that can be dealt with in therapy.

Some of these problems are,

- Institutional issues related to the family court system. Including parental alienation, child support, and administrative violence.
- Domestic violence and a lack of support and resources for male victims
- Financial and employment issues, which are often concentrated geographically and by employment industry. Relationship breakdown is also a contributing factor because men are expected to financially support two households instead of just one.
- Homelessness
- Loneliness and isolation
- Ethnicity, and in particular our reluctance to believe ethnic men, especially when it comes to domestic violence and sexual assault
- A lack of empathy in society for men and male issues
- A lack of academic and professional interest that focuses on men in any kind of positive or helpful manner, including at a government level

There are also factors that align a little closer with the mental healthcare industry:

- Adverse childhood experiences
- A loss of meaning and purpose
- Schizophrenia and depression
- Addiction

- Major life transitions, especially related to employment, the military, and relationship breakdown
- A lack of signposting for mental healthcare services for men

One thing that got pointed out several times is that many of these drivers are not related to mental health. What that means is we cannot solve the male suicide epidemic by focusing on mental health solutions for these problems. We instead need to be looking at society at large, and tackling these issues more broadly.

Suicide is one symptom of a larger problem

Not all men affected by these problems commit suicide. Many resort to diseases of dispar, such as addiction, and fall into poor physical health.

We need to get away from campaigns that tell men to "open up" or "talk more"

While many people have the best of intentions when they say this, it is simply not very helpful.

Most men do talk about their problems. The real issue is that people don't listen. It shouldn't be up to men to open up more and should instead be up to everyone else to listen more.

Most men do ask for help

Research has found that men do seek help before committing suicide.

Around half of men had been in contact with a mental health resource before committing suicide, and over 90% had reached out to professional resources for their problems. This includes help related to the common drivers of suicide mentioned earlier: help with homelessness, domestic violence, employment, family court issues, and financial assistance.

This is important for two reasons:

- These resources are helping, but they could be doing more
- Men who reach out to these resources should be identified as potential suicide risks, and offered additional help

We should not use the term "toxic masculinity" in any capacity

Toxic masculinity is mentioned 7 times, including in the forward of the publication. The message is clear and resolute: toxic masculinity is a harmful idea that needs to be dropped from the conversation on male mental health.

We should not be policing masculinity, or victim blaming men

There is a growing narrative in society that masculinity is somehow harmful or in need of reform. This includes ideas ranging from "ending the patriarchy" to the idea that men need to "man up".

There is simply no evidence that there is a problem with masculinity. In fact, quite a bit of research has identified masculinity to be a positive influence for men and for society.

It also places the burden back onto men to fix their own problems. Which they often cannot do because their issues are systemic and institutional in nature.

Male suicide should not be minimized because "women attempt more"

It's difficult to say who really attempts suicide more, but there is certainly room to help everyone, including women.

We need more men in psychology and a greater focus placed on male psychology

Women dominate the mental health field which has led to strategies being taylorred towards women more than men. We need to increase the number of men entering the field and place a greater emphasis on male mental health education via male psychology modules and training.

We need a minister for men's health and wellbeing

There are four ministers for women but none for men.

A minister for men's health and wellbeing is greatly needed, and a strong focus for the minister should be placed on the suicide epidemic.

There are signs of progress

Most of the progress over the years has come from the bottom up through local charities, online groups (often anonymous), and interested people.

But there is also a growing field for male psychology, new textbooks, and courses at university.

Some common themes are signposting for men, shoulder to shoulder therapy instead of face to face talk therapy, and making sure resources are open and accessible for men when they're available outside of employment and domestic commitments.

25

UPVOTES

How would you know if you are discriminating against men? — The Centre for Male Psychology

Oncefa2 · 23 April 2023 · Archived copy · Reddit

<https://www.centreformalepsychology.com/male-psychology-magazine-listings/how-would-you-know-if-you-are-discriminating-against-men>

24

UPVOTES

Study suggests that feeling sexually desired by one's partner is more important for men than we think

Oncefa2 · 24 August 2021 · Archived copy · Reddit

<https://www.psypost.org/2021/08/study-suggests-that-feeling-sexually-desired-by-ones-partner-is-more-important-for-men-than-we-think-61734>

22
UPVOTES

Incels More Likely to Internalise Rejection and Suffer Mental Health Issues, Study Finds

Beaver1844 · 13 April 2023 · Archived copy · Reddit

<https://www.psychreg.org/incels-more-likely-internalise-rejection-suffer-mental-health-issues-study-finds/>

20
UPVOTES

The APA has changed its view of masculinity — The Centre for Male Psychology

Oncefa2 · 6 May 2022 · Archived copy · Reddit

<https://www.centreformalepsychology.com/male-psychology-magazine-listings/the-apa-have-changed-their-view-of-masculinity>

20
UPVOTES

Men tend to be judged more harshly for humor mistakes than women, study finds

UnHope20 · 8 September 2021 · Archived copy · Reddit

<https://www.psypost.org/2021/08/men-tend-to-be-judged-more-harshly-for-humor-mistakes-than-women-study-finds-61691>

20
UPVOTES

Masculinity may have a protective effect against the development of depression — even for women

UnHope20 · 27 August 2021 · Archived copy · Reddit

<https://www.psypost.org/2021/08/masculinity-may-have-a-protective-effect-against-the-development-of-depression-even-for-women-61730>

18

UPVOTES

Updated list of male psychology resources

Oncefa2 · 19 April 2023 · Archived copy · Reddit

I was told that some people can't see this because of how they access Reddit.

It should be in the sidebar / widget section.

But if you can't access it, here is our updated list of male psychology resources.

The Centre for Male Psychology

<https://www.centreformalepsychology.com/>

Male Psychology: The Magazine

<https://www.centreformalepsychology.com/male-psychology-the-magazine>

Male Psychology Section | British Psychological Society

<https://www.bps.org.uk/member-networks/male-psychology-section>

Psychological interventions to help male adults | British Psychological Society

<https://cms.bps.org.uk/sites/default/files/2022-11/Practice%20Briefing%20-%20psychological%20interventions%20to%20help%20male%20adults.pdf>

Perspectives in Male Psychology: An Introduction

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

The Palgrave Handbook of Male Psychology and Mental Health

<https://link.springer.com/book/10.1007/978-3-030-04384-1>

Men's Issues and Men's Mental Health: An Introductory Primer

<https://link.springer.com/book/10.1007/978-3-030-86320-3>

17

UPVOTES

Sex Doll Ownership: Controversial, But Not Linked to Increased Sexual Aggression, Study Finds

Beaver1844 · 3 April 2023 · Archived copy · Reddit

<https://www.psychreg.org/sex-doll-ownership-controversial-but-not-linked-increased-sexual-aggression-study-finds/>

17

UPVOTES

"Perspectives in Male Psychology: An Introduction" is out. It's written for psychology students, "intelligent laypeople", and for anyone working with men in the real world, regardless of academic background.

Oncefa2 · 11 June 2021 · Archived copy · Reddit

This is the second textbook ever published about male psychology, and it's definitely the most accessible to date (the other being *The Palgrave Handbook of Male Psychology and Mental Health*). There will be other books in this series published in the coming years that I think will be more specialized (and probably more technical), so if that interests you at all, I'd recommend picking this one up first. It's already been adopted by several universities (mainly in the UK).

It's about £35 in the UK and \$50 in the US. I have no affiliation with the authors or anything like that, I just figured some people here might be interested. It's not that difficult of a read, and the material is pretty interesting.

One thing I like is that the target audience is not strictly academic. In addition to psychology majors and "intelligent laypeople", they are also targeting professionals and volunteers working with men in mental health and related fields. In fact the relatively cheap pricetag is so specialists working with men (who often have limited funds) can afford it. From what I can tell, basically every topic from drug and alcohol abuse, to autism and PTSD, is covered. There's even a special focus on things like education, the military, and employment.

Because the topic [of male psychology] was gaining as much interest outside of psychology as within, it made sense to make that book accessible to professionals outside psychology (e.g. counselors, coaches) and people working in a variety of related fields (e.g. volunteers and workers in charities dealing with men). In fact, we were finding that many non psychologists were more informed about men's psychology than were many psychologists, having gained insight from working in the varies charities that support men's mental health, or in some cases being users of those services. Many of those non-professionals are volunteers with limited income, and the black-and-white illustrations in this book are part of the effort to ensure that cost was not too much of an obstacle to finding out about male psychology.

Here is the publisher's website:

<https://www.wiley.com/en-gb/Perspectives+in+Male+Psychology%3A+An+Introduction-p-9781119685357>

I'm not going to link where all you can get it but I would encourage anyone who's interested to look up their options. It is available worldwide from what I've been able to tell.

17

UPVOTES

Discussing Men's Issues Is Not About Creating an 'Us vs Them' Dichotomy

Beaver1844 · 10 July 2023 · Archived copy · Reddit

<https://www.psychreg.org/discussing-men-issues-not-about-creating-us-vs-them-dichotomy/>

16 | **International Men's Day 2023: Zero Male Suicide**
UPVOTES **Beaver1844** · 11 March 2023 · Archived copy · Reddit

<https://www.psychreg.org/international-mens-day-2023-zero-male-suicide/>

16

UPVOTES

How the Manosphere led us to develop better mental health services for men — The Centre for Male Psychology

Oncefa2 · 1 March 2023 · Archived copy · Reddit

Crosspost "How the Manosphere led us to develop better mental health services for men — The Centre for Male Psychology" from /r/mensupportmen:

Posted by a-man-from-earth | 1 March 2023 | [Link](#)

16

UPVOTES

Survey Reveals Half of UK Men Feel Pressure and Insecurities on Their Appearance

Beaver1844 · 18 October 2022 · Archived copy · Reddit

<https://www.psychreg.org/uk-men-feel-pressure-insecurities-appearance/>

15
UPVOTES

Millions of Men Are Burned Out, But Many Don't Want to Admit It

Beaver1844 · 18 November 2022 · Archived copy · Reddit

<https://www.psychreg.org/millions-men-are-burned-out-many-dont-want-admit-it/>

15
UPVOTES

Women get more upset when deceived about men's work, while men get more upset when deceived about women's looks

UnHope20 · 14 November 2021 · Archived copy · Reddit

<https://www.psypost.org/2021/11/women-get-more-upset-when-deceived-about-mens-work-while-men-get-more-upset-when-deceived-about-womens-looks-62081>

15

UPVOTES

UBC psychology professor Don Dutton speaks out against science denialism around domestic violence research in Canada: "Few seem able to hear that women can be as violent as men in domestic disputes".

Oncefa2 · 6 July 2021 · Archived copy · Reddit

<https://vancouversun.com/opinion/columnists/douglas-todd-controversy-ensues-when-science-butts-heads-with-liberal-ideology>

15
UPVOTES

We Need to Enhance the Handling of Parental Alienation Claims. Only Then We Can Achieve Fair Justice in Family Court

Beaver1844 · 8 July 2023 · Archived copy · Reddit

<https://www.psychreg.org/we-need-enhance-handling-of-parental-alienation-claims-only-then-can-achieve-fair-justice-in-family-court/>

14

UPVOTES

Male Gender Bias Deters Men from Some Career Paths

Beaver1844 · 27 December 2022 · Archived copy · Reddit

<https://www.psychreg.org/male-gender-bias-deters-men-some-career-paths/>

14

UPVOTES

Preference of lethal methods is not the only cause for higher suicide rates in males

Oncefa2 · 12 August 2021 · Archived copy · Reddit

<https://www.sciencedirect.com/science/article/abs/pii/S0165032711005179>

14

UPVOTES

Men Urged to Take Mental Health Warning Signs Seriously Ahead of Awareness Week

Beaver1844 · 6 June 2025 · Archived copy · Reddit

<https://www.psychreg.org/men-urged-take-mental-health-warning-signs-seriously-ahead-awareness-week/>

13

UPVOTES

Suicide kills six men a day. Here are three strategies that can help stop it | Glen Poole

Banake · 9 October 2021 · Archived copy · Reddit

<https://www.theguardian.com/commentisfree/2016/sep/30/suicide-kills-six-men-a-day-here-are-three-strategies-that-can-help-stop-it>

13

UPVOTES

YSK: Psychologists want you to stop using the phrase "toxic masculinity"

Oncefa2 · 25 April 2023 · Archived copy · Reddit

Crosspost "YSK: Psychologists want you to stop using the phrase "toxic masculinity"" from /r/YouShouldKnow:

Why YSK: Toxic masculinity is an example of the outdated *deficit approach* to psychology, which violates central principles of the more modern *positive psychology* approach. It also damages the *therapeutic alliance* (or at least the potential for one) by giving clients the idea that therapy might focus on emasculation instead of problem solving. And it's a literal textbook example of something called *negative labelling*, which can be a kind of self-fulfilling prophecy.

People and organisations who have come out against the phrase include the British Psychological Society, a recent government report on male suicide, the Centre for Male Psychology, the Canadian Centre for Men and Families, the Australian Men's Health Forum, the National Coalition for Men, various independent psychology experts from around the world, and at least three published psychology textbooks.

Sources

Terminology that puts masculinity in a negative light, such as *toxic masculinity*, *hegemonic masculinity*, should be discouraged. Even if these terms are intended to describe specific behaviours, they almost inevitably imply that all men are dysfunctional in some way. The term 'masculinities' can also be problematic because it implies that masculinity is socially fluid without any core biological contribution. It is more helpful to understand masculinity as the result of interactions between social, biological and evolutionary forces (Barry & Owens, 2019). Traits associated with masculinity tend to be observable globally and cross-culturally (Ellis, 2011). Masculinity is thus unlikely to be readily amenable to change, any more than sexuality is readily amenable to change.

British Psychological Society. (2022). *Psychological interventions to help male adults*.

<https://cms.bps.org.uk/sites/default/files/2022-11/Practice%20Briefing%20-%20psychological%20interventions%20to%20help%20male%20adults.pdf>

A key underlying issue that has been raised both in this inquiry and also in the APPG's previous two reports, is the pervasive male-victim blaming narrative. It is clear that the phrase 'toxic masculinity' is damaging and adds additional stigma and barriers to male help-seeking.

This damaging narrative suggests that masculinity itself is at fault and that, if men would only talk more, this would solve their problem.

The previous two APPG reports eschewed this deficit-model and this report continues with this same approach. The key is that whilst there is a need for men to talk, and this is increasingly the case, the responsibility should not primarily rest on their shoulders. It should primarily rest on society, employers and professionals to understand better the ways men communicate, and then to listen, ask and act.

All-Party Parliamentary Group on Issues Affecting Men and Boys. (2022). *Tackling Male Suicide: A New 'Whole System' Approach*. <https://equi-law.uk/wp-content/uploads/2022/09/APPG-MB-Male-Suicide-Report-9-22.pdf>

Posted by Oncefa2 | 25 April 2023 | [Link](#)

13

UPVOTES

Fathers' Roles in Raising Children with Developmental Disabilities Are Pivotal and Need Targeted Support, Says New Study

Beaver1844 · 28 August 2023 · Archived copy · Reddit

<https://www.psychreg.org/fathers-roles-raising-children-developmental-disabilities-pivotal-need-targeted-support-says-study/>

12

UPVOTES

New Research Reveals Men Are Struggling with Anxiety More Than Ever

Beaver1844 · 11 January 2023 · Archived copy · Reddit

<https://www.psychreg.org/new-research-reveals-men-are-struggling-anxiety-more-than-ever/>

12

UPVOTES

Men who pose shirtless on Tinder are perceived as less competent and more prone to risky sexual behavior

UnHope20 · 25 May 2022 · Archived copy · Reddit

<https://www.psypost.org/2022/05/men-who-pose-shirtless-on-tinder-are-perceived-as-less-competent-and-more-prone-to-risky-sexual-behavior-63186>

12
UPVOTES

The High Cost of Men's Loneliness
Banake · 21 November 2021 · Archived copy · Reddit

<https://www.psychologytoday.com/intl/blog/fear-intimacy/202111/the-high-cost-mens-loneliness>

12

UPVOTES

Male Suicide: A Silent Crisis

Banake · 11 September 2021 · Archived copy · Reddit

<https://www.psychologytoday.com/intl/blog/talking-about-men/202109/male-suicide-silent-crisis>

12

UPVOTES

New Behavioural Therapy Offers Hope for Testicular Cancer Survivors

Beaver1844 · 29 April 2023 · Archived copy · Reddit

<https://www.psychreg.org/new-behavioural-therapy-offers-hope-testicular-cancer-survivors/>

12

UPVOTES

Majority of British Men Feel Burnt Out But Too Ashamed to Rest, New Survey Reveals

Beaver1844 · 12 June 2025 · Archived copy · Reddit

<https://www.psychreg.org/majority-british-men-feel-burnt-out-but-too-ashamed-rest-new-survey-reveals/>

11

UPVOTES

Researchers read this before posting

UnHope20 · 18 February 2023 · Archived copy · Reddit

We do not consent to the use of any information associated with this community being used for any research, reports, or data gathering projects of any sort.

If you are seeking participants for a study, please submit a formal request to the mod team using the link [HERE](#)

Once a decision is made you will be notified by the mod team. This message will contain the following information:

1. The teams decision (Yes/no)
2. The length of time for which your post has been approved to remain up.
3. If denied, we will provide a brief explanation for why your request was denied (Roughly a sentence)

Failure to gain approval will result in your post being removed and a one month suspension of your account from [r/MalePsychology](#). Please contact the mod team with any questions.

11

UPVOTES

Men may have evolved better 'making up' skills

UnHope20 · 27 February 2022 · Archived copy · Reddit

<https://www.google.com/amp/s/www.bbc.com/news/science-environment-36969103.amp>

11

UPVOTES

Men's Testosterone Levels and Sexual Arousal Is Lowered By Women's Tears.

UnHope20 · 20 November 2021 · Archived copy · Reddit

<https://www.nature.com/articles/news.2011.2>

10
UPVOTES

Opposite Molecular Signatures of Depression in Men and Women

UnHope20 · 18 August 2021 · Archived copy · Reddit

[https://www.biologicalpsychiatryjournal.com/article/S0006-3223\(18\)30065-9/fulltext#back-bib3](https://www.biologicalpsychiatryjournal.com/article/S0006-3223(18)30065-9/fulltext#back-bib3)

10
UPVOTES

Child contact problems and family court issues are related to chronic mental health problems for men following family breakdown

Oncefa2 · 7 July 2021 · Archived copy · Reddit

<https://zenodo.org/record/4302120#.YNeiuhGSIPY>

9

UPVOTES

Females Outperform Males on 'Theory of Mind' Test Across 57 Countries

Beaver1844 · 26 December 2022 · Archived copy · Reddit

<https://www.psychreg.org/females-outperform-males-theory-of-mind-test-across-57-countries/>

9

UPVOTES

Male Ritual Opposition? Play Fighting?

PearlFrog · 22 January 2022 · Archived copy · Reddit

I am looking for info about the verbal sparring that men seem to do in social contexts. I have noticed that men sometimes play fight verbally and younger men play fight physically. Where can I learn more about this behavior? What are your personal experiences of it? Is this described or analyzed in any scholarly journals? Have you ever seen this accurately portrayed in film or television? How can men tell when it is real hostility and when it is joking?

9

UPVOTES

What Changes Do You Want To See In Psychology?

UnHope20 · 20 January 2022 · Archived copy · Reddit

Hi everyone, Considering the field of psychology as it stands today, what do you wish would change?

I'm interested in your thoughts on clinical psychology and research. Whatever part you want to see these changes in, I'd love to know.

For me, I wish that the feel of psychology would talk more about the importance of ideological diversity within its ranks. Admittedly, I am on the political left. However, I feel that the field is suffering from a lack of perspectives from conservatives and moderates.

It's not that I agree with these ideologies so much as I believe in the importance of having a comprehensive understanding of the human mind.

A person's political beliefs may not only effect how they seek to answer certain research questions, it may also effect the types of questions that researchers ask in the first place.

What about you? Do you wish therapists were trained to help you in a specific manner?

Do you want to see different types of research about men being published?

How about more male therapists?

What do you think really needs to change in psychology to make it a field that serves you better?

9

UPVOTES

New Fathers Are Also at Risk of Postpartum Depression, Says New Study

Beaver1844 · 4 October 2023 · Archived copy · Reddit

<https://www.psychreg.org/new-fathers-also-risk-postpartum-depression-says-new-study/>

9

UPVOTES

UK Charity Extends Support for Research into Male Suicide Crisis

Beaver1844 · 17 March 2025 · Archived copy · Reddit

<https://www.psychreg.org/uk-charity-extends-support-research-male-suicide-crisis/>

8

UPVOTES

Study Finds Disparate Gender Differences in Victims of Child Sex Trafficking

Beaver1844 · 11 April 2023 · Archived copy · Reddit

<https://www.psychreg.org/study-finds-disparate-gender-differences-victims-child-sex-trafficking/>

8
UPVOTES

Psychology researchers are taking a serious look at "cumshots"

UnHope20 · 10 December 2022 · Archived copy · Reddit

<https://www.psypost.org/2022/12/psychology-researchers-are-taking-a-serious-look-at-64421>

8

UPVOTES

No Man Is an Island: Creating Communities and Nurturing Networks

Beaver1844 · 7 November 2022 · Archived copy · Reddit

<https://www.psychreg.org/no-man-is-island-creating-communities-nurturing-networks/>

8

UPVOTES

Male Royal Family Members Are Helping Men Worldwide to Open Up About Mental Health

Beaver1844 · 19 October 2022 · Archived copy · Reddit

<https://www.psychreg.org/male-royal-family-members-helping-men-worldwide-open-about-mental-health/>

8

UPVOTES

What book on male psychology would you recommend reading while on vacation?

John_Barry · 22 July 2022 · Archived copy · Reddit

/r/MalePsychology/comments/w5jt78/what_book_on_male_psychology_would_you_recommend/

8

UPVOTES

How to Talk With a Man About His Mental Health

Oncefa2 · 28 March 2022 · Archived copy · Reddit

<https://www.psychologytoday.com/us/blog/talking-about-men/202203/how-talk-man-about-his-mental-health>

8
UPVOTES

Women's power to hurt the male ego

UnHope20 · 16 July 2021 · Archived copy · Reddit

<http://www.cnn.com/2010/LIVING/10/25/o.glass.ego/index.html>

8

UPVOTES

Scientific Bias in Favor of Studies Finding Gender Bias (But against whom?)

UnHope20 · 12 July 2021 · Archived copy · Reddit

<https://www.google.com/amp/s/www.psychologytoday.com/us/blog/rabble-rouser/201906/scientific-bias-in-favor-studies-finding-gender-bias%3famp>

8

UPVOTES

Differences in socialization strategies between men and women: "The Pandemic of Male Loneliness"

Oncefa2 · 16 June 2021 · Archived copy · Reddit

<https://www.psychologytoday.com/us/blog/life-smarts/202102/the-pandemic-male-loneliness>

8

UPVOTES

Why Do You Think So Many Men Are Going Overseas To Date?

Mother-Breath-9576 · 3 May 2023 · Archived copy · Reddit

<https://www.youtube.com/watch?v=mVNF6insXXs>

8

UPVOTES

Poll for minister for men in Britain on Twitter.

BackgroundFault3 · 7 September 2023 · Archived copy · Reddit

<https://twitter.com/GMB/status/1699642275876233544?t=PqUBaxptW7mbOSNxVXpj4w&s=19>

8

UPVOTES

Study Reveals How Incel Communities Sustain Themselves Through Shared Despair

Beaver1844 · 6 March 2025 · Archived copy · Reddit

<https://www.psychreg.org/study-reveals-how-incel-communities-sustain-themselves-through-shared-despair/>

8

UPVOTES

Psychological Interventions Fail to Improve Relationships in Couples Facing Prostate Cancer

Beaver1844 · 4 April 2025 · Archived copy · Reddit

<https://www.psychreg.org/psychological-interventions-fail-improve-relationships-couples-facing-prostate-cancer/>

8

UPVOTES

Men's Mental Health Crisis: Employers Urged to Act During Men's Health Week

Beaver1844 · 11 June 2025 · Archived copy · Reddit

<https://www.psychreg.org/mens-mental-health-crisis-employers-urged-act-mens-health-week/>

7

UPVOTES

When It Comes to Financial Uncertainty, Men Go Out on a Limb

Beaver1844 · 14 February 2023 · Archived copy · Reddit

<https://www.psychreg.org/when-it-comes-financial-uncertainty-men-go-out-on-a-limb/>

7

UPVOTES

Postpartum Depression Can Also Affect Dads. Here's How They Can Combat It

Beaver1844 · 22 January 2023 · Archived copy · Reddit

<https://www.psychreg.org/pospartum-depression-can-also-affect-dads-heres-how-they-can-combat-it/>

7

UPVOTES

[Research] Attitudes towards gay and bisexual men [Are you a man currently living in the United Kingdom]

Onattitudes · 26 March 2022 · Archived copy · Reddit

Are you a man currently living in the United Kingdom? We are inviting men to complete an online survey to gain insight into the attitudes in the UK towards gay and bisexual men.

For more information/to participate please click the following:

<https://nottingham.onlinesurveys.ac.uk/to-explore-attitudes-amongst-men-towards-gay-and-bisexual-2>

7

UPVOTES

10 Things Every Woman Should Know About a Man's Brain

UnHope20 · 8 January 2022 · Archived copy · Reddit

<https://www.livescience.com/14422-10-facts-male-brains.html>

7

UPVOTES

Not Really Directly Talking About Men's Issues. But I Feel It Relevant.

UnHope20 · 22 August 2021 · Archived copy · Reddit

<https://www.healthline.com/health/mental-health/family-manipulation#how-to-respond>

7

UPVOTES

Study Finds Men Experience Higher Levels of Positive Feelings Towards Mutual Masturbation Than Women

Beaver1844 · 22 July 2023 · Archived copy · Reddit

<https://www.psychreg.org/study-finds-men-experience-higher-levels-positive-feelings-towards-mutual-masturbation-than-women/>

7

UPVOTES

Are Gen Z Males Deflecting Masculinity by Developing a Paraphilia?

Beaver1844 · 16 August 2023 · Archived copy · Reddit

<https://www.psychreg.org/gen-z-males-deflecting-masculinity-developing-paraphilia/>

6

UPVOTES

Psychotherapist Urges Parents to Understand the Early Signs of Eating Disorders in Their Pre-Teen Boys

Beaver1844 · 24 March 2023 · Archived copy · Reddit

<https://www.psychreg.org/psychotherapist-urges-parents-understand-early-signs-eating-disorders-their-pre-teen-boys/>

6

UPVOTES

Older Men's Sperm May Contribute to Offspring's Neurodevelopmental Disorders, Study Finds

Beaver1844 · 21 March 2023 · Archived copy · Reddit

<https://www.psychreg.org/older-mens-sperm-may-contribute-offsprings-neurodevelopmental-disorders-study-finds/>

6

UPVOTES

Combating loneliness by talking to strangers: a potential new treatment option

Oncefa2 · 13 January 2023 · Archived copy · Reddit

A recent study found that loneliness can be combatted by making an effort to talk to strangers.

More than that, the results have nothing to do with those interactions ever leading to friendships, or otherwise helping the social lives of participants. The benefits come directly from limited, low-risk social interactions that are not meant to progress to anything else.

This is important because it removes the pressure of needing to "perform" or do well in the interactions.

It does seem to help with aspects of confidence though, so it may have other long term benefits.

The study has its limitations, but it is something that's easy for anyone to try.

Our intervention may have special relevance now, as a growing number of scientists and public health officials are raising the alarm about increasing levels of loneliness, and the dire health consequences.

At its heart, our intervention is simple: it involves repeatedly approaching and talking to strangers. As such, this intervention is something that many people could self-administer. We encourage readers to try it, despite any natural instinct to avoid such interactions—which even the authors confess to sharing. As our research shows, these conversations really do get easier with practice, and the experience will be more positive than you expect.

<https://www.psypost.org/2022/12/psychology-researchers-find-that-a-simple-talking-to-strangers-intervention-is-surprisingly-effective-64561>

<https://www.sciencedirect.com/science/article/pii/S0022103122000750>

6

UPVOTES

Predictors of Attitudes Toward Gay Men and Lesbian Women in 23 Countries

shit-zen-giggles · 20 November 2022 · Archived copy · Reddit

<https://journals.sagepub.com/doi/10.1177/1948550619887785>

6

UPVOTES

People tend to perceive stronger men as more effective parents, study finds

UnHope20 · 14 March 2022 · Archived copy · Reddit

<https://www.psypost.org/2022/03/people-tend-to-perceive-stronger-men-as-more-effective-parents-study-finds-62717>

6

UPVOTES

Memo to Jo Swinson: men have body image issues, too

Banake · 6 October 2021 · Archived copy · Reddit

<https://www.newstatesman.com/world/2013/05/memo-jo-swinson-men-have-body-image-issues-too>

6

UPVOTES

Loving and leaving: Sex differences in romantic attachments

problem_redditor · 13 June 2021 · Archived copy · Reddit

https://www.researchgate.net/publication/225204472_Loving_and_leaving_Sex_differences_in_romantic_attachments

6

UPVOTES

Welcome to r/MalePsychology!

Oncefa2 · 10 June 2021 · Archived copy · Reddit

Male psychology is a brand new field of research and there are a lot of interesting findings and perspectives coming out of it. The study of men in psychology was discouraged for decades starting in the 1990s, and a strong chilling effect arose due to the assumption that it was sexist to study and learn about men and masculinity.

We're starting to see renewed interest and less stigma around it today though, so I felt like it was appropriate to create a subreddit dedicated to the topic.

This sub is open to everyone, including women, nonbinary, and transgender people. Some of the biggest names in the field of male psychology are female researchers. And I think it's normal to find this, and related topics around gender and psychology, to be *interesting*, regardless of your background or gender.

If you want a good primer on men's psychology, I highly recommend the book *Perspectives in Male Psychology: An Introduction*. There are other books and resources in the sidebar, which I will be updating as I run across additional resources.

Feel free to discuss anything related to men and psychology in this sub. I will be adding content and finding more members in the coming weeks (feel free to advertise yourself as well!).

6

UPVOTES

Facial Attractiveness, Not Masculinity, Influences Perceptions of a Father's Involvement – Study

Beaver1844 · 13 July 2023 · Archived copy · Reddit

<https://www.psychreg.org/facial-attractiveness-not-masculinity-influences-perceptions-fathers-involvement-study/>

5

UPVOTES

Mpox Outbreak Affects Sexual Minority Men: New Study Explores Vaccination Patterns and Correlates

Beaver1844 · 3 April 2023 · Archived copy · Reddit

<https://www.psychreg.org/mpox-outbreak-affects-sexual-minority-men-new-study-explores-vaccination-patterns-correlates/>

5

UPVOTES

Negative Marital Communications Leave Literal, Figurative Wounds

Beaver1844 · 18 January 2023 · Archived copy · Reddit

<https://www.psychreg.org/negative-marital-communications-leavel-literal-figurative-wounds/>

5
UPVOTES

Which is your favorite branch of psychology?

UnHope20 · 6 December 2022 · Archived copy · Reddit

Which is your favorite branch of psychology? Comment reasons below.

[View Poll](#)

5

UPVOTES

No Man Is an Island: Creating Communities and Nurturing Networks

Beaver1844 · 8 November 2022 · Archived copy · Reddit

<https://www.psychreg.org/no-man-is-island-creating-communities-nurturing-networks/>

5

UPVOTES

UFC mixed martial arts fighting events appear to reduce involvement in violent crime

UnHope20 · 18 May 2022 · Archived copy · Reddit

<https://www.psypost.org/2022/05/ufc-mixed-martial-arts-fighting-events-appear-to-reduce-involvement-in-violent-crime-63050>

5

UPVOTES

Meta-analysis of 97 studies indicates mental disorders are linked to cognitive dysfunction across multiple domains

UnHope20 · 6 May 2022 · Archived copy · Reddit

<https://www.psypost.org/2022/04/meta-analysis-of-97-studies-indicates-mental-disorders-are-linked-to-cognitive-dysfunction-across-multiple-domains-62981>

5

UPVOTES

Thoughts on this?

UnHope20 · 28 December 2021 · Archived copy · Reddit

https://www.amhf.org.au/male_psychology_what_s_wrong_with_apas_masculinity_guidelines

5

UPVOTES

Question

Hady_blt · 30 September 2021 · Archived copy · Reddit

Can any of you describe to me how he feels when he suffers from stuttering sometimes? Or why might some of us feel constant tension, rapid heartbeat, and fear of everything to the point of isolation?

5

UPVOTES

Why has the suicide rate fallen, and will this help prevent male suicides in future?

John_Barry · 10 September 2021 · Archived copy · Reddit

I wrote an article today - [World Suicide Prevention Day](#) - for the *Male Psychology Magazine*.

It explores possible reasons why suicide rates have gone down since covid-19 restrictions, even though mental illness has increased. It also asks whether current suicide prevention strategies, often based on the APA's jaundiced view of masculinity, can be improved on.

You can read the full article here: [World Suicide Prevention Day 2021: complex times require clear thinking, not ideology — The Centre for Male Psychology](#)

5

UPVOTES

Study suggests boys more vulnerable when parents have poor coping mechanisms

Oncefa2 · 10 June 2021 · Archived copy · Reddit

<https://news.uga.edu/parents-abused-as-children-may-pass-on-emotional-issues/>

5

UPVOTES

Falling Birth Rate Not Due to Less Desire to Have Children, According to New Study

Beaver1844 · 12 January 2023 · Archived copy · Reddit

<https://www.psychreg.org/falling-birth-rate-not-due-less-desire-have-children-according-new-study/>

5

UPVOTES

Blowing Apart Presuppositions of Men's Attractions

lumen-lotus · 15 August 2023 · Archived copy · Reddit

“Drawing” Conclusions About Perceptions of Ideal Male and Female Body Shapes:

Participants of both sexes drew silhouettes of a maximally attractive man and woman according to their own preferences and perceived preferences of the opposite sex. Mating orientations (slow versus fast life history strategies) of participants were recorded because fast-life men (promiscuous; prefer uncommitted sex) rate more corpulent female bodies (conspicuous secondary sex characteristics) as more alluring than do slow-life men (sexually conservative; prefer enduring relationships). Counter to author-generated hypotheses, men of either mating orientation outlined a slender female shape with a waist-to-hip ratio (WHR) of 0.7, accepted as the universally most attractive measurement.

Processing img aadvjo4dc6gb1...

Inquiry: Why do both slow- and fast-life men aspire to mate with very slender women?

Answered by: Mate-by-Numbers: Budget, Mating Context, and Sex Predict Preferences for Facial and Bodily Traits

Forced-choice studies illuminate non-negotiable preferences but preclude holistic preferences and may invent scenarios inapplicable to reality. Past research dichotomized men's choices as either face- or body-centric, as both reveal vital but distinct information appertaining to a woman's genetic quality or current fertility, respectively. To divagate briefly; slow-life men appraise facial beauty for qualifiers of age, past and current ill-health (asymmetry [as poor nutrition and parasites retard growth], pockmarks, etc.), and genetics (**beautiful people prove objectively healthier**); and they supply resources to a long-lasting mate, hence the preference for slenderness in women; fast-life men focalize on extant energy reserves because fast-life men's promiscuity translates to not provisioning resources to the women they impregnate.

The current study allocated slow- (fast-) life men either a low or high budget to design the optimal woman. Fast-life men in the high-budget condition invested *more* in facial quality than in energy reserves and resorted to enhancing energy reserves in low-budget conditions. Slow-life men, like women in either mating orientation or budget condition, monotonically selected for genetic robustness via facial beauty.

Anabolism or lipid deposition defines the first and second trimesters of gestation, and in the third trimester, accumulation of visceral (truncal or gut) adipose mass ceases and the mother enters a catabolic state of fat resorption. Lipids become the major source of nourishment for the mother to preserve glucose and aminoacids for the fetus. Postpartum, lactation mobilizes residual adipose flesh and resets maternal metabolism. Visceral fat persists in women who fail to breastfeed, predisposing them to diabetes. Fast-life men choose higher-BMI women because fatter women experience reduced gestational weight gain relative to lean women; ergo, they insure the mother's survivorship and ensure there is no maternofetal conflict.

Authors of the current study attest that a WHR of 0.7 was found to be most alluring to both sets of men in both budget conditions, except the dependent variable of BMI casts doubt on that assertion.

Inquiry: How do BMI and WHR intersect to maximize allure?

Answered by: Optimum body-mass index and maximum sexual attractiveness?

Devendra Singh's **seminal work** on WHR proliferated the consensus that a WHR of 0.7 was universally optimal. The perforation in Singh's findings is the irregularity in morphology despite constant WHR; for an anorexic woman and an obese woman may display a WHR of 0.7 despite neither being as attractive/fertile as a moderate-weight woman of 0.7-WHR. Furthermore, WHR can be manipulated by increasing the girth of the buttocks or narrowing the waist, so the dimensions or objective "look" of a 0.7 WHR is elusive. The current study found that "[b]ody-mass index accounted for 73.5% of variance, whereas waist/hip ratio accounted for only 1.8%. Waist/hip ratio

correlated poorly with attractiveness, whereas even small changes in body-mass index radically altered the attractiveness rating".

This discovery is undergirded by [Brooks et al. \(2015\)](#) who employed computer-generated avatars as progenitors of clonal daughters whose dimensions followed algorithms that participants could freely manipulate (boundless budget). Eight generations survived, selective pressures strongest on narrowing the waist, slenderizing the buttocks, and elongating the legs. Bodily evolution converged on a WHR of 0.7, incidental due to selection acting on slimming the waist than on lowering WHR. As clonal daughters continued to become slimmer and taller, a reversal trend manifested in that curvaceous daughters began to persist, preserved in a manner echoic of the frequency-dependent selection hypothesis, whereby a phenotype that survives in spite of its rarity in a population actually demonstrates its fitness. We observe such a phenomenon in bearded men being rated as more (less) alluring contingent on the rarity (frequency) of beardedness (beardlessness). Men who frequently watch pornography similarly develop a preference for outgrown pubic hair due to the normality of waxed and shaven vulvas ([Pavol Prokop, 2016](#)).

Conclusion: Old conventions of male attractions were exhumed and examined, and new theories and observations have put them to rest.

5

UPVOTES

Falling Birth Rates Are Significantly Impacting Society's Future

Beaver1844 · 11 November 2023 · Archived copy · Reddit

<https://www.psychreg.org/falling-birth-rates-significantly-impacting-societys-culture/>

5

UPVOTES

A new global gender divide is emerging

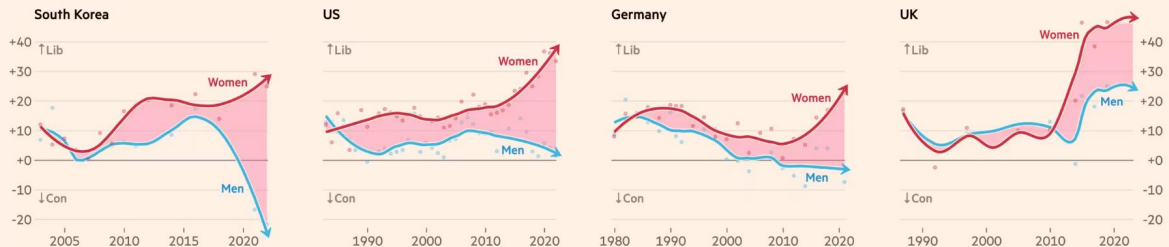
Paul_-Muaddib · 29 January 2024 · Archived copy · Reddit

A new global gender divide is emerging

6 points • 1 comment • submitted 5 hours ago by Paul_-Muaddib to r/MediocreTutorials

A wide ideology gap is opening up between young men and women in countries across the world

Political ideology of 18-29s (% liberal minus % conservative), by sex



Sources: Daniel Cox, Survey Center on American Life; Gallup Poll Social Series; FT analysis of General Social Surveys of Korea, Germany & US and the British Election Study. US data is respondent's stated ideology. Other countries show support for liberal and conservative parties. All figures are adjusted for time trend in the overall population. FT graphic: John Burn-Murdoch / @johnburnmurdoch © FT

Outside the west, there are even more stark divisions. In South Korea there is now a yawning chasm between young men and women, and [it's a similar situation in China](#). In Africa, Tunisia shows the same pattern. Notably, in every country this dramatic split is either exclusive to the younger generation or far more pronounced there than among men and women in their thirties and upwards.

The #MeToo movement was the key trigger, giving rise to fiercely feminist values among young women who felt empowered to speak out against long-running injustices. That spark found especially dry tinder in South Korea, where gender inequality remains stark, and outright misogyny is common.

In the country's 2022 presidential election, while older men and women voted in lockstep, young men swung heavily behind the right-wing People Power party, and young women backed the liberal Democratic party in almost equal and opposite numbers.

Korea's is an extreme situation, but it serves as a warning to other countries of what can happen when young men and women part ways. Its society is riven in two. Its marriage rate has plummeted, and birth rate has fallen precipitously, dropping to 0.78 births per woman in 2022, the lowest of any country in the world.

Follow the topics in this article

- John Burn-Murdoch [+ Add to myFT](#)
- Data Points [+ Add to myFT](#)
- Gender politics [+ Add to myFT](#)
- Generation Z [+ Add to myFT](#)
- Millennials [+ Add to myFT](#)

5

UPVOTES

Elite Universities Aren't Made for Working-Class Men, Reveals New Study

Beaver1844 · 6 October 2024 · Archived copy · Reddit

<https://www.psychreg.org/elite-universities-made-working-class-men-reveals-study/>

4

UPVOTES

Men Inflate Penis Size More Than You Think, According to Researchers

Beaver1844 · 13 April 2023 · Archived copy · Reddit

<https://www.psychreg.org/men-inflate-penis-size-more-than-you-think-according-researchers/>

4

UPVOTES

Percentage of men experiencing depression in the UK & Worldwide

jamsredditter · 7 March 2022 · Archived copy · Reddit

Does anyone know the percentage of men experiencing depression in the UK & worldwide? I feel like this figure must be out there but struggling to find it. Thanks in advance.

4

UPVOTES

Applicability of the Implicit Association Test to gender

lightning_palm · 5 February 2022 · Archived copy · Reddit

Women have a strong automatic in-group preference for their own gender that is absent in men. This is shown e.g. in [Gender Differences in Automatic In-Group Bias: Why Do Women Like Women More Than Men Like Men?](#) (Rudman & Goodwin, 2004). To empirically reach this conclusion, the authors use the IAT (Implicit Association Test), which has been used in other contexts (e.g., implicit racial bias, implicit woman—family & man—career bias, implicit disability bias, etc.) and has prompted a number of criticisms. Specifically, I read the blog entry [Unconscious Bias | The Illustrated Empathy Gap](#) in which William Collins raises a number of points that made me question whether the IAT is reliable at all and what this tells us about its applicability to implicit gender bias.

The points he makes mostly concern race, but that is simply a feature of the types of situations in which the IAT is commonly applied. Neither he nor I want to start a discussion about racial bias (to the extent that this is avoidable to adequately discuss the IAT in the context of implicit gender bias).

Critiques:

1. "All we can say is that people associating black faces with negative words have a fast VMPFC-amygdala response which refers the issue upwards for further rational consideration. [...] Consider a society in which people are schooled assiduously to avoid anti-black racism. This is likely to lead to a learned VMPFC-amygdala response in which the association of black faces and negative words would indeed flag the need for careful further consideration – exactly as is commonly observed. In other words, the apparently racist IAT response may sometimes be exactly the opposite."
2. "Recall that the essence of the VMPFC-amygdala response is its speed. Its speed is accomplished by being computationally (cognitively) very simple – perhaps so simple that its response is virtually a binary switch. If so, it is reasonable to suppose that all 'negative' associations would produce the same response. So, what if a group – say blacks – were associated socially with disadvantage, oppression, victimization, and discrimination. The VMPFC-amygdala response might well conflate these negatives with the negative words deployed in the IAT ("lazy", "dirty", "disaster", etc). So, an IAT result which is being interpreted as indicating racial bias is actually indicating a recognition of racial disadvantage – the very opposite. Uhlmann, Brescoll, and Levy Paluck [have published a paper](#) demonstrating in an experiment this very effect."
3. "In an article titled, ["I Don't Actually Hate Myself: Why Harvard Is Wrong About Bias"](#), the openly gay journalist John Cloud was surprised to be told that, "Your data suggest a slight automatic preference for Straight People compared to Gay People". He observed, "My results might mean I'm self-hating, although I'm not exactly sure what I could do to be gayer. Wear a tiara to work?". [...] But the paradox of 'hating yourself' disappears if you accept, as argued in Section 5.1, that the IAT can be a measure of perceived disadvantage rather than perceived inferiority."
4. According to [Jesse Singal](#), when you combine the many different variations of the IAT, from race to disability to gender the IAT has a test-retest reliability of about $r = 0.55$ (poor reliability) according to sources from proponents of the IAT. Other sources indicate at most $r = 0.4$ (unacceptable reliability).

Counters relating specifically to gender:

1. People are generally not aware of misandry and much more aware of misogyny. This can be verified by a [Google Scholar](#) or a regular [Google search](#). This Psychology Today post also explores that [studies that find bias against women often get disproportionate attention](#). One may then counter that this is because misogyny is simply much more prevalent. The prevalence of tweets like KAM and social media content of a similar variety indicates the opposite. For evidence of this statement, one may take a look at [Discovering and Categorising Language Biases in Reddit](#) (Ferrer et al., 2021) and note that even a male-dominated forum like Reddit on an otherwise neutral subreddit has "a significant negative bias towards men, evaluating them in terms of unreliability, pettiness and self-importance". One may also look at [this Washington Post article](#) or this Vanity

Fair article **“MEN ARE SCUM”: INSIDE FACEBOOK’S WAR ON HATE SPEECH**. Specifically, Facebook found a strong bias against men but they justify this gender bias as "content on which our enforcement undermines our legitimacy". While Facebook has a similar stance against anti-white content, it is noteworthy that this specific justification is applied only to men. I quote: "For example, the company’s systems would now place a higher priority on automatically removing statements such as “Gay people are disgusting” than “Men are pigs.”" Regardless of whether one feels this is justified or not, it is evidence that misandry is not taken as seriously, which makes me conclude that William Collins' argument is not applicable to this type of gender bias. Steve Moxon elaborates on the prevalence of misogyny and misandry in his 2018 article, **Misogyny has no scientific basis of any kind: the evidence is of philogyny – and misandry**. Furthermore, people commonly misattribute men's lack of benevolent sexism to misogyny/hostile sexism (Yeung, 2012). Also, this pro-female bias is found even in explicit tests, such as the original experiment after which the term "Women are Wonderful effect" was coined (Eagly et al., 1991).

2. People are not cognizant of male disadvantages. Once again, this can be verified by a Google Scholar search, the lack of policies to tackle male disadvantages, and the lack of conversation regarding men's issues. Also relevant in this context is the concept of **male gender blindness** and the **Gamma Bias hypothesis**, as well as the empirically verified gender bias in moral typecasting (Reynolds et al., 2020).
3. See point 2.
4. Jesse Singal lumps together various studies on race, disability, and gender. Does the same apply to the type of automatic gender in-group bias that is measured in **Rudman & Goodwin (2004)** (noting that there is a difference between measuring the associations 'woman—good' & 'man—bad' and 'woman—family' & 'man—career', the former of which interests me)? Input on this one would be especially appreciated.

What are your thoughts on this topic?

4

UPVOTES

Glen Poole on male suicide, UCL 5th Jan 2018

Banake · 6 October 2021 · Archived copy · Reddit

<https://www.youtube.com/watch?v=6y4nAzVLA4U>

4

UPVOTES

Are Wider Faced Men More Self-Sacrificing?

UnHope20 · 9 July 2021 · Archived copy · Reddit

<https://www.psychologicalscience.org/news/releases/are-wider-faced-men-more-self-sacrificing.html>

4

UPVOTES

'Sexism' in sexual assault research, but this time men are the target

UnHope20 · 30 June 2021 · Archived copy · Reddit

<https://www.sciencedaily.com/releases/2017/07/170710091655.htm>

4

UPVOTES

Gendered Mental Disorders: Masculine and Feminine Stereotypes About Mental Disorders and Their Relation to Stigma

Oncefa2 · 29 June 2021 · Archived copy · Reddit

Crosspost "Gendered Mental Disorders: Masculine and Feminine Stereotypes About Mental Disorders and Their Relation to Stigma" from /r/Male_Studies:

Posted by UnHope20 | 28 June 2021 | [Link](#)

4

UPVOTES

Tilting your head can affect judgments of your attractiveness and dominance, study finds

UnHope20 · 13 June 2021 · Archived copy · Reddit

<https://www.psypost.org/2020/08/tilting-your-head-can-affect-judgments-of-your-attractiveness-and-dominance-study-finds-57281>

4

UPVOTES

Are you REALLY affected by "male beauty standards" or is this some sort of menslib ploy to change the subject from what REALLY matters to men? Even if you have a rocky balboa face you can lift. I personally lift very seldomly ~ but its a quick fix (I apologize to exclude brothers who are unable tho)

cyberphunkisms · 13 June 2021 · Archived copy · Reddit

Crosspost "The dark reality behind male beauty standards" from /r/MensLib:

Posted by ThatGuyWeLike87 | 12 June 2021 | [Link](#)

4

UPVOTES

Tips to Self-Love and Masculine Fulfillment: Finding Wholeness Within

DetectiveInformal214 · 29 January 2024 · Archived copy · Reddit

Hi Y'all,

I am 25 M about to become 26 M in April. I faced a strange situation on Friday 26th Jan 2024 which led me to a lot of questions.

I am walking in school, I see a lot of couples walking and holding hands in campus. I am getting a lot of thoughts of getting a wife not gf (I want a wife not gf). This led me to think about why I am getting these kind of thoughts situation. I take good care of myself yet I always feel I need someone. The thoughts intensity was getting higher, it even interrupted my work also. After a lot of thinking and watching videos, I ended up with a few points:

I care for people, but I didn't care for myself. Means - I haven't loved myself enough. If I did that I would not feel the need of others.

An analogy which suits my situation: I have done a lot for people like sharing love etc, that's the reason I am unable to settle up with myself. I need to payback in terms of love to myself of what I had given to people. Maybe that's the reason I am always not satisfied or look for other people.

I started looking for biblical husband and wife characteristics and sermons also. Eph 5:28 "husband should love them as they love themselves". I want to know meaning/actions/intentions/thought process behind the "Loving themselves" statement in masculine, biblical perspective.

I want to become whole again not to get a wife, to feel that I am enough in my space.

First I have to be masculine for myself. I want to go full masculine in a process like a journey.

I don't know how. I am posting this in all the male groups and seeking help. I don't want to be in this state. Please help me with all you got which leads me to a better man.

Thank you

4

UPVOTES

Infertility Stress Hits Men Harder Than Women, New Study Finds

Beaver1844 · 25 August 2024 · Archived copy · Reddit

<https://www.psychreg.org/infertility-stress-hits-men-harder-than-women/>

4

UPVOTES

The Complexity of Gender Disparities in Criminal Sentencing Requires Greater Scrutiny

Beaver1844 · 9 September 2024 · Archived copy · Reddit

<https://www.psychreg.org/complexity-gender-disparities-criminal-sentencing-requires-greater-scrutiny/>

3

UPVOTES

What is male psychology?

kunalkondhare · 14 January 2023 · Archived copy · Reddit

<https://www.bps.org.uk/member-networks/male-psychology-section>

3

UPVOTES

What Is Your Interest In This Sub?

UnHope20 · 12 June 2022 · Archived copy · Reddit

Why Do You Use r/MalePsychology?

[View Poll](#)

3

UPVOTES

12 Questions to Test Your Level of Self-Connection

UnHope20 · 17 May 2022 · Archived copy · Reddit

<https://www.psychologytoday.com/us/blog/finding-new-home/202205/12-questions-test-your-level-self-connection>

3

UPVOTES

Are you a man currently living in the United Kingdom?

Onattitudes · 29 March 2022 · Archived copy · Reddit

We are inviting men to complete an online survey to gain insight into the attitudes in the UK towards gay and bisexual men.

For more information/to participate please click the following:

<https://nottingham.onlinesurveys.ac.uk/to-explore-attitudes-amongst-men-towards-gay-and-bisexual-2>

3

UPVOTES

Boosting Men's Mental Health Via Community Programs (Men's Sheds)

Oncefa2 · 11 June 2021 · Archived copy · Reddit

<https://www.psychologytoday.com/ca/blog/talking-about-men/202105/boosting-mens-mental-health-community-programs>

3

UPVOTES

r/MalePsychology Lounge

Oncefa2 · 10 June 2021 · Archived copy · Reddit

A place for members of [r/MalePsychology](#) to chat with each other

3
UPVOTES

Have a laugh:scientific reality is only the reality of a monkey (homo-sapien)

qiling · 24 July 2023 · Archived copy · Reddit

<https://www.scribd.com/document/660607834/Scientific-Reality-is-Only-the-Reality-of-a-Monkey>

3

UPVOTES

Braun Faces Backlash for Using Trans Model in Men's Trimmer Ad Campaign

Beaver1844 · 18 September 2023 · Archived copy · Reddit

<https://www.psychreg.org/braun-faces-backlash-using-trans-model-men-trimmer-ad-campaign/>

3

UPVOTES

Debunking Myths Around Male Sexuality Leads to Healthier Attitudes and Relationships

Beaver1844 · 4 January 2024 · Archived copy · Reddit

<https://www.psychreg.org/debunking-myths-around-male-sexuality-leads-healthier-attitudes-relationships/>

3

UPVOTES

Study Reveals Strong Link Between Erectile Dysfunction and Mental Health Issues

Beaver1844 · 27 February 2024 · Archived copy · Reddit

<https://www.psychreg.org/study-reveals-strong-link-between-erectile-dysfunction-mental-health-issues/>

3

UPVOTES

Incel Online Activity Requires Careful Forensic Evaluation, According to New Study

Beaver1844 · 27 June 2024 · Archived copy · Reddit

<https://www.psychreg.org/incel-online-activity-requires-careful-forensic-evaluation-according-new-study/>

3

UPVOTES

Older Men Less Likely to Admit Loneliness Than Older Women, Study Finds

Beaver1844 · 8 July 2024 · Archived copy · Reddit

<https://www.psychreg.org/older-men-less-likely-admit-loneliness-than-older-women-study-finds/>

3

UPVOTES

Long Sedentary Hours Linked to Higher Risk of Depression in Young Men, Study Finds

Beaver1844 · 9 September 2024 · Archived copy · Reddit

<https://www.psychreg.org/long-sedentary-hours-linked-higher-risk-depression-young-men-study-finds/>

3

UPVOTES

Supporting Men's Mental Health This Movember Could Help Curb Rising Suicide Rates

Beaver1844 · 2 November 2024 · Archived copy · Reddit

<https://www.psychreg.org/supporting-mens-mental-health-movember-could-help-curb-rising-suicide-rates/>

3

UPVOTES

New Dads Often Overlook Their Mental Health: Expert Shares Key Strategies for Coping with Fatherhood

Beaver1844 · 6 November 2024 · Archived copy · Reddit

<https://www.psychreg.org/new-dads-overlook-mental-health-expert-shares-key-strategies-coping-fatherhood/>

3

UPVOTES

UK Mental Health Coach Targets Loneliness Crisis Among Young Men

Beaver1844 · 14 May 2025 · Archived copy · Reddit

<https://www.psychreg.org/uk-mental-health-coach-targets-loneliness-crisis-young-men/>

2
UPVOTES

Relationships- Why The Gender Wars?

ManyAppointment5705 · 21 October 2022 · Archived copy · Reddit

<https://menpsyche.com/relationships-why-the-gender-wars/>

2

UPVOTES

unrecognized masculine emotional labor and the commodification of love

cyberphunkisms · 19 June 2021 · Archived copy · Reddit

https://youtu.be/QNBvTJq9Rvg?list=PL1__CLvWU1JQvSHLXA_eaLAWtg-wHbZrD

2

UPVOTES

New psychology research reveals men's motives for sending unsolicited dick pics

UnHope20 · 13 June 2021 · Archived copy · Reddit

<https://www.psypost.org/2019/09/new-psychology-research-reveals-mens-motives-for-sending-unsolicited-dick-pics-54420>

2

UPVOTES

Stop Citing This Study

lumen-lotus · 25 June 2023 · Archived copy · Reddit

Gender Differences in Automatic In-Group Bias: Why Do Women Like Women More Than Men Like Men?

Male rights advocates cite this study *en masse* to prove that women *implicitly* demonstrate in-group bias, unlike men who show out-group (female-partial) bias. The methodology of the study included the Implicit Associations Test (IAT), which **lacks construct validity and yields very weak associations**, so please dispense with any studies that rely on the IAT. The study does incorporate explicit measures of in- and out-group biases, which may be subject to the social desirability effect (i.e., lying), but are infinitely better than making shit up based on associations, the meanings of which no one can actually ascertain.

Bottom line, be cautious of any conclusions drawn from the IAT.

2

UPVOTES

Disordered Eating and Men: 25% of Individuals with Eating Disorders in the UK Are Male

Beaver1844 · 9 October 2023 · Archived copy · Reddit

<https://www.psychreg.org/disordered-eating-men-25-individuals-eating-disorders-uk-male/>

2

UPVOTES

Study Reveals Gym Lifestyle Impacts Male Fertility

Beaver1844 · 23 April 2024 · Archived copy · Reddit

<https://www.psychreg.org/study-reveals-gym-lifestyle-impacts-male-fertility/>

2

UPVOTES

2 Fellaz Podcast: Raw, Unfiltered Conversations on Men's Mental Health

Beaver1844 · 30 May 2024 · Archived copy · Reddit

<https://www.psychreg.org/2-fellaz-podcast-raw-unfiltered-conversations-mens-mental-health/>

2

UPVOTES

Investing in Social Networks Reduces Men's Mental Health Issues, Suggests New Study

Beaver1844 · 31 May 2024 · Archived copy · Reddit

<https://www.psychreg.org/investing-social-networks-reduces-mens-mental-health-issues-suggests-new-study/>

2

UPVOTES

Testicular Cancer Survivors Face Challenges in Sexuality and Fertility, Affecting Relationships and Well-Being

Beaver1844 · 5 June 2024 · Archived copy · Reddit

<https://www.psychreg.org/testicular-cancer-survivors-face-challenges-sexuality-fertility-affecting-relationships-well-being/>

2

UPVOTES

Study Finds No Significant Difference in Sperm Quality Between Vegetarians and Omnivores

Beaver1844 · 10 June 2024 · Archived copy · Reddit

<https://www.psychreg.org/study-finds-no-significant-difference-sperm-quality-between-vegetarians-omnivores/>

2

UPVOTES

Migraines Significantly Impair Men's Sleep Quality and Sexual Functioning, Finds New Study

Beaver1844 · 18 June 2024 · Archived copy · Reddit

<https://www.psychreg.org/migraines-significantly-impair-mens-sleep-quality-sexual-functioning-finds-new-study/>

2

UPVOTES

Calm Your Mind Marks Movember with New Video Stories from Local Men

Beaver1844 · 15 November 2024 · Archived copy · Reddit

<https://www.psychreg.org/calm-mind-marks-movember-new-video-stories-local-men/>

1

UPVOTE

When 'Good Genes' Go Bad: How Sexual Conflict Can Cause Population Collapse

Beaver1844 · 3 March 2023 · Archived copy · Reddit

<https://www.psychreg.org/when-good-genes-go-bad-how-sexual-conflict-can-cause-population-collapse/>

1
UPVOTE

<https://menpsyche.com/the-male-psychology-article-of-your-dreams-menpsyche/>
ManyAppointment5705 · 9 November 2022 · Archived copy · Reddit

</r/MalePsychology/comments/yqhosb/httpsmenpsychecomthemalepsychologyarticleofyourdre/>

1
UPVOTE

Do I have to Pay for Lunch?

ManyAppointment5705 · 28 October 2022 · Archived copy · Reddit

<https://menpsyche.com/modern-men-dating-dilemmas/>

1

UPVOTE

Which Age Group Do You Feel Is Most Understudied Among Men?

UnHope20 · 3 September 2022 · Archived copy · Reddit

Among males, which group do you think psychology doesn't study enough?

[View Poll](#)

1

UPVOTE

Play Fighting: The Male Banter Game

UnHope20 · 27 February 2022 · Archived copy · Reddit

<https://www.google.com/amp/s/www.psychologytoday.com/us/blog/he-speaks-she-speaks/201111/play-fighting-the-male-banter-game%3famp>

1

UPVOTE

I love a polyamorous girl who wants to get out of the lifestyle but probably can't, at least not immediately... I don't know how to title that better.

anti_pineapple_pizza · 27 October 2023 · Archived copy · Reddit

I matched with a girl on a dating app, we talked then we met, it turns out that there are a lot of common things between us, we click. She tells me she's polyamorous, she's in a relationship with a guy who she is loyal to emotionally but she has multiple sexual partners... I was on the app to find a date, and I'm totally against that polyamorous lifestyle. I should've turned around and walked away but I didn't... I felt drawn to her... after a few meetups she invited me to her room and she took my virginity (I am 30, she's 28, yes I was a virgin, yes it's sad, but we live in a country where sex is only okay after marriage).

Anyway I loved the sex of course, yet I felt drawn to her on a more emotional/romantic level... I told her that I love her, she got aggressive at first, but then I got closer to her, helped her when she moved apartments and was there for her whenever she needed emotional support because she has issues with her family and some mental disorders... after some time she told me that the guy she was with only used her for sex and that she wanted more, and that I showed her there can be more to get from a relationship... she left her boyfriend... told me she's drawn to me but she doesn't love me yet. I took that as a sign that we can be together after some time... everything was going good... we've been going out, I introduced her to my friends, and we planned stuff to do together.

Today she called me and told me she needs to tell me something, she doesn't wanna make me sad but she's not comfortable telling that to anybody else... she told me that ever since she changed a particular psychiatric medication her sex drive increased and she needed that regularly... so she called someone a couple days ago that was a friends-with-benefits type person... she invited him to the apartment I helped her move to and they had sex... I told her that a part of me wants to grab you by your hair and another part wants to hug you and be there for you, a part of my brain says to me that I shouldn't be sad or hurt because she didn't promise me anything, she's not with me yet... but a big part of me is very very hurt...

I don't really know what to think, I don't know how to feel better, I don't think that I'm waiting for advice on whether I should leave or not, because I don't wanna leave... but I just need the pain to go away. I am hurt because I made myself believe that she's mine, but I'm also sad that she doesn't realize that she's so much more than her body, and that those people are only there for her body, using her as a sex toy. I am normally a laid back guy but the anger I feel today is... I probably never felt that angry or hurt before.

I'm sorry for the long post. Thanks for listening.

1
UPVOTE

Perseus and Medusa

qiling · 23 November 2023 · Archived copy · Reddit

<https://www.scribd.com/document/686811549/Perseus-and-Medusa-Elizabethan-sonnet-cycle-sequence-erotic-poetry>

1
UPVOTE

Medusa & Perseus

qiling · 30 November 2023 · Archived copy · Reddit

<https://www.scribd.com/document/688694281/Medusa-and-Perseus-Elizabethan-sonnet-cycle-sequence-erotic-poetry>

1

UPVOTE

Men's Physical Strength Linked to Perceptions of Political Conservatism, Study Reveals

Beaver1844 · 3 December 2023 · Archived copy · Reddit

<https://www.psychreg.org/men-physical-strength-linked-perceptions-political-conservatism-study-reveals/>

1

UPVOTE

Oenone & Paris: After Tennyson

qiling · 25 December 2023 · Archived copy · Reddit

<https://www.scribd.com/document/694491210/Oenone-Paris-After-Tennyson-Elizabethan-sonnet-cycle-sequence-erotic-poetry>

1

UPVOTE

How Gender Norms Influence Health Behaviours and Access to Care for Men and Women

Beaver1844 · 17 April 2024 · Archived copy · Reddit

<https://www.psychreg.org/how-gender-norms-influence-health-behaviours-access-care-men-women/>

1

UPVOTE

Internalised Misogyny Linked to Acceptance of Dating Violence, Finds New Study

Beaver1844 · 19 May 2024 · Archived copy · Reddit

<https://www.psychreg.org/internalised-misogyny-linked-acceptance-dating-violence-finds-new-study/>

1

UPVOTE

Misogynist Incels' Radicalisation and Violence Pose a Growing Threat, Says New Study

Beaver1844 · 19 May 2024 · Archived copy · Reddit

<https://www.psychreg.org/misogynist-incels-radicalisation-violence-pose-growing-threat-says-new-study/>

1

UPVOTE

Violent Extremist Language in Incel Communities Has Steadily Increased Over the Past 6 Years

Beaver1844 · 26 May 2024 · Archived copy · Reddit

<https://www.psychreg.org/violent-extremist-language-incel-communities-has-steadily-increased-over-past-years/>

1
UPVOTE

Self-Improvement and Questioning Beliefs Drive Former Incels to Leave Community

Beaver1844 · 29 May 2024 · Archived copy · Reddit

<https://www.psychreg.org/self-improvement-questioning-beliefs-drive-former-incels-leave-community/>

1

UPVOTE

Study Reveals Key Moderators in Sport-Based Mental Health Programme for Adolescent Boys

Beaver1844 · 13 June 2024 · Archived copy · Reddit

<https://www.psychreg.org/study-reveals-key-moderators-in-sport-based-mental-health-programme-adolescent-boys/>

1

UPVOTE

Early-Life Diseases Strongly Impact Lifetime Childlessness, According to Study

Beaver1844 · 14 June 2024 · Archived copy · Reddit

<https://www.psychreg.org/early-life-diseases-strongly-impact-lifetime-childlessness-according-study/>

1

UPVOTE

New AI Model Reveals Significant Sex Differences in Brain Functionality

Beaver1844 · 2 July 2024 · Archived copy · Reddit

<https://www.psychreg.org/new-ai-model-reveals-significant-sex-differences-brain-functionality/>

1

UPVOTE

Therapists Recommend Building Rapport to Engage Adolescent Males in Therapy

Beaver1844 · 9 August 2024 · Archived copy · Reddit

<https://www.psychreg.org/therapists-recommend-building-rapport-engage-adolescent-males-therapy/>

1

UPVOTE

Loneliness in Older Men Linked to Higher Alcohol Consumption and Social Isolation, Study Reveals

Beaver1844 · 1 September 2024 · Archived copy · Reddit

<https://www.psychreg.org/loneliness-older-men-linked-higher-alcohol-consumption-social-isolation-study-reveals/>

1

UPVOTE

It's Time to Share the Load: MANtenatal Empowers Dads-to-Be to Step Up and Transform the Parenting Landscape

Beaver1844 · 3 September 2024 · Archived copy · Reddit

<https://www.psychreg.org/time-share-load-mantental-empowers-dads-step-transform-parenting-landscape/>

1

UPVOTE

Wellness Expert Highlights Essential Strategies for Men's Mental Health During Movember

Beaver1844 · 8 November 2024 · Archived copy · Reddit

<https://www.psychreg.org/wellness-expert-highlights-essential-strategies-mens-mental-health-movember/>

0
UPVOTES

Mathematicians Crack the Code on How to Have an Orgasm

Beaver1844 · 10 April 2023 · Archived copy · Reddit

<https://www.psychreg.org/mathematicians-crack-code-how-have-orgasm/>

0

UPVOTES

Bringing Out Circumcision Trauma.

BackgroundFault3 · 28 May 2022 · Archived copy · Reddit



Genevieve Genevieve

10h · 🌐



I will talk about circumcision trauma here, so content warning.

When I'm working with my clients, my intention is to go deep to the root of their trauma patterning. To go to the place that is creating their psychosis. To find the space where something snaps and they NEED to have sx, NEED to spin out. S.xual addiction is one of my specialties, but my clients likely would never admit their addictive tendencies. They're just seeking and they can't be satiated.

Over the past three years, my 1:1 clients were primarily millionaires and billionaires who had perfection on the outside but wanted a super hot s3x life.

Boy, were they in for surprise when they realized that the only way to have the S3xual satisfaction that they were craving was to address their trauma. You know, the early childhood ones that they've been "coping" with for decades.

"How do I get my mind to stop yelling at me?" Said over tears. A grown man. Came to me to have a hot sxx life. Realizing how much his sxx life is a reflection of his internal state that he doesn't want to look at.

Of the men that I've worked intimately with in the past year, during our VIP day, they found the source of their trauma as that moment where a piece of their penis was cut off. One described it as feeling "like I was being eaten alive."

Their bodies would start shaking, filling with rage. Anger flooding their bodies. Then, arousal would happen (to escape the feeling, not authentic arousal). I would gently encourage them back into their bodies and then they would see it:

Their mother's face.

And then pain.

Confusion. Trauma. Loss.

The nurse's face.

From my own deductions with my personal clients, here's the leg I stand on: S3xual aggression and violence by cis-het men are predicated by a deep sense of internal hatred that they cannot bear. Every single one of my cis male clients, at one point in their journey, said to me, "I am a murderer. I want to kill. What's wrong with me? I don't want to scare you."

I'm not scared. I get it. Coming into the Earth with immediate trauma is something so many of us deal with, and it's disproportionately so in the US for those of us that are both with penises.

There's healing available. If you want to kill, I get it. Thank you for getting help. Peace is available to you.