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**A scoping review of male victims of intimate partner violence: a social constructionist
analysis**

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Psychology

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General plagiarism declaration

I declare that the research: *A scoping review of male victims of intimate partner violence: A social constructionist analysis*, has not been submitted before for any degree, or examination at any other university and it is my own work. All sources that I have used or quoted have been indicated and acknowledges by complete references.

Signature:



Date: October 2023



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I have always wanted to positively contribute to my community and the society at large. I took on this degree understanding that being more formally educated enables me to share my gifts more widely and in broader settings.

There have been so many hurdles, but more miracles. All praise to God for holding me through every step of this journey.

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Abstract

Intimate partner violence (IPV) is regarded as a global public health issue. Amidst a global COVID-19 pandemic, incidents of IPV increased dramatically and has been labelled as a pandemic within itself. While a great deal of work has been done focusing on IPV, the extent of work focusing on men's experiences and help-seeking behaviours as victims of IPV are limited. Typically, men are viewed and view themselves in specific contexts which are informed by their socialisation. This perception influences how men behave, process life - including crises and responses to said crises. This study aimed to determine the scope of knowledge that exists and identifies the extent of IPV where males are the victims and how social constructions of masculinity are reflected in peer reviewed literature around help-seeking behaviour of male victims of IPV. A scoping review methodology was used to address the aim of the study utilising the framework proposed by Arksey and O'Malley for scoping reviews as well as the PRISMA Extension for Scoping Reviews. The UWC library system was accessed: The Ebscohost meta-database was used, and the following databases were selected; Academic Search Complete; APA PsycArticles; ERIC; SAGE journals as well as Taylor and Francis online journals. Additionally, unpublished dissertations also available on the UWC research repository were searched and reviewed for inclusion. Only English articles published between 1 January 2010 to 31 December 2022 were included as well as dissertations available from the library system. The search strategy yielded 1757 articles after which 237 duplicates were automatically removed by the Covidence software. To ensure reliability and validity, various steps were taken by the researcher, including onboarding two independent reviewers, and using Covidence software to assist with the screening and full text review. Following the screening process, 67 articles underwent full text screening after which 29 were excluded. 38 studies were included in the study. The results demonstrated that most studies included were conducted in developed nations such as

the USA, UK, Canada, Australia indicating that there is a lack of research on male victims of IPV in developing nations. Key findings in the literature highlight that heterosexual male victims of IPV experience a sense of embarrassment, shame and powerlessness. Using the social constructivist lens, the findings therefore showed that these factors influenced help-seeking behaviour and that institutions associated with safety and security also have gendered views on heterosexual male victims of IPV. Further findings indicated a lack of interventions were also noted, thus there is a unique gap in the literature with regard to research on this topic in developing nations where cultural norms and values are dominant. The research mapped, were primarily conducted in the developed contexts, thus confirming a research gap. The study adhered to all ethics guidelines and received ethics approval from the Humanities and Social Sciences Research Ethics Committee from the University of the Western Cape.



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Definition of terms

Men: Men in this study refer to all males who were identified as male at birth and that are 18 years of age and older.

Masculinity: Masculinity may be defined as the characteristics and behaviours that are set by society that is deemed appropriate to the enactment of the male gender role (Tsui 2011; Patra et.al., 2018)

Help-seeking: Help-seeking refers to actively looking for (seeking out) or accessing help from civil health and support entities.

Social Construction: The social constructionist conceptual framework suggests that people are socialised into practicing social norms, thus shaping collective experiences and the internalisation of the external world (Murnen, 2015).

Scoping Review: " A scoping review...is a form of knowledge synthesis that addresses an exploratory research question aimed at mapping key concepts, types of evidence, and gaps in research related to a defined area or field by systematically searching, selecting, and synthesizing existing knowledge" (Colquhoun et al, 2014).

Victim: "The World Society of Victimology still defines victims as person (s) who, individually or collectively, have suffered harm, including physical or mental injury, emotional suffering, or economic loss or substantial impairment of their fundamental rights through acts or omissions that are in violation of criminal laws, including those proscribing abuses of power" (Fohring, 2018, p.2). This study acknowledges that there has been significant research conducted on the term 'victim', used to describe people who have suffered violence and that there's significant stigma attached to the term. This study also acknowledges that forcing the term on victims has been demonstrated to have direct impact on the person's identity and expression of the injustice that occurred as well as direct impact

of help-seeking behaviours (Fohring, 2018). Therefore, this study will exclusively use the term in accordance with the definition quoted above and not as an expression of how it may pertain to identity.



Chapter one: Introduction

This chapter introduces the research comprehensively. In particular, the chapter focuses on providing a background to men's experiences of intimate partner violence, the rationale for the research, stating the research question as well as stating the study aims and objectives that were used to guide the study.

1.1 Background of the study

Intimate Partner Violence (IPV) is described as a major public health concern by the World Health Organization (WHO) (O 'Campo et al., 2017; Preventing Intimate Partner Violence CDC, 2020, WHO; 2021). The following definition provided by the WHO (2010), i.e. *“behaviour within an intimate relationship that causes physical, sexual or psychological harm, including acts of physical aggression, sexual coercion, psychological abuse and controlling behaviours”* (p. 11) significantly shows that violence within an intimate relationship can be perpetrated by both men and women. Extensive research in this area is however largely focused on the prevention of IPV perpetrated against women, which has significantly contributed to developing insights on effective and preventive strategies for women (Scott-Storey et al., 2023). Research on preventive strategies for male victims of IPV and how men experience violence within their intimate relationships is less frequently found. Thus, it is important to continue to expand research on men's experiences of IPV as perpetrated by their female partners (Taylor, et al., 2021).

Interest in conducting research on IPV from a male victim's perspective is a growing phenomenon (Bjørnholt & Rosten, n.d). Kolbe and Büttner (2020) assert that established recommendations and efforts for action exists for women and girls affected by violence however these authors point out that this is not clearly established for male victims of violence even though the injury patterns of male victims are comparable to those found in female victims in some cases. Kolbe and Büttner (2020) also indicate that men are reticent of

reporting violence in medico-legal settings as well as to family and friends due to patriarchal structures positioning men as ‘non-vulnerable’. This research therefore seeks to gain an insight into the body of work around male victims of IPV with the aim of developing an understanding of its scope. Furthermore, the study aims to gain an understanding of the help-seeking behaviours of male victims’ specifically and how social constructionism facilitates this understanding in the literature.

1.2 Rationale

Men experiencing IPV is an under researched area (Kolbe & Büttner, 2020; Wörmann, et.al, 2021) with very few cases of men’s IPV victimisation reported in developing contexts. While the research area is gaining traction, (Scott-Storey, et al., 2023); there is still limited literature that explores how men experience IPV, whether they seek help or the psycho-social impact thereof. As such, there is limited information to guide policy makers, non-governmental organisations (NGO’s) and non-profit organisations (NPOs), mental health professionals, medical professionals, and researchers (Wörmann, et al., 2021).

Utilising a scoping review methodology therefore undertakes to map out this growing body of knowledge by engaging with specific aims of how men make sense of their experiences as victims of IPV and whether they engage in help-seeking behaviours. This research is also important as it will identify the gaps in the research to establish recommendations for future research to further guide policy and intervention development.

1.3 Research question

The research question was guided by the Arksey and O’Malley framework (2005) and informed using the Joanna Briggs Institute Population Concept and Context structural frame for developing a research question for scoping reviews. This study therefore seeks to answer the following research questions:

1) What body of knowledge exists that identifies the extent of IPV where heterosexual males are the victims and

2) how the help-seeking behaviours of heterosexual male victims of IPV is reported to be influenced by social constructions?

1.4 Aim of the study

Using a social constructionist lens, this review aims to explore the landscape of available literature of heterosexual male victims of IPV and their help-seeking behaviours.

1.5 Objectives

The following research objectives were formulated in response to the aim of the study:

1. To describe types of IPV that male victims experienced and the impact of IPV.
2. To explore barriers to help-seeking behaviours among male victims.
3. Using the social constructivist lens, to review associations between male victims' experiences of IPV and their help-seeking behaviours.

1.6 Chapter summary

This chapter broadly highlighted the key concepts of IPV and specifically men who experience IPV. The main aims and objectives expressed in the thesis were also outlined. The next chapters seek to provide the reader with a background on theory and establishing a context for the research in the form of a literature review. Thereafter the research design and methodology will be outlined before proceeding into the results of the study whereby the available data is charted and analysed. Finally, the discussion chapter will present an in-depth analysis as well as a conclusion, recommendations for future research and the limitations of the current study.

1.7 Thesis outline

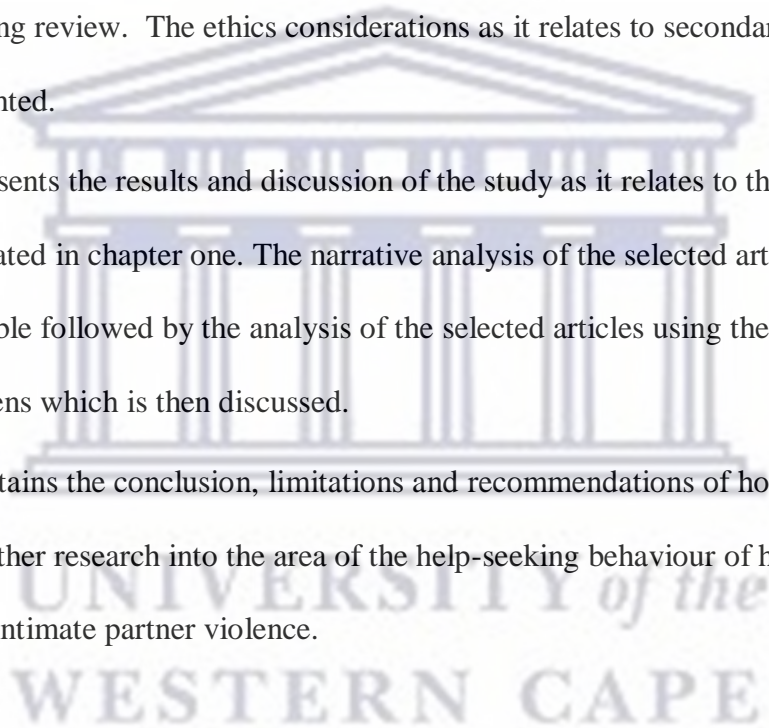
Chapter one presented the introduction to the thesis topic and briefly described the overview of the research and conceptualisation of key concepts as described in the chapter summary.

Chapter two presents the literature review and provides a conceptual framework for the analysis of the scoping review.

Chapter three describes the scoping review methodology employed by this research, the strategy employed in relation to the inclusion and exclusion criteria and outlines the steps that guided the scoping review. The ethics considerations as it relates to secondary data analysis was also highlighted.

Chapter four presents the results and discussion of the study as it relates to the aims and objectives stipulated in chapter one. The narrative analysis of the selected articles are presented in a table followed by the analysis of the selected articles using the social constructionist lens which is then discussed.

Chapter five contains the conclusion, limitations and recommendations of how this research could inform further research into the area of the help-seeking behaviour of heterosexual male victims of intimate partner violence.



Chapter two: Literature review

Having conceptualised the key concepts of men experiencing IPV in chapter 1, the following chapter provides a detailed description of the existing body of research and the factors that have an impact on the experiences of these victims.

2.1 Intimate partner violence

IPV can be defined as the “intentional use of physical force or power, threatened or actual, against oneself or another” within the context of an intimate relationship (Lien & Lorentzen, n.d.; Patra et.al., 2018. p.4). It includes sexual; physical; psychological; material and economic violence (Lien & Lorentzen, n.d.; Patra et.al.; 2018). Sexual violence can include “forced sexual intercourse or other forms of sexual coercion.” Physical violence refers to “slapping, kicking, beating” and the like. Psychological abuse can present as “insults, belittling, constant humiliation, intimidation (e.g., destroying things), threats of harm, threats to take away children.” Material and Economic violence can be used interchangeably and can present as withholding of financial or other resources that are needed for livelihood and or “restricting access to employment” (Patra, et.al., 2018. p.1).

Understanding and addressing violence against women; 2012.). Owing to the vast forms of violence perpetrated against partners some studies have used the terms of domestic violence, and partner abuse interchangeably (Tsui, 2010).

Ali et al. (2016) expanded on the types of IPV reflected in scholarly literature and conducted a literature review around the typology of IPV and report the following typologies in their comprehensive report i.e. 1. Typology by Form of Abuse; 2. Typology by Type of Violence; 3. Typology by Perpetrator: Men and 4. Typology by Perpetrator: Women. The reported highlights from this literature review were that it is difficult to find an aggregated review of various typologies of IPV and in their discussion suggest that ‘an integrative account of various typologies by form of abuse, type of violence and type of perpetrator’ is

required (p.3). They conclude that 1) further research is required to test the different typologies that facilitate an understanding of IPV and 2. that further research is needed to explore if the impact of IPV differs depending on type of IPV (Ali et al., 2014).

Typically, men are considered as the primary perpetrators of IPV stemming from positions of patriarchal dominance particularly in societies where men are perceived and expected to play dominant roles over women as well as other men. As a result, male perpetrated IPV is more widely investigated and reported on (Lysova, et al., 2022). Women are said to perpetrate violence in intimate relationships from positions of self-defence (Alcavalas, 2021; Hine et al., 2020). In literature, this view paints men as “unacceptable victims” of IPV and women as sole victims of IPV. This narrative creates barriers for men who experience IPV at various levels as there is a bias which may trickle down to services that provide assistance and support such as hospitals, mental health providers, social development workers and indirectly policy, theory and practice (Tsang, 2015, p. 3). Literature demonstrates that a gendered view of IPV adds to further victimisation of male victims (Morgan & Wells, 2016; Tsang, 2015). While statistically there are more men perpetrating violence compared to women, there have been increasing reports of men who are victims of IPV (Houry, et al., 2008; Wörmann, et.al., 2021). To date, most existing literature has focused on viewing IPV through a gendered lens, inadvertently suggesting that patriarchal socialisation is the major contributing factor of violence in intimate relationships. Bates (2020) suggests that this view contributes to the notion that men cannot be victims of IPV and that women who express violence in their intimate relationships do so in self-defence. This view is said to have created extensive barriers in understanding men’s experiences of IPV and subsequently impedes further understanding of how to support male victims of IPV (Bates 2020; Lysova et al, 2022).

Researchers have differing views as to why violence is perpetrated by both men and women for example, it is understood that men perpetrate violence to communicate frustration and assert dominance in an intimate relationship. Women tend to perpetrate violence in defence if they have experienced prior abuse, to express negative emotions, or as an attempt to control their partner (Ahmadabadi et al., 2021; Caldwell, 2009; Houry, 2008). Research also suggests that men and women experience different kinds of abuse for example, it is suggested that women perpetrate more emotional abuse and men perpetrate more physical abuse. This is based on physiological and cultural informed backgrounds (Peraica, 2020; Walker, 2020)

Recent data indicates that both men and women experience various forms of IPV at varying degrees. A study conducted in Jordan, in Arabic households, indicated that men perceive IPV in specific ways due to their socialisation and patriarchal constructs (Alsawalqa, 2021). Men in this study indicated that they do not use language such as “abuse”, and instead these men tend to use terms such as “neglect”; or “having a controlling wife” (Alsawalqa, 2021).

A study in the UK expressed similar findings where men were reluctant to identify as the victim as it did not fit the narrative as men are supposed to ‘man up’ (Taylor, et al., 2022, p11). This language used suggests the level of internalised stigma present and is indicative of these participants’ view of how men should act when experiencing abuse and pain. Furthermore, these men were reluctant to seek help due to fears around losing access to their children, as they feared not being believed and as a result stayed in abusive relationships. IPV has an extensive impact on a victim’s mental health which directly impacts how they engage with the world around them (Bates, 2020). Various victims of IPV experience constant fear and high levels of stress and women and men have reported the development of stress related disorders such as Post-Traumatic Stress Disorder (PTSD) (Hine, 2020; Houry, et.al., 2009).

This impacts daily functioning and therefore, mental health challenges are directly related to experiences of IPV for both men and women (Cotter, 2021). Fox and Levin (2005) report that male victims are less likely to report violence to authorities than female victims. Fohring (2018) argues that the use of the word victim in totality has negative connotations and aligns with a perception of 'being weak'. The study continues to show that the idea of being identified as a victim hinders help-seeking. Machado et al. (2016) subsequently states that the lack of reporting is 'because of difficulty in self-identifying as victims, shame, and distrust of the support system'. This may indicate that for some men, the idea of being a victim as well as engaging in help-seeking behaviour is not congruent with their expression of masculinity.

2.2 Masculinity

Masculinity may be defined as the characteristics and behaviours that are set by society that is deemed appropriate to the enactment of the male gender role (Tsui 2011; Patra et.al., 2018). While masculinities are said to be "multiple and fluid" (Jewkes, et al., 2015. p.2), men are often seen to play a dominant role, practicing dominance over women as well as other men which speaks to hegemonic masculinity (Connell, et.al., 2005; Jewkes, et. al., 2015). Within the South African context, Mshweshwe (2020) addresses the complexities of male dominance over women and how this practiced masculinity may reinforce domestic violence. The author suggests how culture interconnects with this dynamic and this often informs the roles played by both men and women within society. Men adopt roles of dominance and power, these include leadership roles, while women are assigned what is considered submissive roles such as nurturers to be led by men (Mshweshwe, 2020).

In patriarchal societies where hegemonic masculinity is practiced like for example in the South African context, a man is expected to take on a leadership role, however if he experiences abuse, this does not correlate with the construct of his subscribed hegemonic masculinity (Mshweshwe, 2020). This incongruence may be internalised by men as what

another study describes as the concept of failed masculinity (Eckstein, 2010). Eckstein (2010) further indicates that to regain dominance, men do not blame their female partners but rather society for maintaining and letting the victimisation occur i.e. systems such as police and social services not believing men and not stopping the abuse, thereby highlighting the dissonance experienced by men. Participants in the Eckstein (2010) study reported a “diminished sense of identity” as they no longer held the dominant role in the relationship, they developed a sense of shame and therefore did not seek help for experiencing IPV.

2.3 Help-seeking

The pervasiveness of the role of males within society perpetuates a narrative of what society interprets as masculine. Taylor et al. (2021) clarifies that this narrative reinforces the belief that men should be able to resolve their own issues and defend themselves and others against abuse (p.4). For this reason, the resultant external societal constructs of masculinity pressures men to internalise this notion of the masculine ideal and therefore, serves as a direct conflict with the role of the male victim and subsequent help-seeking behaviours.

In an article highlighting why men do not report violence perpetrated by their intimate partner, men are still largely concerned with the fact that “no one will believe them” (Bates, 2020: p.17). The same article further explained that when exploring help-seeking behaviours for men, healthcare providers (HCPs) and law enforcement officials lacked understanding of men’s experiences of IPV. This is said to be, in part, because men are thought of as the perpetrator and not a victim. Additionally, research done with male victims of IPV in part sought to determine whether the abuse men experienced were significant enough to ‘warrant’ seeking help (2010). These can be seen as potential barriers in help-seeking.

The term used – IPV – is important because the terms used signify trauma and that help is required. Since there are various debates on whether men can be victims of IPV, this may lead to extended barriers when seeking help (Igwe, 2018). Researchers highlight both

internal and external barriers. According to Lysova et al. (2022) there are specific *internal barriers*: these include men's perception of themselves, men often do not recognise themselves as victims of IPV. This is attributed to internalised stigma and the role a man is said to play, which is another internal barrier. *External barriers* included the fact that men did not think anyone would believe them and did not know where to access help. Another barrier was fear of help-seeking; this included fearing for their safety or fearing the stigma of either having a broken relationship and the implications that might have in their context. In some cases, men's fears were realised when they were ridiculed or dismissed when seeking help.

Belknap and Melton (2005) raised the issue of whether IPV is seen as gendered and therefore this alludes to the question that responses to IPV might be gendered as well. Given the fact that various societal systems influence perceptions and reinforcement of what it means to be male, social constructionist theory serves as a useful lens to review publications where heterosexual males are reported to be the victims of IPV.

2.4 Conceptual model: social constructionist theory

A conceptual model was deemed necessary in order to locate the findings of the included studies in this scoping review research project within a particular understanding to further examine the results through this lens. The social constructionist conceptual framework suggests that people are socialised into practicing social norms, thus shaping collective experiences and the internalisation of the external world (Murnen, 2015).

In terms of the current study, these social norms tend to inform gender roles particularly the notion of the dominant male, a perception that is consistent with hegemonic masculinity (McVittie & Goddall, 2017). Typical masculine attributes include attitudes of male dominance, and for some, the role of a protector and or a provider. While this does not apply to every man, in more traditionally patriarchal settings this is often shown to be the case (Wedgewood, 2009). As described in Mshweshwe (2020) the complex concept of

masculinity is informed by culture and patriarchal norms and there's an idea of what the norm is and how masculinity is practiced.

There are specific behaviours and ideals, which inform a man's role in patriarchal societies. As reported by Wedgewood (2009), this echoes male dominance and highlights strength and leadership. Thus, in terms of a social constructionist view, a man experiencing IPV does not fit the construct of a dominant, strong man (Mshweshwe, 2020). The means of interpretation, expression, and even self-view of a victim might be impacted upon. For example, just the idea of referring to themselves as a 'victim' might be avoided and largely inconsistent with the construction of their gender identity (Eckstein, 2010).

Holding the social constructionist gendered role perspective extends to how help-seeking behaviour might be perceived. Help-seeking behaviour, when in crisis, might be perceived as shameful, weak, or not the 'correct' behaviour as men are believed to be capable of resolving their own issues without requiring help (Taylor, et al., 2021). While it is important to note that there are a multitude of enacted masculinities, a pervasive and enacted component tends to align with hegemonic discourses and social constructions of what it means to be a man (Mshweshwe, 2020). This study is therefore examining this pervasiveness within the literature rather than imposing a particular view that all men ascribe to hegemonic ideals of masculinity.

It is the view of the researcher that the kind of literature found and analysed using this lens will give a specific insight and may elicit an understanding of the social construction of males experiencing IPV as it relates to help-seeking and potentially illustrate gaps that may be evident within the literature.

2.5 Chapter summary

The chapter illustrated the need for further scoping of data in this body of work. There is much more to learn about the specific experiences of men and their experiences of abuse in

intimate partnerships. This chapter gave some insight into the literature explored previously and has given a background and context within which to locate the study, and its importance.



Chapter three: Research method

The following chapter provides a detailed report of the scoping review methodology adopted, using the Arksey and O' Malley framework (2005) and the PRISMA-ScR reporting framework. This includes how the research team managed the various processes with regards to the developing the research question, the search strategy, screening process, data extraction and data analysis of the included articles.

3.1 Research question development

In line with the Arksey and O'Malley (2005) framework as well as recommended by Joanna Briggs Institute (JBI) (Peters et al., 2020), the development of the research question is paramount to guiding the scoping review. The JBI recommends that the research question should be broad and relate to the aims and objectives. The Population Concept and Context (PCC) model for scoping reviews (Table 1) was used to better define the population, concept and context and was used to guide the development of the research question. This model was also used to inform the inclusion and exclusion criteria for literature. The following table provides an overview of the process of developing the research question.

Table 1:
PCC framework for developing research question.

P	Population	Studies including heterosexual male victims of IPV.
C	Concept	Scoping the landscape of available literature on men's experiences of IPV and barriers to help-seeking in a heterosexual relationship.
C	Context	The context in this study refers specifically to male victims of IPV within heterosexual relationships

The final review question(s), was 1) what body of knowledge exists that identifies the extent of IPV where heterosexual males are the victims and 2) how the help-seeking behaviours of heterosexual male victims of IPV is influenced by social constructions?

3.2 Research design

Scoping reviews are understood to be useful in evidence synthesis in various fields. This approach is used to methodically characterise and map out the range of evidence on a subject matter or a specific field (Munn et al. 2022). A scoping review was believed to be the best methodology to meet the aim of the study in determining the landscape of available literature of male victims of IPV and their help-seeking behaviour. The scoping review research design allowed the researcher to utilise a rigorous, transparent, and comprehensive process to engage with existing data to address the research question and research objectives (Arksey & O'Malley, 2005; Laher & Hassen, 2020). While scoping reviews do not appraise the quality of the evidence (Arksey and O'Malley, 2005; Munn, et.al., 2018), the aim of the current study was to explore available literature to ultimately guide future research.

The Arksey and O'Malley (2005) framework used to guide this study included the following steps: (1) Identifying the research question – here the researcher made use of the PCC framework in determining the research question for this study (refer to Table 1); (2) Identifying the relevant studies, the section below outlines the search terms used to explore various databases for relevant literature as it pertained to the aim of the study; (3) Selection of eligible studies – all studies were assessed on the predetermined inclusion and exclusion criteria within the Covidence Software; (4) Charting the data – the results section provides a review of the collected data that was included as well as the inclusion of the PRISMA-ScR was included; (5) Summarising the findings – in which the results of the data extraction were subjected to a narrative synthesis (Munn et al., 2018) followed by a social constructionist

review of the selected articles. The following section highlights the research team's specific approach to these steps.

3.3 Search strategy

3.3.1 Identifying relevant studies: Inclusion and exclusion criteria

Studies from 1 January 2010 to 31 December 2022 were included to scope for current and available literature. This period was selected to ensure that current advancements within the research area would be identified and further included a host of peer-reviewed articles (both primary and secondary research). This allowed the researcher to determine how the work evolved over time and what advancements were made. After a process of deliberation between the researcher and supervisors, the following databases were selected via the UWC library system: The Ebscohost meta-database was used, and the following databases were selected; Academic Search Complete; APA PsycArticles; ERIC; SAGE journals as well as Taylor and Francis online journals. Additionally, unpublished dissertations also available on the UWC research repository were searched and reviewed for inclusion.

Studies not in English were excluded as there was no budget allocated for the retrieval, review and translation of these articles. The costs and time associated with this would be beyond the scope of the available resources and scope of the current study (Morrison, 2009). Research on same-sex relationships were also excluded as the study hoped to explore gendered experiences of IPV from heterosexual males' perspectives. This study did not include restrictions in terms of study methodology.

The search strategy was adopted from the Arksey and O'Malley (2005) framework which consisted of three levels. The first level included title screening of all the article results from the initial search strings. Search terms were developed based on initial literature searches and the specific key words related to the research topic (please see Table 2 below). These search terms were deliberated on by the researcher as well as the research supervisors.

The terms initially developed included, “Men experiencing Intimate Partner Violence” OR “Male victims of Intimate Partner Violence” AND “Help-seeking behaviours of men experiencing IPV”. A UWC librarian was also consulted to assist in the refinement of the search terms.

Table 2:

Search terms for the initial search

Search term	Synonyms
Men	Males/ Male victims
Intimate Partner Violence	Intimate Partner Abuse/ Domestic violence
Help-seeking	Help-seeking

The search terms were continually refined, and the final search string was ‘Male victims’ AND ‘Intimate partner violence’ AND ‘help seeking behaviour’. The development process was recorded (Appendix II) as guided by the Arksey and O’Malley framework (2005). These search terms were then entered into the selected databases. While searching key databases in order to run a comprehensive search, search terms were also being refined by using the PCC model referred to in Table 1. Search terms included the population, ensuring that specifically heterosexual men were included in the searches; the concept element ensured that studies that focused on men who experienced IPV, and help-seeking barriers were included; the context element of the model guided the team to ensure including expansive context, that included studies globally of men in heterosexual relationships who experienced IPV.

While testing the search terms, the quality of the search outputs was also reviewed by the researcher and supervisors (the research team). Once the search terms were finalised and entered into the respective databases, and the research team was satisfied with the literature

search results, a final search was run that yielded 1757 hits (as broken down below in Table 3) which were exported to Covidence.

Table 3:

Databases included in search:

Databases	Number of hits
Academic Search Complete	350
APA Psych Articles	98
ERIC	66
SAGE	268
Taylor & Francis	975

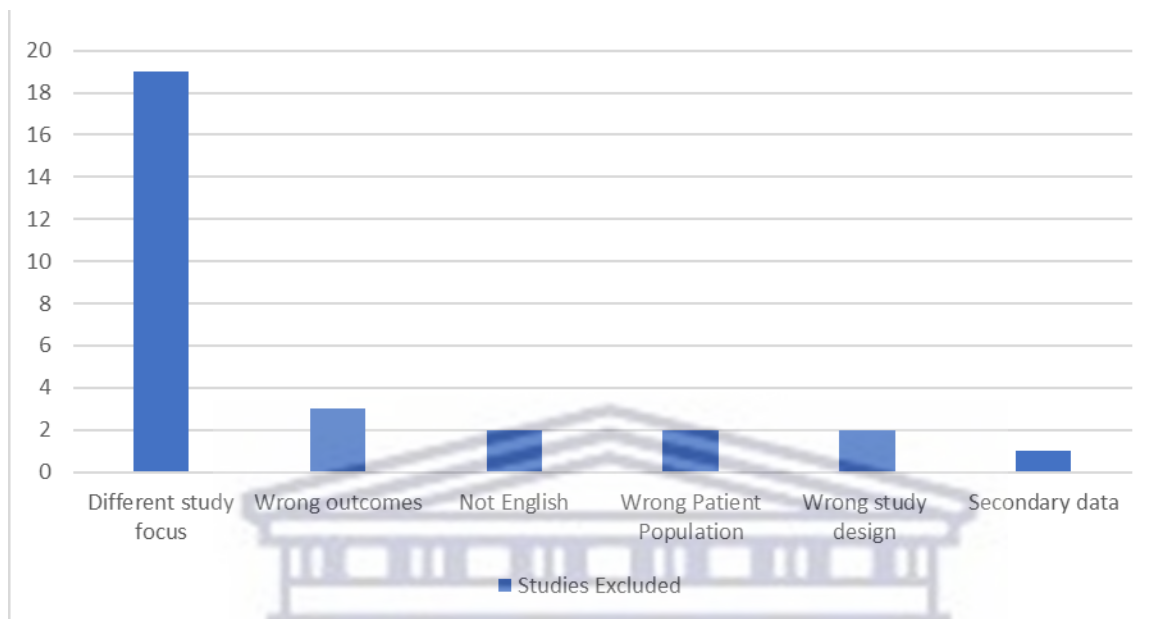
Several phases of the scoping review were managed by University licensed Covidence software. “Covidence is a web-based collaboration software platform that streamlines the production of systematic and other literature reviews” (Covidence systematic review software, 2022). Creating a review in Covidence included opening a new “Review” tab and entering details such as the Title and the kind of review that the researchers wanted to start. The next step included specifying which settings aligned with this scoping review; in the settings option the researcher assigned the number of screeners required (independent reviewers), invited the screeners/reviewers (supervisor and co-supervisor), and added the specific inclusion/exclusion criteria and keywords. At this point the researcher imported the references from the literature searches to the review folder. Once all reviewers were satisfied with the review settings in Covidence and each reviewer was assigned their role, the screening process started.

3.4. Screening

A total of 1757 articles were initially applicable and exported to Covidence. The three reviewers were set up in Covidence and the review inclusion and exclusion criteria were entered into the system for all reviewers to access. In total 237 duplicates were detected by Covidence and automatically removed. During title and abstract screening, 1429 were found to be irrelevant. A total of 67 articles underwent full text screening, after which 29 articles were excluded as it did not fully meet the inclusion criteria. During the screening process, Covidence offered a range of reasons for study exclusion. The most appropriated exclusions for this specific study in line with the inclusion and exclusion criteria are illustrated in Figure 1 (below). These include 'different study focus', for example the focus of the study was not on men's experiences of IPV. 'Wrong outcomes' which referred to research that was not directly exploring men's experiences of IPV, so the end results were not help-seeking or in line with this study's objectives. 'Not English' refers to studies that were not available in English. 'Wrong patient population' refers to studies who focused or reported more on women as perpetrators of violence or IPV experiences in the LGBTQ community including men. The data reported on only represents males' experiences that could be extracted from articles where both males and females formed part of the sample. A total of 38 studies were extracted using the Covidence data extraction template generation toolset.

Figure 1:

Reasons for exclusion of articles



3.4.1 Title and abstract screening

Titles and abstracts were screened by three reviewers for eligibility against the inclusion criteria for the review (Khalil, et al., 2016). Literature titles that met the inclusion criteria were scrutinised through a second level of screening in which the abstracts were reviewed. This process proceeded once all duplicate articles had been identified and removed by the Covidence software. Disputes were then identified and further reviewed by the supervisory team for inclusion or exclusion.

3.4.2 Selection of eligible studies and data extraction

The abstracts that met the inclusion criteria were subjected to a final screening phase in which the full text was reviewed against the inclusion criteria. Conflicts were also resolved after deliberation where one reviewer was assigned to make the final decision. Some of the conflicts that arose during this phase included articles that included both men and women in the study, those conflicts were resolved by motivating that those four articles presented data

for men's and women's experiences separately (O'Campo, 2017; Overstreet, 2017; Peraica, 2021 & Posick, 2016). Thus, during the analysis, only the data representing men's experiences were considered in this review. The articles that met these criteria were included in this review. The full text of the selected articles was assessed in detail by the reviewers against the inclusion criteria and in relation to research question. Reasons for exclusion of sources of evidence at full text that did not meet the inclusion criteria were recorded in Covidence and can also be seen in Figure 2.

3.5 Data extraction

The data extraction template embedded in Covidence was adapted to extract specific data that would aid in answering the research question, aim and objectives of the review and is in line with the framework set out by Arksey and O'Malley (2005). Headings included in the data extraction sheet included: reviewer name, study ID, title, lead author contact details, country in which the study was conducted, notes, aim of study, study design, start and end date, possible conflicts of interest for study authors, population description, inclusion criteria, exclusion criteria, method of recruitment of participants, total number of participants, intervention type (if specified), key findings (relevant to study aim) and main findings.

The data extracted includes specific details as identified in the draft extraction form developed (Table 3: Data extraction template; see Appendix III for data extraction form developed and downloaded from Covidence). The data extraction specifically includes: The Author and year of publication; the study title; Research Aim; Research Design; Context of the research; sample demographics as well as the key findings. The draft data extraction tool was modified in Covidence to exclude unnecessary table templates that were not deemed appropriate for this research and allowed the development of a data extraction sheet in line with answering the research questions.

Table 4:

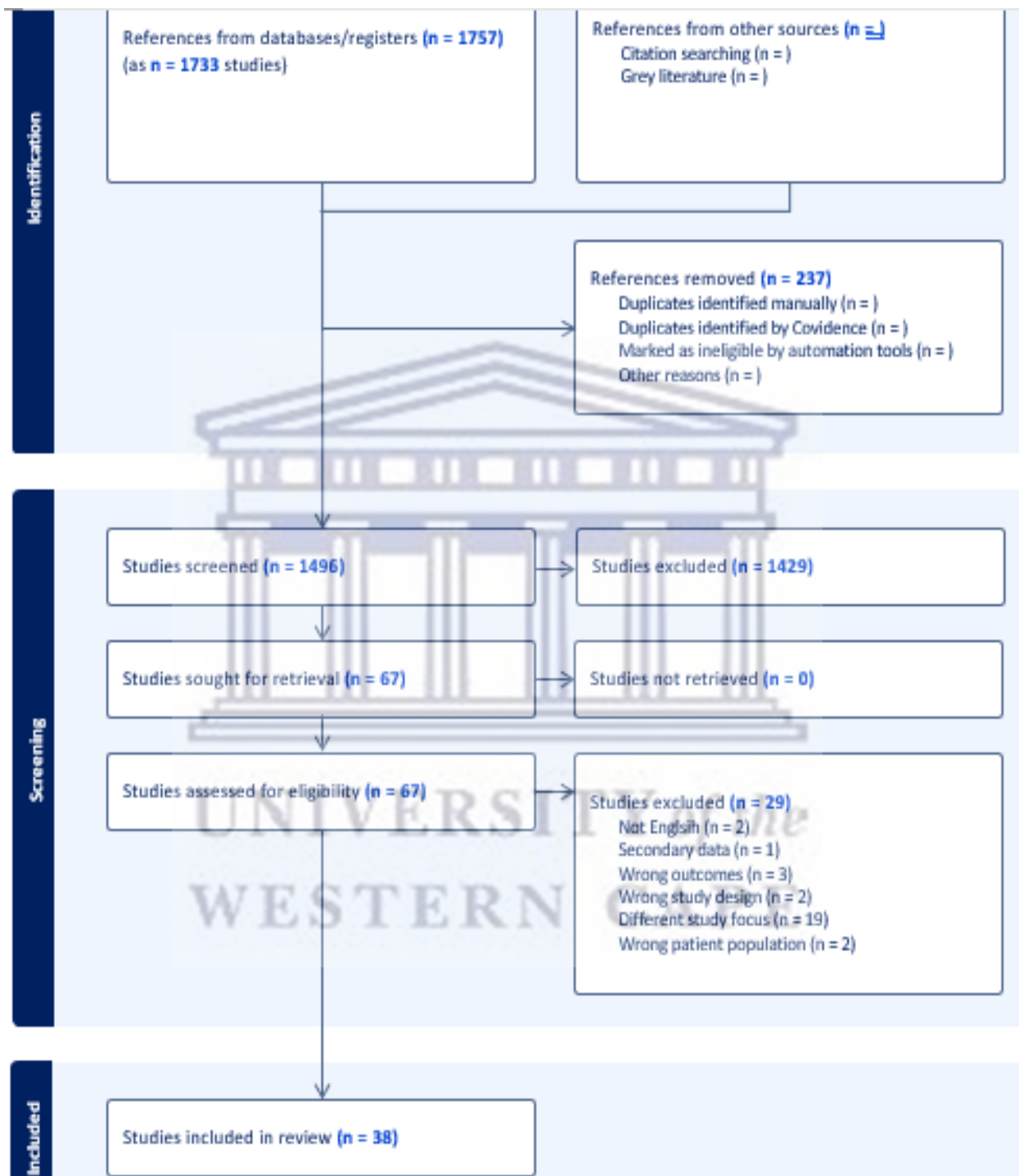
Data extraction template:

Study ID:
Study Title:
Reference:
Main Author details:
Study Aims/Objectives
Study Design:
Study Population description:
Country/Context:
Possible Conflicts:
Consensus reached:
Recruitment:
Participant number:
Main aims related to study objectives.

Any disagreements that arose between the reviewers at each stage of the selection process was resolved through discussion, with the third reviewer acting as the tiebreaker. This process added to the validity and reliability of the research as it ensured the results of the search, and the study inclusion process are reported in Covidence below and presented in the Preferred Reporting Items for Systematic Reviews and Meta-analyses extension for Scoping Reviews (PRISMA-ScR) flow diagram (see Figure 2 below).

Figure 2:

PRISMA flowchart exported from Covidence.



3.6 Data analysis

3.6.1 Narrative synthesis

The data analysis for this study includes a two-step process. As is common with a scoping review, a narrative synthesis was conducted. The following guidelines were used in line with Popay et. al. (2006); developing a preliminary synthesis of findings of included studies, exploring relationships in the data and assessing the robustness of the synthesis. This was done by closely engaging with the data extracted, reviewing what the authors explored, how it was explored by looking at the methodologies used, taking into consideration research designs, aims and objectives of the research and the specific context in which the research was conducted. While this gave significant insight into the scope of the work done, a secondary analysis was done. Using the social constructionist lens the researcher reviewed each of the 38 included articles and identified the gendered view that some articles presented.

3.6.2 Applying a social constructionist narrative analysis.

The additional layer of analysis using the social constructionist lens, was conducted to provide a richer perspective on the mapped-out data. Applying a social constructionist lens of the selected articles in addition to the narrative approach assisted in mapping out how articles reported on men experience of IPV as well as the various help-seeking behaviours (dis)employed by these men. The aim of this analytical approach of the selected articles aided in identifying the discourses around how males' experience of IPV was framed in the literature and thus assisted in developing a sense of how men report their experiences of IPV and help-seeking (Vygotsky, 1978; Thomas, et.al, 2014).

The social constructionist model takes into consideration specific descriptive words used such as language, context, and culture, as a way of making meaning in life in general (Zhao, 2020) as well as in crisis or how that trauma is perceived. These elements all formed

part of the lens used for the analysis of the selected articles thus assisting to identify gaps in the literature and aspects that would need further investigation.

3.7 Positionality of the researcher

The researcher's motivation for exploring this topic came from previous explorations while volunteering at an organisation, at undergraduate level. I had noticed men taking out protection orders against their female intimate partners. This developed into a keen research interest and was explored to a degree in an Honours thesis. The idea was further developed with the intent to keep on exploring the work and attempting to note what research has been conducted with regards to male victims of IPV.

Initially some of the data was personally conflicting, given that my context is that I am a woman of colour in South Africa embedded in a largely patriarchal culture, who also knows many women who have experienced IPV perpetrated by men. My socialisation has constructed ideas around men's superiority and overwhelming power and that men are assigned certain roles, I have also been educated and have practiced as a Registered Counsellor whose female clients have experienced GBV. Additionally, I myself have been victimised in the form of GBV by men not known to me. Furthermore I have also counselled men who are victims of IPV. Through a consultative supervision experience, a great deal of support and learning was incorporated at each phase of the study as to not project my limited understanding of males' experiences and potential biases in the writing up of this research. My interest in this topic was not just choosing a Master's topic but in the interest of bringing attention to an area of research that needs more engagement.

Positioning myself in this academic space has limited biases and expanded my understanding of the literature and men's experiences. As a result, I believe we have been able to produce research findings that speak to the literature and the experiences of men.

3.8 Ethics considerations

Ethics clearance was obtained from the University of the Western Cape's Humanities and Social Sciences Research Ethics Committee with registration number HS22/4/2 (Appendix II). This study utilised secondary data in the form of peer reviewed publications. Important ethical considerations observed throughout the scoping review included the following steps: two supervisors supported the research and offered continuous feedback and technical support to ensure that this study was conducted ethically and with integrity.

Covidence software was used to manage the scoping review data, which was used to track all data added and created a transparent process between all reviewers. The software aided in adding reliability and validity of the review as Covidence is also recommended by Cochrane to assist with reviews.

The Endnote reference management tool was also employed to store all data screened and reviewed to manage the literature accessed and used in the research process. Any changes made throughout the process was documented. The aim was to ensure the integrity of the research. Endnote was also utilised to ensure all literature used was appropriately acknowledged and adequately referenced to avoid plagiarism. All data from the research was stored in, a cloud-based software, Covidence and Endnote. As per research ethics, all data will be deleted after a period of five years. During the referencing mining phase, a number of the articles cited across the various included studies utilised similar seminal works that was included in this review.

3.9 Chapter summary

This chapter provided an in-depth view of how the methodology was executed by providing a step-by-step report of the procedures followed. The chapter therefore provided an in-depth report on the phases of the scoping review to emphasise the rigour and methods

employed as guided by Arksey and O'Malley (2006) and the Prisma ScR reporting guidelines for this section of the scoping review.



Chapter four: Results and discussion

This chapter sets out to report and explore the research findings guided by the research question, study aim and research objectives. Additionally, the researcher provides an overview of the narrative analysis as well as details the social constructionist analysis of the selected articles. The following chapter therefore provides an in-depth presentation of the key findings of the scoping review in relation to the 38 selected articles.

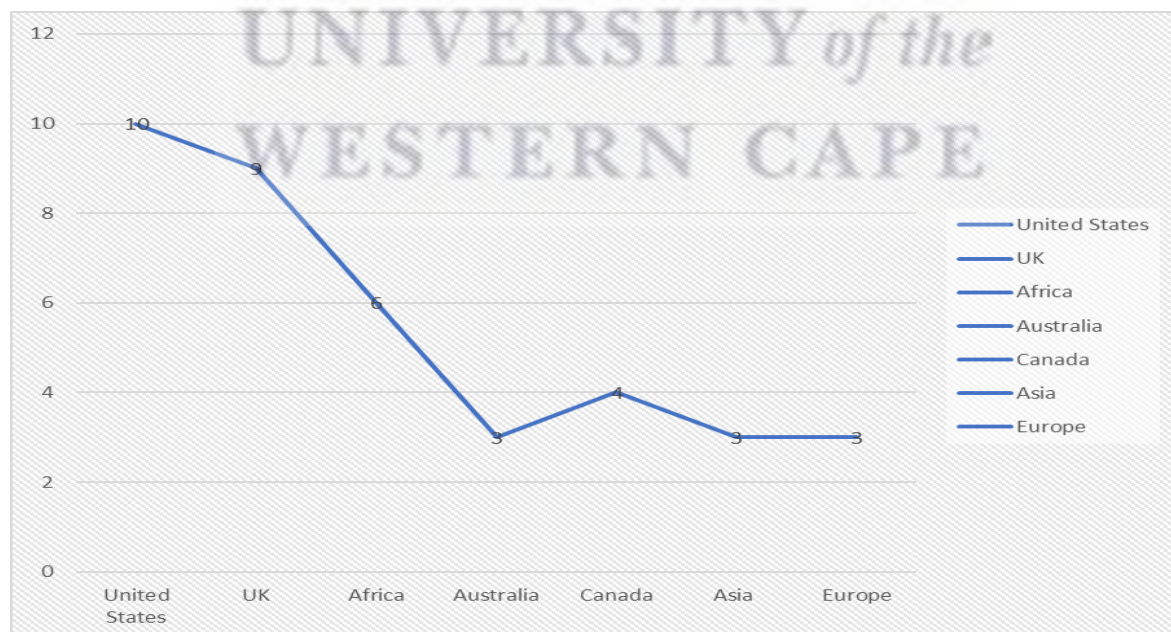
The review was guided by the following review question: What body of knowledge exists that identifies the extent of IPV where heterosexual males are the victims and how the help-seeking behaviours of heterosexual male victims of IPV is reported to be influenced by social constructions?

4.1 Literature landscape

The data extracted is heterogenous in nature; these data are representative of various populations, in various contexts across the world as presented in Figure 3 below.

Figure 3

Locations of studies included in review.

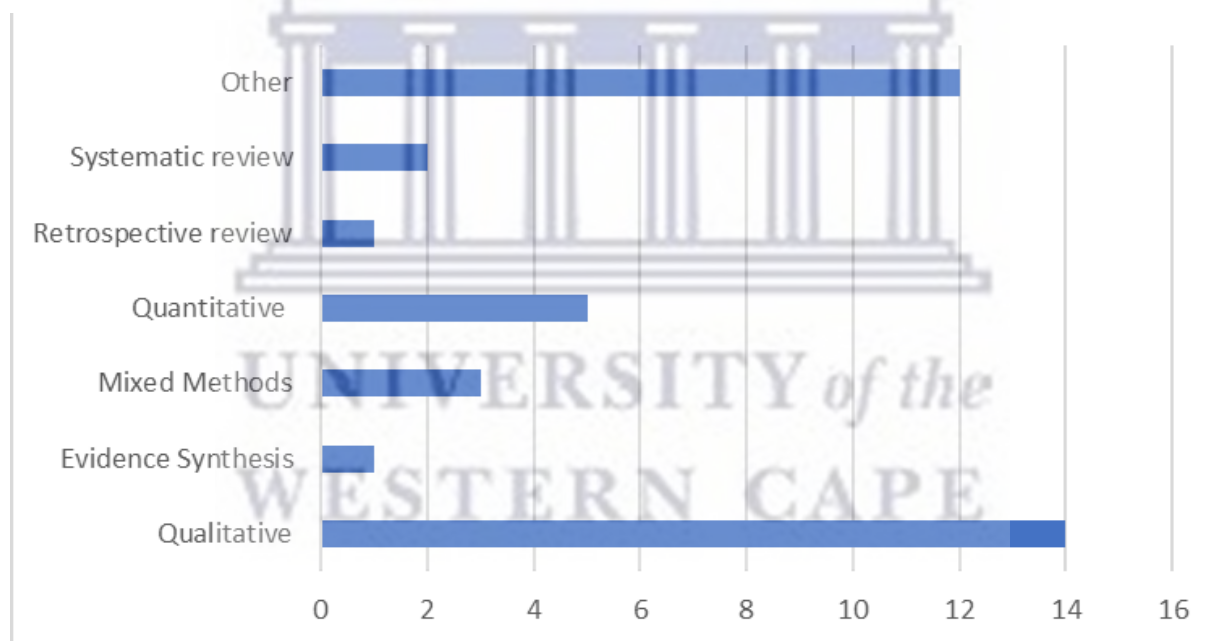


Of the 38 studies reviewed, as per Figure 3; 10 studies were conducted in the UK, 9 in the US, 6 studies in Africa, 3 in Australia, 4 in Canada, 3 in Asia and 3 in European countries. Most studies conducted in the UK, took place in England. African countries where the studies were conducted included South Africa, Kenya, Zimbabwe and Tanzania. Asian countries included are South Korea, India, and Israel.

Methodologies range from Qualitative, Quantitative, mixed methods, cross sectional studies to case studies and others. Most studies included in the scoping review (31 of 38), as illustrated in the above graph, were conducted in developed nations.

Figure 4

Type of research conducted.



Findings from the literature reviewed, point to the fact that most research done in earlier years have debated around whether or not men “actually” experience IPV and whether it is “significant” (Lysova, et.al, 2022). Previous studies also indicated that violence against men perpetrated by an intimate partner is only as a result of bidirectional violence (Machado, et.al., 2020). The data gives insight into men’s experiences of IPV and state as a fact that men experience IPV and that it should be focused on as a point of importance (Lysova, et al, 2022;

Park, et al, 2021). The data also expresses that men's experiences of IPV are substantial but often not considered as an area for investigating in research (Tsang, 2015). Studies conducted in developing nations included qualitative and reflexive work and very limited quantitative research. In terms of the research context, data was extrapolated in terms of socio-economic status, actual context, type of location (urban and rural) and race group however, most of this information varied across the various articles and so data was extracted based on available information.

4.2 Data charting summary

The table below summarises all articles 38 articles included in the scoping review. The table structure includes the authors, year of publication, title and main findings of the article related to the research question posed.

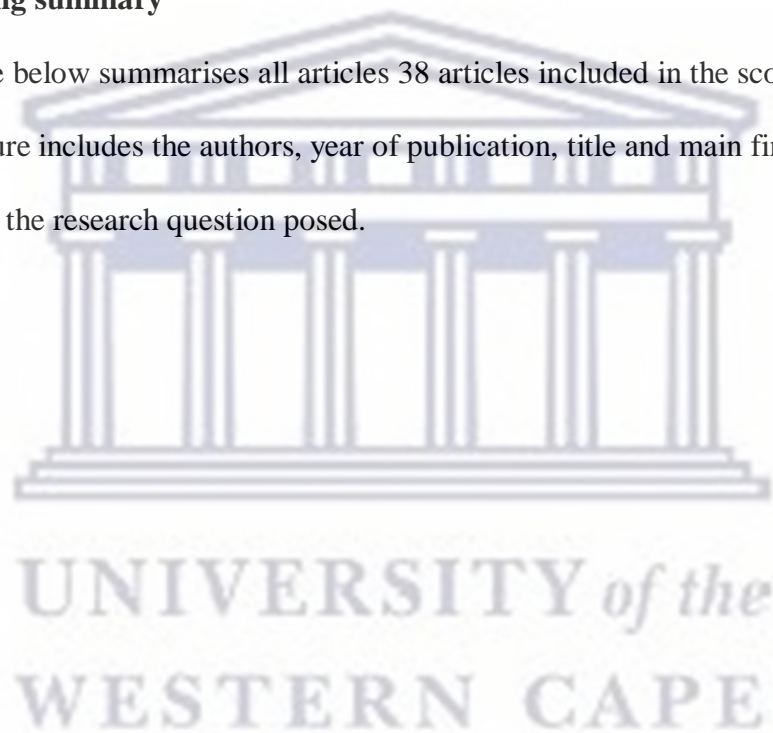


Table 5*Studies included in the review:*

	Authors	Aim	Research context	Main findings
1	Nybergh; Enander; Krantz, 2016	This study aims at exploring and interpreting men's experiences of intimate partner violence (IPV) in the light of selected current theoretical contributions to the field, with an emphasis on Michael P. Johnson's violence typology	Swedish men, who have experienced IPV	Emotional control by partners was present in all participants; while physical and sexual control was not achieved by their partners; men were subjected to various violent acts. Structural inequalities which are considered to relate to gender are said to have shaped the experiences of IPV which indicates a need for integration of those aspects.
2	Langhinrichsen-Rohling, 2010	This paper will review existing research related to five controversies involving gender and intimate partner violence in the United States. They are gender symmetry of perpetration; utility of typologies; understanding bidirectionally violent couples; violence motivations and self-defense, and treatment effectiveness.	Existing US based literature, with US based participants.	Focusing on the dynamics of bi-directionally violent couples will enhance researchers' ability to prevent a large quantity of IPV. Pre-determining that women are always the appropriate victims is sexist and detrimental to prevention efforts. Most factors associated with IPV (such as perceived control, fear, anger) and most aspects of IPV, are dimensional constructs occurring in a society in which gender roles are fluid, making sense of this complexity poses a continued challenge.
3	Sita & Dear, 2021	The study was conducted using four case studies to explore how those men's experiences align with patterns of male-to-female abuse, specifically abuse with a focus on gaining and	Australian based participants, all Caucasian.	Findings were that men experienced fear of leaving the relationship, fear of consequences if they were to leave the relationship, such as partners lying to courts, cutting contact with children, calling police and being falsely accused or fear of personal safety (same as reported by

		maintaining control. Four men who identified as victims of IPA from female partners participated in semi-structured interviews, with collateral information obtained from friends and family members.		women, Failure to recognise Intimate Partner Aggression (IPA), Role of masculinity in participant experiences.
4	Perryman; Appleton, 2016	A systematically conducted critical literature review aimed at establishing the current body of knowledge on male victims of domestic abuse was undertaken, and implications for health visiting practice considered.	Systematic review; UK based study studies.	Psychological harm emerged as the most significant health effect. Child safety appeared influential in determining male actions and decision-making, motivating men to seek help. Low numbers of men in the studies in this review disclosed abuse to formal agencies such as police or healthcare agencies. In keeping with common understanding of the issue, men expressed shame, embarrassment, disbelief, and fears that they would not be believed, and substance misuse also associated. When men sought formal help, they commonly reported external barriers and inconsistencies in support.
5	Taylor; Keeling; Mottershead, 2019	The main aim of this article is to assess and provide an understanding of the interrelationship between the military institution and the domestic domain grounded within the narratives of male victims of IPVA	UK based research; military veterans	Findings indicated these men experienced pervasive ongoing emotional control and psychological abuse, threats, and fear. Participants narratives showed the impact of these behaviours on their autonomy. Realizing that a problem existed in the familial context was not immediate, and for some participants, a level of denial of the severity of incidences remains fixed in their narratives. The explanation that military training offers techniques of tolerance and resilience was commonly felt. Masculine characteristics that permeate throughout military cultures are likely to make help-seeking more challenging”.
6	Huntley; Potter; Williamson, E;	To understand help-seeking by male victims of domestic violence and	UK based male victims.	Findings included participants expressed fear of disclosure; both internal fears, ambivalence related to

	Malpass; Szilassy; Feder, 2019.	abuse (DVA) and their experiences of support services by systematically identifying qualitative and mixed-method studies and thematically synthesising their findings.		shame and denial, fear of not being believed. Challenge to masculinity; physicality as male partner vs female partner might make being abused 'unbelievable'. Commitment to relationship; not wanting relationship to end but did want abuse to end. Diminished confidence; impact on mental health.
7	Alsawalqa.; Sa'deh; Alrawashdeh, 2021.	The aim of the current study was to qualitatively explore men's experiences of IPV within a relationship with a female partner, from a family violence perspective; this included verbal, physical and sexual aggression, and coercive control.	Most of participants identified as White (77.6%). Others identifying as having a mixed ethnic background (5.6%), Asian (1.9%), Black (0.6%). The majority identified as British (57.9%), followed by being from the US (15.1%), Australia/New Zealand (10.7%), Canada (5.7%), Europe (7.5%), or other (3.1%).	Men experience verbal, physical as well as sexual aggression in intimate relationships. Men also experience coercive control to a large degree. Often this is not understood till they have left the relationship. Some proponents of gendered model of IPV indicate that women's violence of IPV are in self-defence and non-impactful, these findings indicate differently. Very few men seek help, for this study 25% of the sample did not tell anyone of their abuse, this is also backed up by literature.
8	Hogan; Clarke; Ward, 2021	Men's experiences of help-seeking for female-perpetrated intimate	26 men, largely British group,	Barriers to help-seeking included maintaining masculine stoicism; fear of not being believed; belief that support

		partner violence: A qualitative exploration	men who self-identified as having experienced female perpetrated IPV.	services cannot help. Masculine expectations not being met, feelings of shame. Negative help-seeking experiences; both perceived negative experiences as well as being "ignored" or family not knowing how to deal what victims sharing their experiences further solidified isolation and confusion. Positive help-seeking experiences - being believed was experienced as helpful. Men have a need to bring about change, to systems including police and medical staff in order to assist victims of IPV.
9	Mshana; Peter; Malibwa; Aloyce; Kapiga, StÅckl, 2022.	This study drew from in-depth interviews with 30 men and 1, 645 pictures collected through photo voice to explore men's conceptualization and experiences of emotional violence by female partners in Mwanza, Tanzania.	Men native to Mwanza, Tanzania	Main themes elicited were "men experienced words about their body or women describing a lack in the man as "extremely painful". Men felt their masculinity was threatened/waning by their intimate partner's abusive or insulting language. In some settings, the ability of a man to work hard and take care of the needs of his family is fundamental to their respectability in the community. In such contexts, men expect unwavering obedience from their wives, which denotes respect. Participants in this study held similar views by demanding unquestionable obedience from their partners and considering the contra as disrespect; Normative deviance: disrespect from partners. Men in settings like Mwanza draw from the wider normative descriptions of male identity when interpreting the actions and words of their intimate partners and hence perceiving them as hurtful, disrespectful, and threatening. While men generally welcome the economic ventures and support from their partners, most are uneasy about the resulting implications to interpersonal power dynamics in their relationships.

10	Tsui.; Cheung, , 2011.	The authors utilized a dynamic systems perspective to build a conceptual framework to examine the help-seeking behaviours of Chinese-American males who are victims in violent relationships.	Chinese American men experiencing IPV	Men experience IPV as a violation in terms of cultural norms for this group and may lead to denial. Seeking help in their cultural context both formally and informally is frowned upon as it is seen as sharing one's disgrace with outsiders. IPV was seen as challenge to masculinity leading to feelings of shame and guilt as the husband is culturally defined as holding power in the relationship, experiencing IPV is in contradiction.
11	Tsang, 2015.	To conduct an enquiry to establish whether or not the problem of male victimization exists, in order to seek to identify help-seeking behaviours engaged by male victims.	Hong Kong based literature.	Findings indicated that violence experienced by male partners are at a similar rate as for female victims of abuse. Reason for male exclusion: currently typology in explaining IPV excludes men as victims; thus, are rarely studied. Men rarely seek help, even less likely to seek professional help: When they do seek help the experience is not favourable. Internal and external barriers to help-seeking; need to maintain masculinity. Reactions were often shame, guilt, denial, minimization, fear, and stigmatization. External barriers include limited services for men across the world.
12	Scott-Storey; O' Donnell, Ford-Gilboe, Varcoe, Wathen, Malcolm, Vincent, 2022.	This critical review of the literature explores how men understand and conceptualize experiences of intimate partner violence (IPV) victimization, and examines current knowledge about the gendered types, tactics, patterns, and impacts of IPV victimization in men. A key goal is to identify conceptual and empirical gaps related to IPV experienced by men and related research priorities.	Extensive search of peer reviewed qualitative, quantitative and mixed-method manuscripts, government documents, theoretical papers, dissertations, reviews and	While men do report being controlled by female partners, it is rarely by means of physical aggression; rather, men feel controlled through their partners use of children (i.e., feeling trapped in the relationship or fear of losing custody or access), fear of becoming socially isolated, being monitored/restricted in activities, through false accusations of abuse (towards partner or children), blackmail, and manipulating behaviours. Legal and administrative abuse has also been identified as a mechanism of control that men experience from female partners. Such forms of abuse can have potentially devastating consequences, including loss of child custody and financial instability.

			commentaries, and grey literature across multiple databases	
13	Posick, Agnich, Policastro, Hatfield, 2016.	This study utilized a university sample to explore who seeks counselling for exposure to threatening IPV.	Undergraduate students at a Southern US university; varying ages Various demographic backgrounds	Students who have experienced IPV are more likely to experience emotional distress. Emotional distress in college students is more likely to encourage help-seeking behaviour. Men in the sample were less likely to seek out counselling. Men are less likely to characterize themselves as having experienced IPV; they perceive it differently as well as might not identify as a victim.
14	Hines; Douglas, 2016.	The current study investigated how 6 forms of PV—physical, sexual, severe psychological, controlling, legal/administrative (LA), and injury contributed to the poor health of 611 male victims of PV who sought help.	US based study. Most participants were caucasian men who have experiences of IPV	The combination of IPV contributed significant unique variance to men's depression, posttraumatic stress disorder, physical health, and poor health symptoms, after controlling for demographic and other traumatic experiences. The common variance among the forms of IPV was the strongest contributor to victims' poor health; the types of IPV that contributed the most unique variance were controlling behaviours, sexual aggression, and injury.
15	Tenkorang; Zaami. Kimuna; Owusu; Rohn, 2021.	study used nationally (Kenyan) representative cross-sectional data from 1,458 male survivors and multinomial logit models, they examined what influences men's decision to seek help after experiencing IPV.	Kenyan based, 1458 never-married men who experienced IPV and responded to questions on their help-	Findings indicated limited research on help-seeking in sub-Saharan Africa. Very few Kenyan men sought help, among those who did, sought informal help. Severity of the violence experienced influenced help-seeking behaviour (physical). Disclosing sexual violence may be difficult for men given the conservative nature of Kenyan culture on issues of sexuality and the challenges of convincing help providers of sexual abuse” an act often considered inconsistent with traditional African norms. This finding suggests highly educated male

			seeking behaviours.	survivors have different help-seeking experiences; they may be more informed about formal support avenues and may have the economic resources to handle the financial demands or cost barriers of seeking help from the criminal justice system, health delivery system, or other recognized formal support avenues in Kenya. They also observed ethnic differences in men's help-seeking behaviours".
16	Lysova, Hanson, Dixon, Douglas, Hines, Cel, 2022.	This qualitative study explores internal and external barriers to help seeking among 41 men from four English-speaking countries who self-reported victimization from a female intimate partner.	The data was collected from UK, Canada, Australia and US. Most of the respondents were Caucasian with professional or tradesperson vocations.	Men deny victim status and refuse to seek help, they focus on self-reliance as this is in line with male identity within Hegemonic Masculinity. Social stigmatization of men as inappropriate victims can also partly contribute to men's self-blame and the resulting hopelessness, that is, feeling frozen or paralyzed and unable to change anything in the situation of abuse. While men do not want to seek external help, there are also limited systems/interventions that are able to assist men and cater to their needs if an attempt should be made at help seeking.
17	Khurana; Hines; Johnson; Bates; Graham - Kevan; Loder, 2022.	This study hypothesized that when male IPV victims present to an Emergency Department (ED), they will be more likely than women to show evidence of having been stabbed, cut, or hit with a hard object. The current study investigates these potential differences among men and women ED patients identified as IPV victims in the National Electronic Injury Surveillance System-All Injury Program (NEISS-AIP). In addition to testing our hypothesis, we	A retrospective study of US based ED's.	Men are less likely to seek help when experiencing IPV than women, making the role of health care teams even more important in identifying possible IPV patients. Men under report their victimisation because of fear of ridicule. There is a lack of established injury patterns for male patients, thus it's important for medical staff to be better equipped with knowledge to identify IPV in men. Older men with lacerations presenting to an ED, should be considered as experiencing IPV as older men were 1/3 of the patients experiencing IPV and are more likely to present with lacerations. Men and women's presentations in the ED are different and it is important

		explore injury causes, anatomic location of injuries, and injury types among male IPV patients, as well as potential sex differences.		for HCP providers to understand the differences and look out for men presenting with IPV related injuries
18	Gueta; Shlichove, 2022.	The aim of the present study was to obtain an in-depth understanding of decision making and the barriers to and facilitators of formal and informal help-seeking among Israeli male victims of their female partner's violence.	Based in Israel. Participants included Hebrew speaking men who had experiences of IPV and who identified as Israeli and reported their SES as middle-class.	Participants identified internal barriers to help-seeking that critically and explicitly indicated external masculinity ideals that they had internalized and preventing them from seeking help. Another masculinity ideal that shaped the participants barriers was that of not showing vulnerability. This was amplified by the intersection of gender ideals with a masculine workplace environment that sanctifies strength, in which men are measured by their resilience. Participants reformulated hegemonic ideals of men's superiority over women, revising them at the institutional level, because of men's vulnerable position of being deemed as not deserving protection and being at risk of further victimization by officials. According to the descriptions of the participants, their inability to frame their victimization as IPV also created internal and external barriers to help-seeking, particularly from formal entities. In contrast to the barriers discussed earlier, these were not directly linked to gender ideals, but were rather related to a cultural understating of IPV that may have been shaped by gender ideals.
19	Machado; Santos; Graham-Kevan; Matos, 2016	The overall aim of the present study was to explore the experience of male victims who had sought help for their victimization.	Men living in Portugal who have experienced IPV, SES ranged from middle class to	This study revealed the difficulties that men face in the process of seeking help, namely differences in treatment of men versus women victims. It also highlights that help seeking had a negative emotional impact for most of these men.

			lower middle class.	
20	Lysova; Dim, 2022.	This study examined the severity of intimate partner violence (IPV) experienced by men in their ongoing relationships and their help-seeking behaviour with the criminal justice system (CJS) and other professional agencies.	Heterogenous group of men living in Canada in common law relationships with women.	Male victims are highly reluctant to seek formal help, this finding implies the realization among some male victims that IPV will not stop, and that formal intervention is their last resort. Most men who experienced milder forms of violence did not seek help. Among the estimated 154,000 men who experienced the most severe types of IPV about half did not contact the police or professional services to address the situation of violence. This lack of formal help seeking may be due to internalized gender norms of masculinity that reduce the likelihood that men will seek any help even to very serious problems. The overall higher rates of seeking informal rather than formal help among male victims of IPV in our study may indicate that professional's negative stereotypes and beliefs about men as atypical or inappropriate victims may also contribute to barriers to men's help-seeking."
21	Park; Bang; Jeon, 2021	This study aims to explore men's IPV experiences within the context of Korean society, which is characterized by strong gender norms that may impede efforts to understand how men are victimized.	Study based in South Korea.	This research found that the level of control found for male victims are similar to what female victims of IPV experience. Male victims' thoughts, reactions, and help-seeking behaviours regarding IPV are different from those of female victims, although the perpetrators abusive behaviour patterns are similar, regardless of gender. Additionally, there is a distinction between male and female victimization regarding society's reactions and perceptions. Despite the violence, the male victims stated that it took them a long time to realize that they were experiencing IPV, mainly because they did not perceive themselves as physically weaker than their female partners. Furthermore, even when aware of the

				problem, they seldom defined them-selves as victims in their relationship. The way in which they solved their problems related more to fulfilling social expectations of masculinity (e.g., men are stronger than women, men should not make women cry).
22	O'Campo; Zhang; Omand; Velonis; Yonas; Minh; Cyriac; Ahmad; Smylie, 2017	Using concept mapping, this study examined the similarities and differences in the conceptualization of IPV among a sample of men and women recruited from an urban setting. Specifically, we wanted to understand: a) How men and women relate non-physically violent behaviours to the concept of intimate partner violence; and b) How gender influences the perceived importance of these behaviours on the meaning of IPV and on the need for intervention.	Men based in Canada.	Differences arise from gendered conceptualizations of IPV, what constitutes IPV, what concepts are most central to the definition, and in particular, the role of control and coercion. We also found that men are less likely to endorse the need for help seeking for both perpetrators and victims in relation to controlling and jealous behaviours. These findings emphasize the need for policy makers to attend to gendered representations of IPV in screening, reporting, help seeking, and importantly, education”.
23	Mngomezulu, 2019.	This paper seeks to investigate the effects of abuse against men in the province of KwaZulu-Natal which can be psychological, physical, emotional, economical, and health to mention a few.	Based in KZN South Africa. In a rural setting.	Men have a specific understanding of abuse in an intimate relationship. Men expressed experiencing degrees of physical, emotional, psychological abuse, sexual abuse, amongst others. Mental Health is impacted by abuse, victim's experience Depression, and psychological distress including suicidal ideation. Develop maladaptive coping- alcohol abuse. For this group of participants, the social consequences of IPV were men ending marriages or not engaging in new relationships when they have experienced divorce. Men experience shame and guilt as well as feel inferior. Suggestions are that more attention is required from

				bodies that look at ending IPV and providing help and guidance on IPV.
24	Tsui, 2014.	This study focuses on IPA against men and explores service use and helpfulness as perceived by male victims of IPA.	Men of mixed ethnicities in USA.	Most of this sample accessed social services; counselling and legal services were rated the most useful. Majority of victims sought informal help when they did seek out help; although they may still experience shame this might be mediated by the supportive reception (family and friends, existing relationship of trust). Police viewed as most unhelpful. Psychological impact of abuse included PTSD and suicidal ideation.
25	Mngomezulu; Makhonza; Nzima, 2019.	The study investigated the causes of violence against men in an intimate relationship in the province of KwaZulu-Natal.	South Africa, in a rural context.	Findings showed that male victims of IPV is not new in the province. Causes of abuse as expressed by men range from Power dynamics within the relationship, men's limited resources such as income. Participants express that men do not easily express or share feelings, which leaves them vulnerable in the instances that abuse happens. Men also do not share abuse for fear of being weak or ridiculed.
26	Tsiko, 2016.	This study used data from the Demographic and Health Surveys to examine the prevalence and correlates of Intimate Partner Violence (IPV) against men in Africa. Nationally representative data from 12 countries was analysed using a Spatial Latent Gaussian Model to capture the linear and non-linear nature of covariates while accounting for spatial heterogeneity.	Data was collected across 12 African countries. The bulk of the data reviewed looked at Ghana, Kenya, Tanzania and Zambia. The sample had varying SES's as well as	This study found that women without children in certain areas such as Ghana were found to perpetrate violence against their male partners due to pressures and frustrations exerted by society and being ridiculed for not bearing children. The relationship between IPV and education can be conceptualized such that education is seen as a source of empowerment. This thereby gives educated men greater resources to draw upon in times of need, such as when dealing with a violent partner, hence less risk of physical abuse. On the contrary, the positive correlation between highly educated men and IPV can be traced back to patriarchal attitudes. In addition, whenever power is unevenly allocated in a relationship

			varying education levels.	(with the husband/partner being highly educated), some women, to balance what they perceive to be an uneven division of power, may use violence or control to compensate for their own weak position in that relationship (Kenya, Tanzania & Zambia). The results also highlight that despite controls for all other variables discussed, women whose fathers beat their mothers were consistently much more likely to perpetrate physical abuse on their husbands/partners. This was the case for Ivory Coast, Ghana, Kenya, Liberia, Mali, Malawi, Tanzania, and Zambia. (inter-generational cycle of violence)."
27	McCarrick.; Davis-McCabe; Hirst - Winthrop, 2016.	The aim of the study was to explore the experiences of men who had lived through female perpetrated IPV and had subsequent contact with the CJS.	A UK based study with participants inhabiting the UK and their experiences of the CJS.	Men experienced being viewed as the perpetrator, partners would call police and make claims of abuse. They would then be treated accordingly by the CJS, without their side of the story being heard. Unfair treatment by CJS heightened victimization, created confusion for participants about viewing self as the perpetrator vs the victim. Men are perpetrators in society, thus participants doubted that they would be believed. Masculinity (masculine identity) played a role in how they perceived the abuse, describing their strengths and physical attributes. Psychological impact of abuse was experienced as rage, the researchers postulate that this might have been a presenting symptom of depression due to the experience of ongoing abuse. Additionally, men experienced symptoms of PTSD, Depression diagnosis, suicidal ideation. Men also had a sense of loss because of IPV; isolation because of controlling behaviour.
28	Overstreet; Gaskins;	The current study examines whether internalized stigma, centrality, and	Men were recruited from	Men are much less likely to reveal experiences of IPV, even close relatives of friends.

	Quinn.; Williams, 2017.	their interaction are related to how out people are about IPV to others.	three locations in predominately urban cities in the north-eastern United States	
29	Malik; Nadda, 2019.	This study aimed to find the prevalence, characteristics, and sociodemographic correlates of gender-based violence against men in the rural area of Haryana, India.	More than one-third (38.7%) of the study subjects were engaged in farming followed by self-business (22.9%). The majority (40.2%) of the subjects had studied up to higher secondary followed by the middle class (19.3%). More than half (58.3%) of the subjects belonged to joint family.	The total prevalence of gender-based violence was found to be 524 (52.4%) among males. Out of 60 males, 25 (2.5%) experienced physical violence in the last 12months. The most common form of physical violence was slapping (98.3%) and the least common was beaten by weapon (3.3%). In one of ten cases, physical assaults were severe. Domestic violence act in India is for women only. The present study shows that men are also the victims of violence at the hand of women. Hence, necessary amendments in favour of men experiencing domestic violence should also be incorporated. Unemployment of the husband at the time of violence was the major reason (60.1%). The total prevalence of gender-based violence was found to be 524 (52.4%) among males.
30	Peraica; Kovačić;	This study aimed to explore the differences between male and female	Men who visited the	25% of the study population were men, who self-reported and sought help. Men who reported were

	Petrović; Kovačić, 2021.	victims of DV (including IPV and aggression perpetrated by an adult family member against another adult family member) in relation to: socio-demographic characteristics, types, and duration of violence, perpetrators, and types of intervention with a specific focus on male victims of DV.	Counseling Center for Domestic Violence Victims in Zagreb, Croatia (Center). 794 were men. However, male victims were statistically slightly older than female victims	significantly older than the female sample who reported. Male victims had a higher educational level than the female victims. Education level would be important for this study as awareness of IPV is low and that there is social stigma around IPV in lower income areas. An assumption made by the researchers are that a higher education level may indicate and understanding of victimization allowing for a better chance of help-seeking. Professional assistance intended for male victims should be more publicized and that images and wording of publicity should represent different types of masculinity and sexuality."
31	Morgan; Wells, 2016.	This study investigated male victims' experiences of female-perpetrated intimate partner violence (IPV).	All participant were UK based and had been experiencing abuse.	Men reported experiencing extreme violence at times. Men suffered multiple types of ongoing abuse. Reported impact on well-being including psychological well-being. Men reported feeling controlled and expressed this as ""Power hungry partner"" – the study indicated various power dynamics at play. Partners used the relationship with their children as a means of control. Men felt isolated by female partner – They reported that they could not talk to anyone; so opportunity for reaching out was limited. The existed gendered perception of male abuse and female victim aided the female partner (abuser) in perpetuating abuse and gaslighting the male victim.
32	Rowlands, 2021.	The study aimed to provide a clear sense of how individual men narrate their lived experiences of IPV.	This study was based in urban South Africa and participants included men	Participants experienced violence perpetrated by partner, some participants needed to engage medical help. Emotional abuse ranged from name calling to controlling behaviours of varying degrees. Some participants felt that partners would push them to incite

			from other African countries who resided in SA at the time.	violence so they may then lay a charge, they would notice the pattern and attempt to keep the peace. The findings also revealed a xenophobic pattern of IPV associated with migrant African men who are sometimes subjected to intimate terrorism because their partners identify their non-citizen statuses as a source of weakness and potential manipulation. Their experiences constitute an intimate terrorism form of IPV, which is often endured and not quickly reported by men. The experiences of these African men provide reasons to suggest that IPV is better conceived as a gender-neutral phenomenon
33	Medzani, 2021.	The author aimed to reflect on his Positionality on Studying Male Victims of Intimate Partner Abuse in Zimbabwe:	This was a reflexive study within the context of Zimbabwe.	"Because of the researcher's position, he expresses grappling with meaning made by men about their experiences of IPV at the hands of their female partners. Some participants found it easier to discuss their experiences with a man they deemed to be closer in social proximity/standing. One participant referred to the researcher as ""brother"" in Shona and this indicated a comfortability with the researcher which made sharing seemingly easier. The researcher's gender positionality enhanced the study as more men were comfortable sharing experiences with a man."
34	Walsh; Seabrook; Tolman; Lee; Singh, 2020.	The study objective was to determine prevalence of men's experiences with IPV screening in health care settings and associations with men's beliefs regarding health care clinician identification of IPV	This survey data was collected from men across the US.	Beliefs and experiences regarding health care IPV identification vary by race, education, and men's IPV perpetration and victimization. Men with lower education were more likely to report being asked about IPV victimization, and African American non-Hispanic men were less likely to believe that health care clinicians should ask male patients about IPV victimization. Men who had been victims of IPV were

				more likely to believe that clinicians should ask male patients about victimization.
35	Tsui; Cheung.; Leung, 2010.	This study aimed to answer two research questions: (a) What are the reasons for male victims not using social services provided by the community? (b) What suggestions can help improve services for male victims of partner abuse?	Most of the respondents were Caucasian, some Hispanic and some African American. Many were identified as professional or managerial staff) in the organizations that served domestic violence victims.	Respondents believed that the reason men do not utilize services is because of Services not benefiting or not being available to males; or as a result of shame; denial; stigmatization; fear.
36	Walker; Lyall; Silva; Craigie; Mayshak; Costa; Hyder; Bentley, 2020.	The aim of the current study was to qualitatively examine male experiences of female-perpetrated IPV in a large sample in an Australian context, using non-stigmatized language (boundary crossings).	The sample consisted of 258 men aged from 18 to 77years, almost all had obtained a university degree qualification. Almost all the respondents (91.9%) were living in an	55,4% of the sample reported having experienced IPV, which they referred to as 'boundary crossing' which met the criteria for IPV with various kinds of violence being described; physical violence, sexual violence, including sexual coercion, controlling behaviour amongst others. While these examples of abuse were shared, it was not named as abuse by men. Secondary abuse included using children to "get at a partner". 91% of the sample expressed having shared "a crossed boundary" with family/friends. Mixed responses from family and friends included shock; not believing victim; victim blaming; some were supportive. Reasons for not reporting; anticipated lack of support; abuse experienced is not

			<p>Australian state or territory at the time of completing the survey. Only and a small number of respondents (1.6%) identified as being Aboriginal or Torres Strait Islander (Australia's indigenous peoples).</p>	<p>significant enough. Lack of evidence/witness therefore would not be believed.</p>
37	<p>Machado; Hines; Douglas, 2020.</p>	<p>The goal of this article is to present qualitative data on male partner violence (PV) victims who sought help, focusing on their abuse experiences, the consequences of the different strategies that they adopted to cope with PV, and the potential societal issues that the male victims perceived as contributing to their victimization.</p>	<p>Participants were largely middle-aged, middle class and white, about half had a college education, and most had been in serious, long-term relationships.</p>	<p>The findings of this study confirm that men can be and are victims of direct (physical, psychological, and sexual violence) and indirect forms of abuse perpetrated by female romantic partners such as Legal administrative/ abuse. Legal abuse can sometimes emerge due to the victim typology that men are always the perpetrators of IPV and the lack of understanding of how men can also be victims within intimate relationships. These gender-stereotypical constructions may also lead to more generalized patterns of disbelief, insensitivity, ridicule, or even hostility on the part of both professionals and peers in response to a man's claim of victimization by a female partner. Additionally, the impact and effects of IPV in men's lives may be due to the pressure of the societal</p>

				expectations of masculinity, gender-stereotyped treatment, and the lack of adequate outlets for help-seeking due to not being believed or being treated like a perpetrator by professionals.
38	Machado, A.; Hines, D.; Matos, M, 2016.	The study aim was to forecast help-seeking behaviours from men who recognize themselves as victims, explore why some do not seek help, and what their needs are.	95.5% of participants were Portuguese. The majority were single (60.7%). The participants reported high levels of education:47.2 % had a college degree, 13.5% a master's degree, and 3.4% had a doctorate degree. The majority were upper middle class and 80.9% lived in an urban area.	The impact of IPV against men is internationally well documented. But, that the context of IPV is female focused makes it hard for men to identify themselves as victims of IPV. For this population, the experience of IPV was largely psychological abuse. Male victims of IPV are unlikely to seek help, reasons are related to internal barriers, namely not recognising themselves as victims when seeking external help, men found that those sources to be inadequate due to their own biases (men cannot be victims of abuse), this finding aligned with existing literature. Additionally, results support the idea that the relation between masculine gender socialization (e.g., gender role conflict) and help-seeking is complex. Men's willingness to seek help for problems in their lives varies according to different factors. Societal stigmatization, gender bias, and strong endorsement of sociocultural values appear to be the main reasons why abused men do not seek services. The participants also indicated the need for access to information/prevention campaigns and health care.

4.3 Narrative synthesis

The current study employed a narrative synthesis in order to collate and summarise the findings from the included articles. In particular a number of themes emerged from the included studies specifically: (1) Type of IPV that men experience; (2) The impact of IPV; (3) Barriers to help-seeking, by referring to internal, external, culture/socialisation and system limitations as barriers; and finally (4) Education impact and IPV.

The data extracted is heterogeneous in nature; these data are representative of various populations, in various contexts across the world. Methodologies range from Qualitative, Quantitative, mixed methods, cross sectional studies to case studies and others.

4.3.1 Types of IPV that men experience

The rates and reports of IPV against men seem to vary as well as the factors that seem to influence this phenomenon. In all 38 articles included for review, there have been significant reports of violence. Men reported experiencing physical violence to varying degrees, including wounds inflicted by weapons (Malik & Nadda, 2019). In a study conducted by Khurana, et.al., (2022), men reported accessing medical facilities to treat injuries sustained from a female partner. Men reported experiencing extreme violence (Malik, 2019; Morgan & Wells, 2016; Walsh, et.al., 2020).

While men also reported verbal abuse and sexual abuse (Rowlands, 2021), the most highlighted form of abuse was psychological abuse and coercion (Alsawalqa, et.al, 2021; O'Campo, 2017; Walker, 2020). Some examples of this included feeling controlled, manipulated, and experiencing forms of isolation from friends and family (Machado et.al., 2020). In some instances, the control mechanisms used against men were threats of violence; limited to no access to their children (i.e. maternal gatekeeping); having their children's view impacted of them (i.e. a female partner influencing children's perception of their father by speaking negatively about him) or threatening to call the police and report a crime. In

partnerships where the male partner is a foreigner living in a country, men have reported instances of partners using this against them to instil fear and commit legal/administrative abuse to control them (McCarrick, 2016; Sita & Dear, 2021). There are multiple layers to being a male victim of abuse and the kind of abuse men may experience, victim typology does not include men, as the societal view is that men are perpetrators, this can add to fear when being threatened or controlled.

4.3.2 The impact of IPV

The impact of IPV is far reaching. Men reported a decline of their physical, psychological, social (relating to family and other social relationships) and civil well-being (Hines & Douglas, 2016; Hogan et.al., 2021; Sita & Dear, 2021; Taylor et.al, 2019).

Physical impact ranged from mild to in some cases severe (Hines & Douglas, 2016). The most reported impact was the decline in psychological health, examples are found Perryman and Appleton (2016), men reported increased substance abuse issues as a means of coping with the constant stress of being in an abusive relationship; additionally, work done with male victims by Huntley et.al. (2019) reported that the majority of men suffer from mental health issues such as PTSD as a direct result from their IPV experiences. Other studies further reporting mental health impact include McCarrick (2016) as well as Tsui (2014), highlighting issues such as Depression and suicidal ideation., PTSD, acute stress disorder. Additionally, significant physical issues that were reported included Asthma and Hypertension being triggered (McCarrick, 2016; Mnogomezulu, 2019; Tsui, 2014). Impact on relationships were reported by men and referred to both immediate family as well as more distant family. Relationships with children were threatened and relationships with other relatives were negatively impacted due to negative outcomes of help-seeking or the process of being alienated from family due to mental health decline (Hogan et.al.,2021). Men also

reported feeling resentful towards systems designed to help, for allowing the abuse to take place (Geuta & Shlichove 2022; McCarrick et.al., 2016; Sita & Dear, 2021).

4.3.3 Barriers to Help-seeking.

There has been limited research exploring men's specific experiences of help-seeking behaviours specifically within the context of violence experienced within an intimate relationship. Literature that has been conducted reports a high rate of men that do not report their experiences of IPV to both informal and formal systems. These refer respectively to family and friends and medical services, social and correctional services (Perryman & Appleton, 2016; Tenkorang, 2021). Malik (2019) explored a specific sample of both men and women that sought formal help and the results indicated that older, educated men were more likely to seek help. The understanding here is that older men with more access to education and potential awareness of abuse seek help more readily as they are sooner able to recognise abusive behaviour and therefore surpass or ignore the socially constructed traditional views of masculinity in order to seek help (Malik, 2019; Tsui & Cheung, 2011).

4.3.3.1 Internal barriers

Researchers encourage distinguishing between internal and external barriers; these are important when formulating interventions for male victims of IPV. Internal barriers are said to be based on constructionist views and stem from, as previously pointed out, typically masculine roles as constructed in society (Nybergh, 2016; Geuta & Schlichove, 2022). These constructed roles imply that being a victim of IPV while needing to represent power might be considered 'unmanly' (Morgan, 2016). As a result, men experience shame and stigma. Other internal help-seeking barriers include fear and the fact that men have been isolated by their abusive partner (Rowlands, 2021). Hogan et.al. (2021) reported that in help-seeking men uphold masculine stoicism to avoid negative experiences and avoid masculine needs not being met. The accumulated data indicates that hegemonic masculinity influences men's

perception of self as victims, what kind of help there is available and influences whether or not they can seek or accept help (Geuta & Schlichove, 2022; Hogan et.al., 2021; Lysova & Dim, 2022).

4.3.3.2 External barriers

Men being viewed as solely perpetrators is a barrier, as the societal view of men as victims of IPV is not well understood (Machado et. al., 2020). Thus, men anticipate external stigma and this impedes their willingness to access help. Services for men are also limited, so if men were to seek help there would be systemic challenges as they might not know where to access help and or there might not be help that is specifically catered to men's need (Lysova, 2022; Medzani, 2021). External barriers include victims lack of awareness of services available and how they will be received when accessing help. In the data, experiences of accessing help had a negative emotional impact on victims.

4.3.3.3 Culture/socialisation

The influence of culture plays a major role in help-seeking behaviours. Tsui's (2011) work demonstrated that in Chinese American culture that there is a common view that everything is done for the improvement and benefit of the collective. Within this culture, men generally lead and hold power and therefore IPV against men is completely against cultural norms. Within this context, the experience of shame and guilt in accessing help is exacerbated from both formal and informal spaces and therefore can be said to be "sharing disgrace" with others and may result in a "loss of face". Furthermore, male victims are thus experiencing what is outside of a cultural norm and therefore they would be seeking help for something that should not exist and therefore, their fears of shame and rejection within their culture becomes a very real experience and impacts help-seeking behaviour (Tsui 2011; Tsui, 2014). Additionally, in an article by Bates (2020), the researcher postulates that a lack of

reporting could also be a way to protect their partner, which may be inline with cultural values.

4.3.3.4 System limitations

While the concept of accessing help might seem simplistic as a means to be able to get out of an abusive relationship, many men just do not know where to access help. In various settings across the world there are limited resources available for male victims of IPV, particularly as men do not fit the current typology as victims but rather as perpetrators of IPV. Above this, these services are not well known as the phenomenon of males as victims of IPV has received limited attention in comparison to instances where females are the victims of IPV (Peraica, 2021; Tsang, 2015). Participants in the McCarrick (2016) and Tsiko (2016) studies reported both ridicule and finding very little help when they have accessed criminal justice services, further confirming their fears about accessing help.

Work done by Lysova (2022) indicated that participants who accessed emergency services with physical wounds were offered limited care by Healthcare Providers (HCP); while physical wounds were treated the usual holistic treatment provided for female victims of IPV were not done as HCP's do not know how to recognise patterns of IPV in men, thus creating a barrier of providing help and referring to victim for further support and care.

These barriers are therefore interwoven, and compounds the reality of these men who seek help. For example, systemic issues in terms of help-seeking further exacerbate the structural avenues to help-seeking behaviours which is a symptom of society where the constructed narrative is that of men as perpetrators of IPV. This socialisation is therefore, a present outcome of the systemic shortfalls in terms of IPV more broadly and essentially the motivation for why a typology framework is required.

4.3.4. Educational level and IPV

There appears to be a link between levels of education and a willingness to seek help. A study conducted with a Kenyan population identified that men with a higher education level tended to have a greater awareness of abuse and even though their constructed ideals around masculinity were present (i.e. experience of shame, guilt and stigmatisation), they were more motivated to seek help as they were able to identify that they were experiencing abuse and needed intervention (Tenkorang; 2021). Additionally, Percaia (2021) highlights that a lack of education in service providers across the world also serves as a barrier for adequate support services for men who are victims of IPV. Tsui et.al., (2010) reported that education about IPV awareness and identifying IPV should be done in various forms so that everyone has access to it and men can also identify if they are victims of abuse.

4.4 Social constructivist lens

The studies reviewed therefore paint a picture of men's perceptions of abuse within the context of their socialisation; the types of abuse men are more likely to be exposed to; causes and consequences of abuse; as well as men's perceptions of victimization. The following section expands on this view.

4.4.1 Hegemonic masculinity and the perception of IPV victimisation.

While there are similar impacts of experiencing IPV for men and women (Tsiko, 2016), in the literature extracted, men's understanding, and perception of violence or aggression expressed towards them are said to be impacted by how they understand and enact their socialised roles as men (Mshana et.al., 2022). Hegemonic masculinity dictates that men maintain a position of power and that strength, and sexual prowess in a relationship is an embodiment of said power (Tsui, 2014; Park, 2021). When these constructed ideals are challenged, there is said to be a sense of denial and internal conflict that occurs. This experience was expressed in the work done by Tsui (2011). Similarly work done by Mshana

et al., (2022) reflects men's experience of IPV and the internal turmoil and disconnect that it creates with internalised masculine ideals.

The data also highlighted that men's perceptions of abuse in their intimate relationships is based on their masculine roles and might be different to what is understood currently by researchers. Men described physical, psychological as well as other forms of abuse (Walker, 2020), additionally men also describe actions that they consider as abusive (Mngomezulu, 2019). Men described abuse includes "forcing your husband to wash nappies and clean the floor" (p.13572). This speaks to the fact that in society, certain roles are ascribed to women and others are ascribed to men. Childcare and household chores for this specific group of men might be perceived as negative and painful due to the fact that they are forced by a female partner to part take in chores that are meant as part of her "assigned role" and as a result be a threat to their masculinity (Scott-storey, 2022).

Further demonstrating how gender may influence perception, Nybergh et al. (2016) states that it cannot be taken for granted that men experience IPV victimization the same as women do. A range of studies indicated that men may feel that women are perpetrators but do not identify with being victims (Park, 2021). Men also identify with different wording, for example, a study done with men in Australia, men used terms such as "boundary crossing" to describe instances where they have been emotionally, physically, or otherwise violated or abused by their female intimate partner. The argument held by researchers are that because the globally constructed view of IPV is gendered and men are perceived as perpetrators and women victims, men have difficulty perceiving themselves as victims (Posick, 2016). Additionally, within their constructed roles, identifying as a victim further disrupts the ideals of hegemonic masculinity and may bring about internal struggles such as shame and guilt (Park, 2021). The understanding of what constitutes IPV for men varies from context to context but the main thing is that the role of what it means to be a 'hegemonic' man or what

is considered ‘masculine’ seems to be a core theme in terms of how IPV is understood and how it is perceived and experienced.

4.4.2 Power dynamics in relationships

In accordance with Nybergh, et al. (2016), gender and masculinity are social constructs that shift as society shifts. While this may be the case, there are also context specific constructions, and these constructions take time to shift. Data included in this review indicates shifts in power dynamics within intimate relationships and may give rise to both internal and external conflicts in both men and women and can cause a power imbalance in the relationship (Tsiko, 2016). Mngomezulu (2019) and Mngomezulu et al. (2019) determined in their studies that IPV is often exacerbated due to power shifts within intimate relationships particularly due to social pressure and its impact on these shifts. For example, in instances where financial changes occur due to changing income patterns between men and women in intimate relationships can increase instances where men are victims of IPV. This tends to be particularly relevant in contexts where there is a co-existing shift in education spaces as women are given more access and opportunity for education. It is important to make the distinction that these changes do not cause IPV but due to the power shifts as a result may increase the prevalence of IPV. This is particularly true in contexts where hegemonic masculinity is a shared ideal for both men and women where men are considered to fulfil the role of provider and hold the position of head of the household. Therefore, in within the context of shifting power dynamics, he may be faced with elements of conflict and while this is often redirected against women, it is also acknowledged that the experience of “belittlement” and ill-treatment by a female partner due to his inability to fulfil socially constructed hegemonic roles can increase IPV (Tsiko, 2016; Tenkorang et.al., 2021).

4.5. Chapter summary

The table below provides an overview of the objectives that guided this review and the thematic areas that seeks to address the objectives specifically. The table will guide the discussion section.

Objective to guide the study	Thematic areas and sub-themes
To provide a description of the available literature of heterosexual male victims' experiences of IPV	<ul style="list-style-type: none"> • Types of IPV that men experienced • The impact of IPV
To describe the help-seeking behaviours of heterosexual male victims	<ul style="list-style-type: none"> • Barriers to help-seeking <ul style="list-style-type: none"> ○ Internal barriers ○ External barriers ○ Culture and socialisation ○ System limitations • Educational level and IPV
To analyse the data extracted from selected articles on heterosexual male victims' experiences of IPV and help-seeking behaviours using a social constructionist lens	<ul style="list-style-type: none"> • Social constructivist lens <ul style="list-style-type: none"> ○ Hegemonic masculinity and the perception of IPV victimisation ○ Power dynamics in relationships

The scope of research on men's experiences of IPV indicates that the constructed view of IPV held by society does not include men who are victims (Tsui, 2014). While there seems to be some research exploring this area, there does not seem to be a trickle down of information to social services, health systems as well as criminal justice systems. As reflected

these bodies are found to be significantly lacking in both perceiving and treating male victims of IPV, thus creating systemic barriers for help-seeking (Tsiko 2016; Lysova, 2022).

Furthermore, this also impacts the support they seek and services they may engage.

Hegemonic masculinity plays a role in perceptions of IPV, for victims and society and create barriers for framing, understanding as well as help-seeking in IPV. This includes the fact that men might not recognise themselves as victims of abuse to begin with and more education on this is required (Tsui, 2014). Additionally, culture and socialisation impacted by hegemonic masculinity seeks to uphold the aspect of being a ‘proper man’ and does not make provision within the culture for men experiencing victimisation. This creates even more barriers for men to consider themselves and to be considered as victims and as a result leaves little room for exploring help resources to deal with abuse (Tusi, 2011; Tenkorang, 2021).

Structurally the literature also does not allude to safe spaces, clinics, and support services for men who have experienced violence. There is also a significant lack of research from a male victim perspective of IPV in developing countries. This may be due to traditional patriarchal societal structures and this issue may not be recognised as valid in these spaces. While men experience various types of violence, how men perceive this violence is fairly under researched. Men’s perceptions of what constitutes violence or them feeling abused is not yet exhausted and are also proven to be influenced by hegemonic masculinity (Mngomezulu, 2019). Thus, these barriers do not only impact help-seeking behaviour but obscures researcher’s investigations owing to the present undercurrent narratives and socialisation practices.

Chapter five: Discussion, conclusion, limitations, and recommendations

This chapter includes an overview of the key findings in this study as well as the limitations of the current study and recommendations for future research and engagement on men's experiences of IPV.

5.1 Discussion

Main findings of this research include that men experience higher rates of violence than reported. There are various reasons for this: One of the reasons stems from the fact that IPV victim typology is geared towards women (Tsang, 2015). This is expected considering the level of violence women experience and the physical and economic vulnerability women face, even more so in patriarchal societies. This study does not argue against the fact that systems should be in place to aid and prevent violence against women.

It is important to explore the impact this has on all victims of IPV, this includes minority groups such as the LGBTQ+ community. As members of the community who identify as men would also be impacted by the current victim typology. This study rather highlights that the current typology excludes men, and therefore, men are less likely to view themselves as victims of IPV; less likely to report as well as less likely to know where to report abuse and how to access aid (Morgan & Wells, 2016; Tsang, 2015; Tsui, 2010). Additionally, it stands to reason that if perpetrators of IPV are only thought to be men, there may be barriers to reporting violence for women who have female partners.

This study therefore acknowledges that IPV is generally reported through a specific typology and that recognising and researching different typologies is a necessary scholarly activity as these will potentially inform targeted interventions. Developing preventative approaches in developing contexts need to be informed by the different typologies as well, because our understanding and definition of IPV will have been advanced and informed by socio-cultural contexts.

Another aspect that this research focused on was reporting and help seeking, and it was identified that there are several internal and external barriers to help seeking which is influenced by socially constructed masculine ideals. These include shame; fear; isolation; lack of resources for help; stigma and ridicule experienced by formal and informal resources and ineffective resources since help for this population is non-existent and or ineffective (Tsui, 2010; Lysova, 2022). The pervasive nature of hegemonic masculine ideals that hold power, strength and dominance at the forefront presents as men who struggle to identify with the ‘victim’ identity (Lysova, 2022; Posick, 2016). The research indicates that men take longer to process that they can be victims of IPV, as well as the actual severity of the of violence occurring in their intimate relationships. For example, African men who experience sexual violence, may not be able to seek help because in an African context, this is not a common occurrence. Which in addition to struggling with the actual abuse and trauma, the person’s context would be an additional barrier (Khurana, 2022; Tenkoreng et.al., 2021). Some studies indicate that men have described abuse as saying partners are ‘controlling’ and that their ‘boundaries have been crossed’ (Alsawalqa, et.al, 2021; Scott-Storey, et. al., 2022; Taylor et. al., 2019). Men might also not regard emotional abuse as abuse. Men’s masculine ideals create internal barriers to perceiving themselves as victims of IPV, additionally a lack of education on identifying types of abuse may also act as a barrier to identifying emotional abuse as abuse. This does not mean men do not feel the effects of the emotional abuse, again because of their masculine ideals which include men being self-reliant, men tend to experience Depression and anxiety when they cannot find a way out (Gueta & Shlichove, 2022; Lysova, et.al., 2022; Tenkorang, et.al.2021)

When men do seek help, literature shows that they prefer to access informal help systems such as family and friends (Tsui, 2010; Morgan & Wells, 2016). These experiences of help seeking tend to have mixed outcomes and often leave a negative emotional impact on

victims, this outcome is said to be because external stigma, expectation of how men should be managing situations (i.e. how men should present and lead, being a victim of IPV may not align with those expectations) (Machado, et.al., 2016). This aligns with a study done by Fohring (2018), who indicates that identifying with 'being a victim' is synonymous with being weak and that the term is stigmatizing and a barrier in itself. Thus, men may seek help in spaces where they feel less threaten.

In terms of accessing more formal health systems, a number of reasons exist as to why men may be reluctant to utilise these avenues for help-seeking. This tends to be premised on the assumption that these resources are for women and therefore, the stigma associated with being a 'male victim' inhibits seeking aid. In a different light, men also fear having the justice systems used against them, where female partners may create false reports of violence and the tendency of these systems to maintain that men are perpetrators and not victims and therefore discounting reports made by men. This is made worse when men are falsely accused in contexts that are not their native country and therefore, the skewed perception of men as perpetrators leads to substantial increases in legal costs and further abuse experienced within these systems (Scott-storey, et al, 2022; Perryman & Appleton, 2016).

One reason that men repeatedly mentioned as a barrier for help-seeking is the fear of losing their family (so losing their partner and most or importantly, contact with their children). Additionally, if men are subjected to legal or administrative abuse, they may lose their families and access to children if they are falsely accused and or convicted or deported (Morgan & Wells, 2016; Perryman & Appleton, 2016; 2016; Rowlands, 2021; Sita & Dear, 2021). This is a strong deterrent for reporting abuse and because the understanding they hold is that women will be believed because of current status quo victim typology, men are further trapped into the cycle of abuse, non-reporting, lack of help-seeking behaviour and therefore at greater risk for mental health disorders.

The above two points speak to power imbalances that can occur in an intimate relationship. These power imbalances seem to be influenced by culture and context as well as financial positioning (Mshana, et al., 2022). Participants in the studies included in this review speak to their partners controlling nature, and partners being ‘power hungry’ (Mshana et.al., 2022; Nybergh, 2016; Park et.al., 2021). As power dynamics shift along with perceptions of gender, i.e. women also hold what may be considered the hegemonic ideals of how gender is expressed, more women participate in the economic contribution of households, thus it may provide researchers with a different avenue to explore the typology of IPV. For example, the hegemonic ideal seems to be present from both men and women and so if there is a change in the relationship and the woman adopts a more dominant role (i.e. because of financial constraints or she begins to earn more) his role as the hegemonic man diminishes and so through the role of dominance IPV pervades within the heterosexual relationship. This alludes to further research that needs to be conducted in terms of power dynamics in intimate relationships and the important role of gender dynamics and patriarchy not being the only determinant of IPV.

Using the social constructionist lens to review the data, men’s perception of their expression of their masculinity played a key role in how they made sense of abuse and how they perceived abused. The literature included demonstrated that men did not consider themselves as victims and in some cases did not hold their partners at fault for abuse but rather blamed the justice system and health system (considered to hold more power than the men themselves) for allowing the boundary crossing or control to happen. Men’s expression and perception of their masculine selves, society’s expectation of their hegemonic masculine expression as well as the structural representation of who can be victims or not, all interlink and create hard and fast barriers for men to access help. This is more pertinent in the

consideration that in any given area or system, help might not even exist for a man who experiences abuse in his intimate relationships.

Another significant finding was the influence of one's education level. Education was said to play a significant role in IPV perception and help-seeking. In some contexts, men might struggle to understand and internalise IPV and might not know that they are victims due to a lack of education based on the typical topology of women as victims. Introducing more diverse constructions of IPV forms and victims thereof may allow for increased understanding of the phenomenon and what victimisation may represent within various contexts (Walsh, et al., 2020). It is important to consider context, i.e. developed versus developing nations, rural versus urban settings and the kind of education available.

Education can also aid service providers in better identifying patterns of IPV in men and allow for better care. Men who have sought help, report finding good mental health support, but other help services such as medical services were either ineffective or contributed to victim blaming. From a social constructionist lens, the more prevalent understanding of the IPV typology as it relates to who is 'allowed' to be a victim, penetrates various medical, health and criminal justice systems. This causes a double negative effect on the part of the victims as well as ineffective strategies of these systems to provide support.

The impact on men who experience IPV lead to significant physical and mental health issues such as triggered Asthma; Hypertension; Acute Stress; Depression, PTSD and Suicidal ideation (McCarrick, 2016; Mnogomezulu, 2019; Tsui, 2014). This means that healthcare facilities may see men with the above health concerns and not understand its origin. Men may experience these health-related problems recurrently in many cycles of violence. In terms of health-systems that are often already overburdened, identifying and addressing causes and helping patients address the right care may also go a long way in alleviating high care burden.

This may be significant for both men and women's experiences. Developing screening tools, educating both men and service providers can aid both the help system and victims of IPV.

Ali et al., (2014) report that 'such differentiation could help develop family-law decisions about post-separation parenting (i.e., whether parent-child contact is appropriate, what safeguards may be necessary, and what type of parenting plans are likely to promote healthy outcomes for children and parent-child relationships), by considering the type of IPV and its effect on the victim-parent and the children' (p.5).

A significant gap in the research that this scoping review has revealed is that most of the studies conducted on men who experience IPV are done in developed nations and with mostly Caucasian men. Men experiencing IPV in developing countries and settings with diverse cultural and socio-economic backgrounds have not been adequately researched. As indicated in figure 3, out of the 38 studies, only 6 studies were conducted in developing nations (all in Africa). This means in the current literature there is little to no understanding of how different representations of masculinity affect men's help-seeking of violence or their perception of IPV when they experience it particularly in contexts that are not Eurocentric. Specifically, men of colour, men of various ethnicities and men whose masculinities will have varying expressions and ideals that may be barriers to help-seeking remains unexplored. This leaves room for investigation of how men in specific cultural settings and experiencing a specifically expressed masculinity, perceive and experience IPV and the impact thereof in terms of help-seeking behaviours.

Additionally, when using the social constructionist lens, accessing and reporting help for intimate and household 'problems' is informed by culture and socialisation. In more developed settings where most of the samples in the studies are drawn from, the participants are socialised, even with their masculine ideals to problem solve themselves, to access systemic help or to consider to do so. In the six studies conducted in developing nations with

different socialisations, those men struggled to speak out even to the researcher teams. The study was not conducted in a formal help-setting space that people access daily. Thus, when considering the gap in the literature of the lack of data on cultural minorities help-seeking behaviours, it is also important to consider context, culture and social construction within the context of IPV.

5.2 Limitations

The study is limited by only having included heterosexual men's experiences. While the study wanted to explore nuanced barriers experienced by men in heterosexual relationships, further research needs to be conducted on men's experiences in both heterosexual and same sex relationships. Additionally, this study did not have funding for translations, thus only English studies were included. This scoping review also had a limited timeframe for review and looked at specific journals due to the limited timeframe, as only accessed journals contained within the UWC database.

5.3 Recommendations

Further research needs to be conducted on the typology of IPV where men are the victims so that help-seeking in itself is more accessible so that men's perceptions of abuse mitigates stigma and internal shame. Further recommendations include the development of data and training materials for service providers in both Criminal Justice System (CJS) as well as healthcare and social services so that they are able to identify different typologies of IPV and signs and symptoms of abuse across genders to provide the care and services needed. Finally, information on IPV using inclusive terms and diminishing gender specific terminology in order to counter societal constructs of the gendered view of IPV is necessary. This may aid in normalising help-seeking and for all who experience IPV. Doing away with stigmatising terms will also create more awareness and open up spaces for men to be vulnerable and access help. Additionally,

because literature indicates that men do not identify as victims for various reasons and this causes barriers to help-seeking, it would be helpful to create spaces where there is information designed to support men. This may create an environment for initial access to engaging with information in a non-threatening and supportive way. The provision of resources with trained staff members to avoid drawing attention to men will facilitate private spaces where they will not be judged to avoid further shame and stigmatisation.

5.4 Conclusion

The objectives of this study were met by mapping the literature of men's experiences of IPV by their female partner as well as exploring help-seeking behaviours by men through a social constructionist lens. The scoping review has indicated that there is significant data looking at male victims of IPV thus suggesting an alternate typology of IPV. The scoping review highlighted that researchers have gone beyond searching whether or not men can actually be victims of IPV and not minimising men's experiences as bi-directional violence or the defence of a female partner. The scoping review also indicates the psychological and emotional impact of intimate violence as well as how men internalise victimology differently. Mapping this literature has therefore indicated significant gaps and the need for more research around developing typologies for IPV particularly as it relates to male victims which will inform the development of targeted interventions.

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Appendix I: Populated Data extraction sheet generated by Covidence:

← Alsawalqa 2021 Edit ?

Select Full Text

Characteristics of included studies		
Methods		
Aim of study	The aim of the current study was to qualitatively explore men's experiences of IPV within a relationship with a female partner, from a family violence perspective; this included verbal, physical, and sexual aggression and coercive control.	The aim of the current study was to qualitatively explore men's experiences of IPV within a relationship with a female partner, from a family violence perspective; this included verbal, physical, and sexual aggression and coercive control.
Study design	Qualitative research	Qualitative research
Start date	Undefined	Undefined
End date	2019	2019
Possible conflicts of interest for study authors	No conflicting interests listed.	No conflicting interests listed.
Participants		
Population description	A total of 161 men completed the online questionnaire; the age range	A total of 161 men completed the online questionnaire; the age range



Select Full Text

Check data

Completed

DATA EXTRACTION

	Final Decision	Robin Jules
General information		
Study ID	#720	#720
Title	"Walking On Egg Shells": A Qualitative Examination of Men's Experiences of Intimate Partner Violence	"Walking On Egg Shells": A Qualitative Examination of Men's Experiences of Intimate Partner Violence
Lead author contact details	Elizabeth A. Bates University of Cumbria elizabeth.bates@cumbria.ac.uk	Elizabeth A. Bates University of Cumbria elizabeth.bates@cumbria.ac.uk
Country in which the study conducted	UK	UK
Notes		



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Intervention Type if specified.	Non intervention study	Non intervention study
<p>Key findings</p> <p>COLUMN 1: MAIN FINDINGS</p>	<p>-2 main themes with 8 sub themes - main themes: Aggression and Coercive control - Men experience verbal, physical as well as sexual aggression in intimate relationships - Men also experience coercive control to a large degree - Often this in not understood till they have left the relationship. - Some proponents of gendered model of IPV indicate that women's violence of IPV are in self-defense and non-impactful, these findings indicate differently, Very few men seek help, for this study 25% of the sample did not tell anyone of their abuse, this is also backed up by literature.</p>	<p>-2 main themes with 8 sub themes - main themes: Aggression and Coercive control - Men experience verbal, physical as well as sexual aggression in intimate relationships - Men also experience coercive control to a large degree - Often this in not understood till they have left the relationship. - Some proponents of gendered model of IPV indicate that women's violence of IPV are in self-defense and non-impactful, these findings indicate differently, Very few men seek help, for this study 25% of the sample did not tell anyone of their abuse, this is also backed up by literature.</p>
<p>Relevant to study aim</p>		

0 conflicts



03 June 2022

Ms R Julies
Psychology
Faculty of Community and Health Sciences

HSSREC Reference Number: HS22/4/2

Project Title: A scoping review of male victims of intimate partner violence: A social constructionist analysis.

Approval Period: 19 May 2022 – 19 May 2025

I hereby certify that the Humanities and Social Science Research Ethics Committee of the University of the Western Cape approved the methodology, and amendments to the ethics of the above mentioned research project.

Any amendments, extension or other modifications to the protocol must be submitted to the Ethics Committee for approval.

Please remember to submit a progress report by 30 November each year for the duration of the project.

For permission to conduct research using student and/or staff data or to distribute research surveys/questionnaires please apply via:

<https://sites.google.com/uwc.ac.za/permissionresearch/home>

The permission letter must then be submitted to HSSREC for record keeping purposes.

The Committee must be informed of any serious adverse events and/or termination of the study.

*Ms Patricia Josias
Research Ethics Committee Officer
University of the Western Cape*