

Appendix 14. Men's use and giving of social support

Table 1. *Social support provided by and offered to wives/intimate partners*

	Support given or sought by man	Support received by man
Emotionally non-expressive Pakeha men *****	<ul style="list-style-type: none"> Keeps wife informed of his physical condition Discusses physical condition with wife Discusses 'everything' with wife Wants to please wife, includes her in discussions of his health but does not completely disclose to her regarding either physical or mental health Tidies legal affairs, makes lists for wife for use in the event of his death Takes wife on more holidays in view of shorter life expectancy 	<p>[NB: Wife's support not mentioned by one man despite prompting; another man said he did not need anyone's emotional support (including his wife), and one wife who gave support was otherwise living separately from the participant]</p> <ul style="list-style-type: none"> Accompanies him to specialist appointments Practical caring, including a wife who lived separately terminating her employment and moving back in to care for him as long as he was not independently mobile, cooking to special dietary requirements, doing dressing changes, and attending to all personal cares, including help with dressing and driving Protective: assumed responsibility in communicating with medical professionals ('mothering'), seeks out explanation for his depression on the internet, arranges emergency medical attention when GP failed, pressures him to seek diagnosis/undergo diagnostic procedure and to accept treatment, protective of his self esteem re incontinence and loss of sexual function Informs children of diagnosis, informs family and friends, keeps children informed of his health status Presses him to take 'alternative' dietary treatments she provides Is understanding and 'always there', refrains from blaming him (lung cancer from smoking)
Emotionally expressive Pakeha men **	<ul style="list-style-type: none"> Discusses 'everything' with wife Makes treatment decisions 'jointly' with wife Tried to be strong for wife and self when found she also had health problems Feared upsetting wife with his diagnosis so made arrangements for her support Refrained from involving wife much in deference to her illness Initially considered putting legal affairs in order but then realised no immediate life threat 	<ul style="list-style-type: none"> Attends all consultations, discusses treatment decisions with him, makes treatment decisions 'jointly' with him Chides him for fearfulness and urges him to be strong, chides him for panic at time of diagnosis and encourages him to put it in perspective Encourages him to be positive despite his initial resistance Accepts radical change in sexuality Hugs and reassures him Brings humour Practical caring

Emotionally expressive Maori men	Withdraws from relationship with intimate partner under misconception that he could infect her by having sex, and later because he cannot sexual perform as before	<p>[NB: All men lived alone, but one previous wife and one previous partner remained involved]:</p> <ul style="list-style-type: none"> First wife (he is widowed from his second wife): Practical help, including directing mokopuna to help with chores, and directing him to accept the meals she provides Partner: accompanies him to A&E and consultations, continues emotional caring through and after treatment and despite his withdrawal from her
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* Indicates wife is participant's main supporter (only noted where the transcript makes this clear), one asterisk for each participant.

Emotionally non-expressive Pakeha men (blue shading): $n = 12$; 10 are married

Emotionally expressive Pakeha men (green shading): $n = 5$; 3 are married

Emotionally expressive Maori men (brown shading): $n = 5$; none are married

Intimate partners are included on this table

Table 2. *Social support provided by and offered to other family members*

	Support given or sought by man	Support received by man
Emotionally non-expressive Pakeha men	<ul style="list-style-type: none"> Protects his estate by obtaining GP check before cancelling life insurance Arranges financial and legal affairs Reassures children ('I am not at death's door'), or keeps them informed of his general health status but minimises the detail he tells them so as to minimise their distress Wants to see overseas son, in view of death threat Complies with daughter's arrangement for him to undertake expensive and demanding 'alternative' treatment, despite his own inclination to the contrary, accepts daughter's directive to stay with him to recover from surgery 	<p>Children:</p> <ul style="list-style-type: none"> Enquire regularly (perhaps daily) of mother as to his wellbeing, kept informed by mother Are present at significant times (e.g. to help make treatment decisions, when undergoing surgery) Discuss treatment options with him Visit more regularly than before, bringing grandchildren, and treat him 'as normal' ('like a silly old man') Help with chores he cannot do (e.g. heavy gardening jobs) <p>Daughter(s):</p> <ul style="list-style-type: none"> Encourages him to get symptom checked Directs him to accept her hospitality and care, unilaterally arranges for expensive and demanding 'alternative' treatment for him, directing him to attend and pay for it; transports and accompanies him to treatments against his protests <p>Son: suggested an 'alternative' treatment but this was rejected</p> <p>Son-in-law, brother, and wider family: practical help (e.g. with cups of tea while staying, heavy garden chores, transport to hospital)</p> <p>Grandchildren: play with him/treat him 'as normal' (e.g. grandson swings around his neck when they meet)</p>

Emotionally expressive Pakeha men	<ul style="list-style-type: none"> Worried about future for dependent daughters (anxiety caused loss of sleep and weight) Keeps daughters informed from pre-diagnosis, but with sensitivity to not overburdening them and to other difficulties in their lives Makes effort to be the best grandfather he can be, including to wife's grandchildren (e.g. prioritising playing with them) Initially considered putting legal affairs in order but then realised no immediate life threat 	<p>Children and children-in-law:</p> <ul style="list-style-type: none"> Keep in close contact Help ascertain and encourage him to take best treatment Offer financial help with treatment <p>*Daughter(s):</p> <ul style="list-style-type: none"> Enquire re physical and emotional wellbeing Accompany him to consultation Provides information re treatment possibility Daughter with medical background gives reassurance re prognosis <p>Son: skypes regularly</p> <p>Sister, brother-in-law, wife's cousin:</p> <ul style="list-style-type: none"> Enquire as to wellbeing Offer financial and practical help Offer encouragement from their experience <p>Grandchildren: visit and play</p>
Emotionally expressive Maori men	<ul style="list-style-type: none"> Keeps whanau informed Keeps whanau (apparently has no children) informed of the basics only, because does not want to push them away with unwanted detail Keeps son informed, but does not tell daughters because does not want to hurt them, and swears those who know to secrecy Withholds news from mother until he knows he will survive so as to spare her feelings Children and mokopuna: refrains from suicide to preserve the family for them Flies to Australia to visit grandson despite his fear of flying, because of his terminal prognosis Worries about whether he will be able to encourage mokopuna and be there for their achievements in future Defers to sister-in-law's superior knowledge and orchestration of his cancer treatment 	<p>*Whole whanau:</p> <ul style="list-style-type: none"> Visits after diagnosis, many coming from significant distance Practical help Enquire <p>*Nephew: Accompanies to early consultations (at some inconvenience), presses doctors for prompt test results, visits weekly or fortnightly, telephones often</p> <p>*Sister-in-law: provides information re cancer and treatment, accompanies him to consultations, assigns herself his contact person, questions and speaks on his behalf, directs him to care for himself</p> <p>Sister: hosts him on holidays</p> <p>Daughter: accompanies him to diagnostic consultation</p> <p>Children: all offer permanent accommodation and care with them</p> <p>Son who lives at a distance: Visits periodically</p> <p>Sister: Enquires regularly and offers live-in practical care when terminal</p> <p>Mother: empathy</p> <p>Children and mokopuna: accompanies to diagnosis and treatment consultations, visit constantly whilst in arduous and lengthy hospital treatment, visit frequently at home, empathy, being normal, practical help at direction of grandmother</p>

* Indicates one participant's main supporter (only marked where the transcript makes this clear).
Mokopuna is Maori for grandchildren, and whanau means wider family.
Relevant notes from Table 1 apply.

Table 3. *Social support provided by and offered to friends and other community supporters*

	Support given or sought by man	Support received by man
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Emotionally non-expressive Pakeha men	<p>Friends: Keeps them informed of his physical condition</p>	<p>*Friend(s): Enquire of his wellbeing regularly or occasionally, accompany him to diagnostic consultations, offer practical help, offer information, transport him to treatments (despite his protests)</p> <p>Wife's girlfriends: offer comfort</p> <p>Service and sports clubs members: practical help (e.g. transport to treatment), recognition and care regarding his physical and emotional limitations (e.g. refusing his resignation from office holder position in recognition that he is depressed during treatment)</p> <p>Neighbour: practical help (mowing lawns)</p> <p>Social club: Proprietor offers practical help (get in non-alcoholic drink for while he is on treatment drugs); other patrons offer gift (book voucher)</p> <p>Church: meals and prayer</p> <p>Men's Cancer Support Group: the company of others who have the same experience</p>
Emotionally expressive Pakeha men	<p>Friends (including work colleagues): Keeps them informed and responds to their interest with discussion</p> <p>Work: Tells employer and work colleagues of diagnosis</p>	<p>Friends:</p> <ul style="list-style-type: none"> • Enquire • Assure they are thinking of and praying for him, encourage and reassure • Discuss illness • Offer financial assistance • Practical help • Friend with medical background: advises re-flaw in worrying diagnostic test result • Work: • Colleagues: enquire and discuss • Employer: verbal support and offer to keep job open, provides time off for 'mental health day' • Mentor: practical help (lightening work load)

Emotionally expressive Maori men	<p>Friends:</p> <ul style="list-style-type: none"> • Informs friends, work colleagues and clients, church • Daily contact with friend <p>Older people:</p> <ul style="list-style-type: none"> • Requests advice from older people known through work who have experience, getting them talking <p>Church, Marae and AA:</p> <ul style="list-style-type: none"> • Increases attendance/re-engages with church/Marae/AA <p>God:</p> <ul style="list-style-type: none"> • Prays about specific or general concerns 	<p>*Friend(s):</p> <ul style="list-style-type: none"> • Accompanies him to appointments for diagnostic tests, discuss treatment options, pray for him and with him re treatment decisions • Bring humour • Practical help • Emotional caring • Daily contact or visiting (even at considerable inconvenience while man is in hospital) • Is 'there' for him <p>[NB: One man lost his sports friends when could no longer participate in sport]</p> <p>Church and Maori leaders:</p> <ul style="list-style-type: none"> • Prayers, blessings and encouragement • Visit in hospital with gathered supporters encouragement <p>Other Christians: offer encouraging messages from God (even at some stress to themselves because they may not know the man)</p> <p>*God: Sends people and messages which convey a sense of peace and security in feeling loved</p> <p>Work acquaintances: Encouragement, advice</p> <p>Cancer Society office staff: discuss concerns</p> <p>Men's support group and transport drivers: information and discussion</p> <p>Neighbours</p> <ul style="list-style-type: none"> • Inspiring example of neighbour who has cancer and is elderly but an athlete • Practical help
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* Indicates one participant's main supporter (only marked where the transcript makes this clear). Relevant notes from Table 1 apply.

Table 4. *Social support provided by professionals*

	Support received by man
Emotionally non-expressive Pakeha men	<p>District nurses, hospital nurses and Radiation Therapists:</p> <ul style="list-style-type: none"> • Personal sharing of themselves, matter-of-fact style protected him from embarrassment • Go to extra trouble to ensure grafts heal <p>Doctors:</p> <ul style="list-style-type: none"> • Specialists: Show respect for his opinions • *Oncologist: personally reassuring manner ('there is no panic') • Diagnosing doctor: reassures him as to worst case longevity

Emotionally expressive Pakeha men	<p>Radiation Therapists and Bone scan operator:</p> <ul style="list-style-type: none"> • Reassurance (anxious man), human warmth and caring • Provides immediate reassuring feedback after scan <p>Doctors:</p> <ul style="list-style-type: none"> • Doctor who delivered diagnosis: reassurance of likely good outcome (distressed man) • Surgeon: personal encouragement and manner showing genuine concern, effort made to accommodate man financially and with timing of consultations, provides needed information re disease and treatment process without man asking, goes to lengths to obtain extra treatment against opposition of other oncologists • Radiation oncologist: warm understanding, reassuring and encouraging him to accept treatment; accommodates and shows interest in man's unusual choice of treatment • Urologist: warm, recommends treatment 'as for his own father', gives full detail of options and unpressured choice and this is felt as support • Second opinion specialist: inconveniences himself to give useful practical advice
Emotionally expressive Maori men	<p>GP's staff: enquire as to his wellbeing, go to extra trouble to have him seen when he presents</p> <p>Maori Cancer Coordinator:</p> <ul style="list-style-type: none"> • Practical advice and help • Enquires after and discusses emotional wellbeing • Non-judging <p>Specialist doctors: genuine on-the-level caring, non-judging, gives unpressu</p>

* Indicates one participant's main supporter (only marked where the transcript makes this clear).
Relevant notes from Table 1 apply.