



## FAMILY COURT REFORM, SUICIDE, AND “REPEATED SOCIAL DEFEAT” FOR MEN

*John Davis*



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### ABSTRACT

*Fifty years of feminism in Western culture has set men up to fail in our family court systems. Feminism has been, since its inception, a political device for dividing men and women. Family courts have become gynocentric tools for divorcing spouses to abuse men. Mainstream commentators increasingly understand that the family court systems in Western countries are now normalized, and weaponized, government tools for carrying out a war on men. Because of their poor treatment in family court, men often experience repeated social defeat and its devastating consequences.*

**Keywords:** family court, feminism, males, men, repeated social defeat

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## INTRODUCTION

In the fifty years that feminism has dominated our mainstream media and institutions, we have re-defined our civilization's social contract between men and women. As we progressed into the industrial age, and more recently into the electronic age, the gender contract between men and women needed to change to adopt to modern roles for men and women. In the past fifty years, however, we have modified that contract in favor of women, yet we have almost completely neglected the needs to revise the gender social contract for men. This is especially true in our family court system in Western countries. If feminism was truly about equality, men and women would now be equal in our civilization. Equality does not exist, however, because contemporary feminism is not based upon a realistic, or fair view of men and women in the modern age.

Feminism's gains, over the past fifty years, have been at the expense of men, and based upon early, and false, medieval stereotypes of men. These stereotypes pervade family court legislation and carry over into our court systems. The thrust of feminism's political and social power has been based upon demonizing men in order to justify social and political privileges for women, while, at the same time, imposing traditional burdens on men. In addition, feminism has been increasing those social burdens on men to the point at which men are now the victims of passive-aggressive neglect, in our culture, and men are now frequently victims of actual aggression against them in our culture and all of its institutions.

Feminism has been able to achieve this imbalance by relentlessly demonizing men; a negative impression of men now saturates many of our institutions. Feminism is designed to create privileges for women in our culture, while at the same time absolving them from responsibilities. Under feminism, strict responsibilities are imposed on men, and men are denied any status that could appear to be a privilege even if that status is designed to balance men's extra responsibilities in our culture, or to protect men from abuses based on their gender. Under traditional gender roles, men and women had gender-specific privileges to balance the specialized burdens and responsibilities that each gender had in our culture.

This balance of rights and responsibilities comprised a social contract between men and women that has served humanity for well over 5,000 years. That social contract needed occasional adjustments as man's consciousness and mastery of his surroundings advanced. The

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Industrial Revolution, for instance, freed men from much manual labor, and enabled women to have paid jobs that they could perform without men's physical strength. During that period, feminists sought women's admission to many other institutions that men had created, including education and government. Most of our institutions were created by men, in male spaces, working in their leisure time to create orderly means of improving humanity's resources.

Government, over the millennia, for example, was always inextricably intertwined with military service. As a result, government's role had been mostly limited to providing for the common defense of communities of both men and women. Women never sought to participate in military service while military protection fostered them at the expense of men's lives. It was only in the 20th Century, with massive benefits and professional salaries in the military, and mechanized and computerized warfare, that women now sought military service. Under the U.S. Militia act of 1787, men were permitted to vote in exchange for their military service, so that they had a vote in the federal politicians who would risk the men's very lives for the common defense. Feminism has re-written this social contract to falsely claim that women did not participate in the military because of men's oppression.

This imbalance and shaming of men continue today, as feminism spuriously claims, for example, that women deserve equal pay with men regardless of the circumstances of their employment. Feminists seek this equal pay while men are still sustaining 92.5% of on-the-job fatalities (Perry, 2018). Instead of feminists seeking equal risks in the workplace to justify equal pay, feminists are seeking equal pay simply by falsely shaming men for gender roles in the past. This relentless shaming of men, and false claim that men and civilization oppressed women, has led our modern culture to rig all of our institutions in a manner in which men are set up to lose in any financial, legal, emotional or sensual relationship with women. The result is that men are now encountering what neuroscientists call Repeated Social Defeat (RSD).

A thorough discussion of the neuroscientific concept of Repeated Social Defeat is beyond the scope of this article. In very simple terms, RSD occurs when an animal (or human) is placed into situations, repeatedly, in which failure is inevitable. Here is a simplified example: if two laboratory mice are placed in a cage, and required to compete for food or other rewards, if the researchers rig the rewards so that only one of the subjects usually gets the reward, then

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the subject who frequently loses the rigged game will develop anxiety, brain inflammation from the stress of losing, and ultimately severe treatment-resistant depression (Golden, Covington, Burton, & Russo, 2011). Neuroscientists use rodents in these murine-studies experiments, and draw inferences about humans because the central nervous systems of rodents are remarkably similar to humans. They are not conclusively applicable to human behavior and human reactions to events; they are, however, more often than not, predictive of the results that would be obtained if we conducted the experiments on humans.

Feminism's relentless shaming, and attacks on men, have persuaded our culture to rig its institutions so that men socially fail on a repeated basis. This is especially true of family courts.

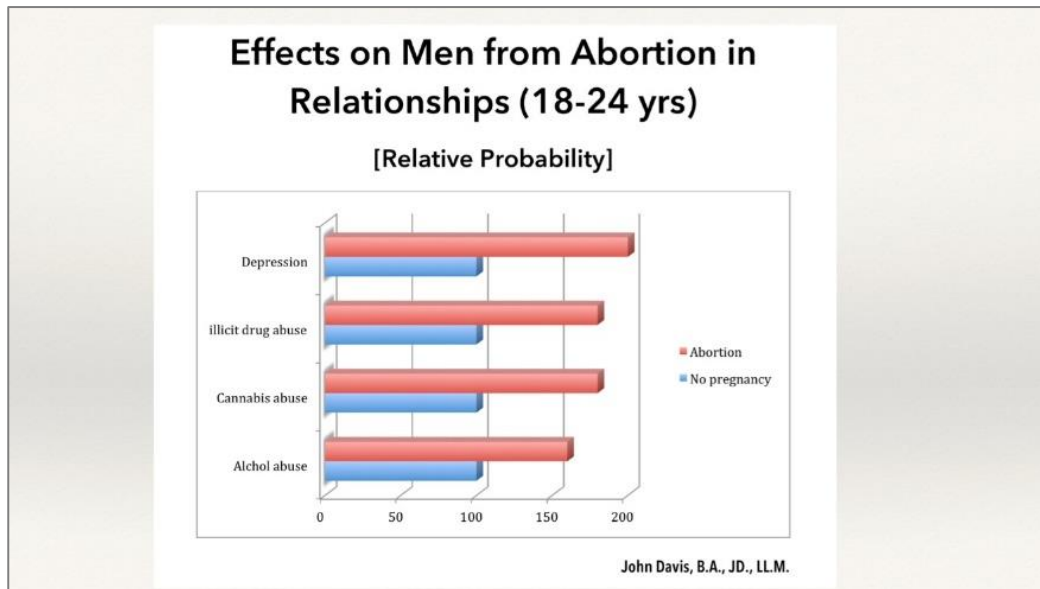
### **FAMILY COURTS: A RIGGED INSTITUTION**

Member of the Australian Parliament (MP), Pauline Hanson, has succeeded in convening an inquiry into the system of family courts in Australia. MP Hanson is the first independent woman elected to hold a position in the House of Representatives in Australia. Unlike most Australian politicians, MP Hanson has recognized the plight of men encountering repeated social defeat in our Western family courts. Ms. Hanson has succeeded in raising awareness of the high rate of suicides in Australia among men, many of which result from unfair treatment of men under the current rigged system of family courts and law. Although her inquiry is focused on Australian problems, the inquiry is the first of its kind in the world and has far-reaching support and implications. MP Hanson's One Nation party's family law and child support policy (2018) states that "support must be given to both parents through a fairer family law and child support system. Many parents are denied access to their children, with many committing suicide. Children have a right to have both parents involved in their life if the parents are deemed to be fit and able."

The systems of family courts and family law in our Western developed nations is saturated with medieval superstitions about the best interests of the child and the role that parents, especially Fathers, should have in the nurturing and development of children. Although women may be limited victims of an outdated and oppressive family law system, men are the overwhelming majority of the victims of costly, unfair, incompetent and oppressive family courts. As Senator Hanson notes in her official policy statement, many men are committing suicide as a result of being forced out of their families by an antiquated and

oppressive system that is biased against men. This antiquated and oppressive system of family courts is, literally, designed to insure breakups of families, alienation of men from their children, and official abuse of husbands and fathers.

Our system of family laws in Western culture is based in 19th century French and British laws. These laws were designed to keep families together, and spread throughout Western cultures through the pervasive influence of both the Napoleonic and British empires. In the 1970s and 1980s, Western governments began a campaign to dismantle the family laws that encouraged men and women to marry and stay married. This campaign was aimed at relieving the hardships of marriage, family and raising children. That same campaign, however, eliminated many of the legal safeguards that the 19th century had imposed on family laws to encourage the health and vitality of marriage for both men, women, and their children. For example, our cultures used to have laws against alienation of affection, holding a party outside of marriage responsible for his or her role in its dissolution. As our cultures strove to make divorce a pre-approved formality, to encourage hypergamy (women disposing of their partners, and acquiring more wealthy husbands) for financial gain, our cultures eliminated laws against alienation of affection. This freed wives and judges to exploit men in ways that are devastating and which often have serious (even fatal) consequences for men.

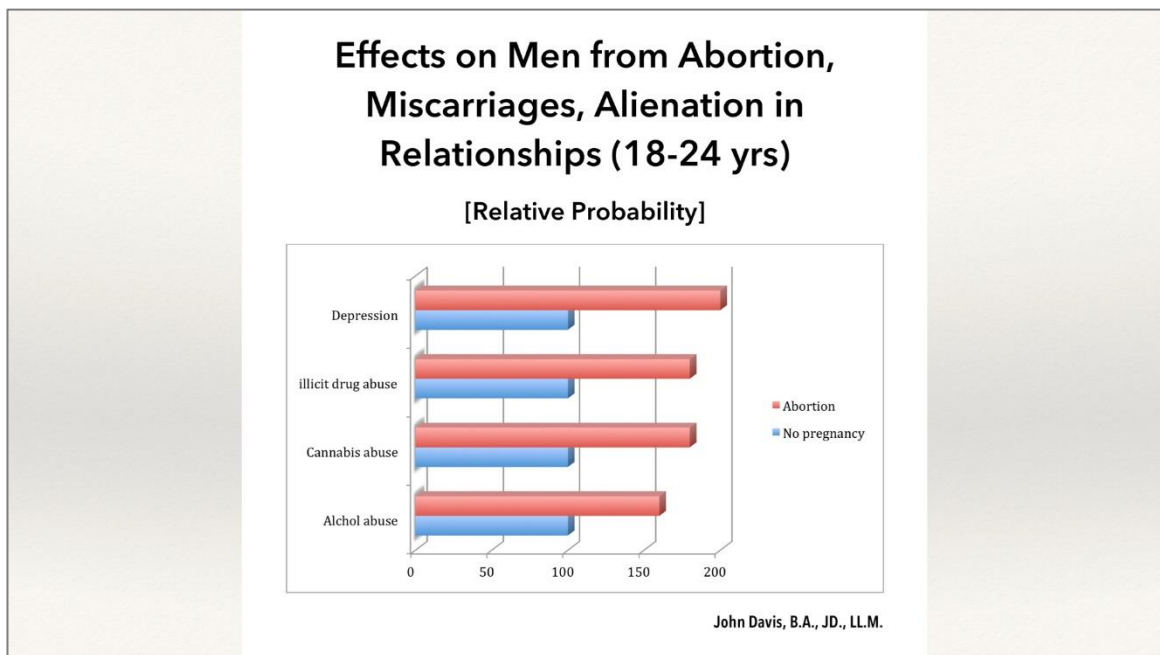


**Figure 1 .** The effects on men from abortion.

(See Dingle, K. D., Clavarino, A., Alati, R., & Williams, G. (2011) for an explanation of the graph data.)

We know from a study done in Australia, that when a man loses a baby to abortion, his risk for treatment-resistant depression, substance abuse, and other health problems dramatically increases for men (Figure 1).

Although this Australian study did not examine the effects of losing a child in the family law courts, or to an abusive spouse who withholds visitation for the father to continue the wife’s abuse of the father beyond divorce, we can hypothesize that the same injuries occur to men as a result of the family court system being rigged against them when it deprives fathers of their children, and children of their fathers (Figure 2).



**Figure 2 .** The effects on men from abortion, miscarriages, and alienation on men.

(See Dingle, K. D., Clavarino, A., Alati, R., & Williams, G. (2011) for an explanation of the graph data.)

This hypothesis is worth considering since a man who loses a child to family court abuse is likely to encounter the same neurological injuries as abortion loss when family courts, and an abusive ex-spouse, aggressively alienate him from his children.

The RSD that men encounter in the male-abusive family court system, because of extreme ideologies such as feminism, is often aggravated with another phenomenon which Senator Hanson is investigating: the phenomenon of false accusations against men in the family court system. In the United States, government studies have shown that divorcing

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spouses accuse the other spouse of domestic violence, child sexual abuse, or spousal sexual abuse in about 6% of cases (Kearns, 2018). In those 6% of cases, government studies have found that about 80% of the accusations are false. Those same studies also show that about 90% of the false accusations are made by a divorcing wife against the father. False stereotypes about men and fathers, promoted by feminist ideology, is so pervasive in our institutions, that bitter ex-wives find it easy to make the false accusations against fathers. Bitter ex-wives also find that they face little or no repercussions for falsely accusing fathers. This lack of accountability for false accusations against fathers promotes and encourages false accusations in family courts.

In the vocabulary of divorce attorneys, the tactic of a woman falsely accusing a man of some salacious abuse is known as the silver bullet. A woman falsely accusing a man in a divorce proceeding of sexual assault, child sexual abuse, domestic violence, or some other salacious conduct, almost immediately deprives the father of custody of his children. In the U.S. as well as Australia, courts freely hand out temporary restraining orders against the father to ensure the Father becomes homeless, and deprive the Father of contact with his children.

Using false accusations against the father is a form of kidnapping, known broadly as parental alienation. It not only deprives the father, immediately, of his contact and affection of his children, but often imposes massive legal costs on the Father to regain contact with his children, and for the children to regain the father's protection from an abusive mother. It can, and usually does, take years for the father to disprove the false accusations against him. In the meantime, the mother is able to harass the father with endless court hearings, while the mother brainwashes the children to hate the father. The mother also uses these delays and harassment tactics to increase her bonding with the children so that it takes years for the father to re-establish his bonds, with his own children, after he is able to finally disprove the allegations against him and regain visitation or custody.

When an abusive wife uses the silver bullet, the burden is on the father to prove he is innocent. This is not a law, and actually is contrary to law, but judges disregard the laws protecting due process for the father and the children because of false stereotypes that persist as a result of extreme feminist ideology. These false stereotypes are common among family court judges and persist, relentlessly, to empower the family courts as engines of abuse against

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fathers and husbands. These false stereotypes are most commonly held by male judges in the family courts, however, they also exist among many female judges. Feminists refer to this phenomenon of male judges (especially those male judges with daughters) as the chivalry hypothesis. The chivalry hypothesis includes the findings, in feminist reports, that male judges with daughters, and male judges in general (as well as female judges), tend to apply false and harsh stereotypes to the men who are accused in the court system. The false stereotypes against men and fathers are relentlessly promoted by the mass media, women's groups, feminist organizations, and feminist-driven family court advocates. The government funds the wide and intense dissemination of these false stereotypes by massive funding of one-sided violence against women programs.

On the issue of violence against women, men's groups, such as Domestic Violence Awareness Australia (2018), have pointed out that women in Australia, for instance, are more violent towards men, women and children than men (Figure 3). In terms of murders in domestic violence, in general, women are also more violent towards men and children than men (Figure 4).

Yet, all of our Western institutions, including in Australia, relentlessly portray the fiction that men are violent towards women, and that women are always innocent victims of men's violence. The relentless bombardment of mass media messages against fathers and men, and the rigged institutions that are driven by these false stereotypes, sets men up for repeated social defeat in any interactions with women, and the government system of family assistance. For example, in Australia, government assistance programs on domestic violence are rigged to portray men only as perpetrators, and never as victims. The Violence against Women, "Let's Stop It at the Start" (2019) campaign materials are so one-sided in favor of women as victims, and men solely as perpetrators, that they qualify as propaganda



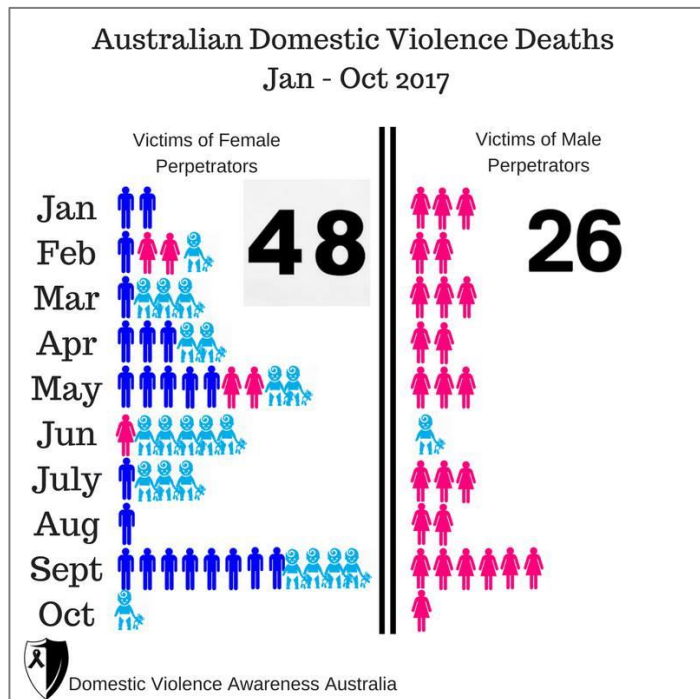


Figure 3 . Australian domestic violence deaths, January - October, 2017.

(See <https://www.dvaa.com.au/true-statistics> for more information.)

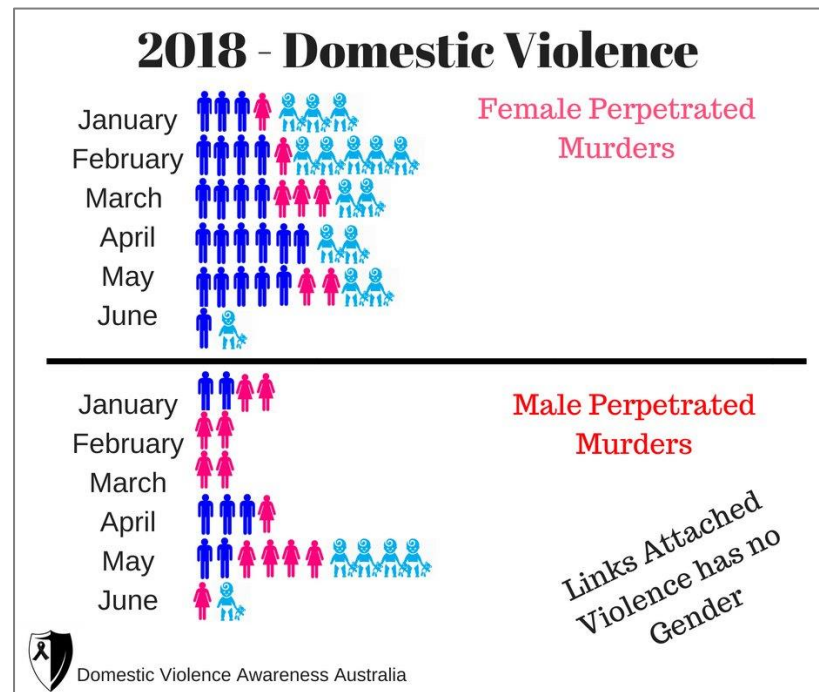


Figure 4. 2018 domestic violence.

(See <https://www.dvaa.com.au/true-statistics> for more information.)

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This type of misandry saturates the family system in Australia (as with the misandry that saturates family institutions in other countries); there is a high probability that any man who even so much as has a relationship with a woman in Australia will encounter repeated social defeat in any interactions with women or institutions. This repeated social defeat is often deadly to men.

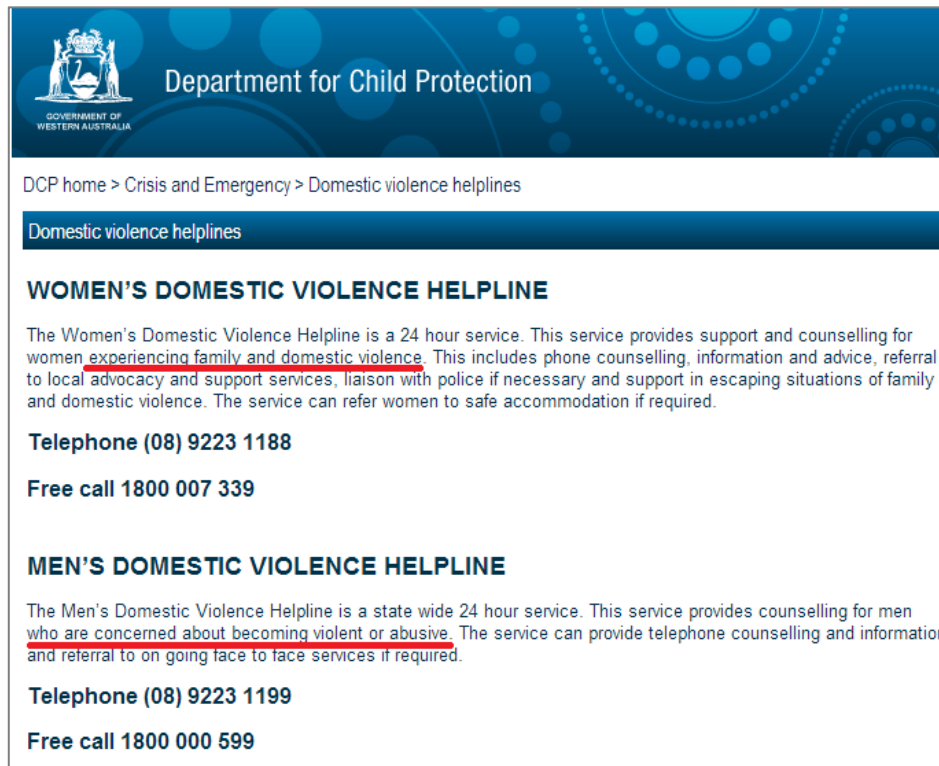
## **REPEATED SOCIAL DEFEAT AND MALE SUICIDE**

We are only now beginning to understand how gender imbalances in our institutions cause more than a few men to commit suicide. In addition to causing men to suicide, rigging our institutions so that men encounter repeated social defeat also imposes treatment resistant depression on countless millions of men, with resulting high costs to our economies, and untold suffering among those men. Many people question how men can be abused by the system when men are not the victims of direct violence by the system. Arguably, arresting men based on false accusations of domestic violence is, itself, a form of violence against men.

Our cultures and our governments also passive-aggressively abuse men by neglecting men in addressing domestic violence, sexual abuse and alienation from their children. Governments have spent billions on programs pertaining to the family; however, those heavily funded programs are designed to exclude men as victims of domestic violence by women, or sexual violence by women, or the severe violence inflicted on men by depriving them of their children.

In Australia, for instance, the government provides tens of millions of dollars in support for women who are victims of domestic violence, but that support expressly excludes men except to treat men as perpetrators of domestic violence.

The resources below from Western Australia are typical of Australia's approach to family concerns thus far (Figure 5). This suggests the government provides counseling, support and legal assistance to women who accuse men of domestic violence; however, men are offered help only if they admit that they are domestic abusers and deny that they are victims. These services were recently updated (2019) to acknowledge that males and females might perpetrate as well as experience domestic violence.



Department for Child Protection  
GOVERNMENT OF WESTERN AUSTRALIA

DCP home > Crisis and Emergency > Domestic violence helplines

Domestic violence helplines

**WOMEN'S DOMESTIC VIOLENCE HELPLINE**

The Women's Domestic Violence Helpline is a 24 hour service. This service provides support and counselling for women experiencing family and domestic violence. This includes phone counselling, information and advice, referral to local advocacy and support services, liaison with police if necessary and support in escaping situations of family and domestic violence. The service can refer women to safe accommodation if required.

**Telephone (08) 9223 1188**

**Free call 1800 007 339**

**MEN'S DOMESTIC VIOLENCE HELPLINE**

The Men's Domestic Violence Helpline is a state wide 24 hour service. This service provides counselling for men who are concerned about becoming violent or abusive. The service can provide telephone counselling and information and referral to on going face to face services if required.

**Telephone (08) 9223 1199**

**Free call 1800 000 599**

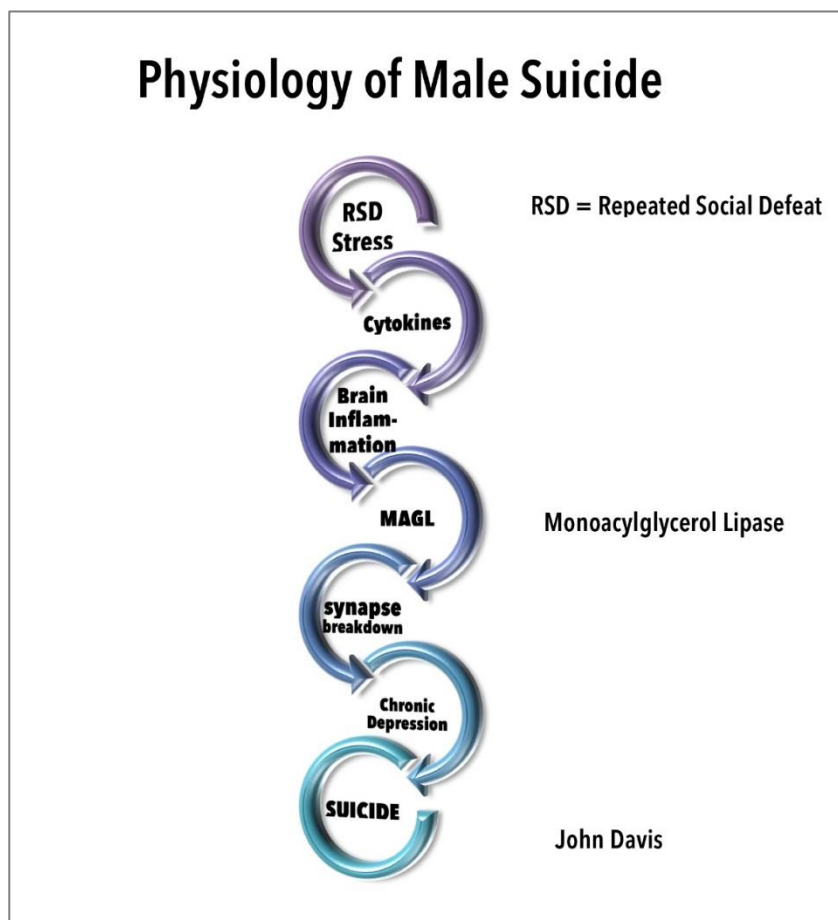
**Figure 5.** Domestic Violence Helpline promotional material by the Government of Western Australia.

In a typical family court abuse scenario, women accuse men, routinely (and falsely) of domestic violence. The court issues an abusive restraining order, with little or no scrutiny, against the man, and without any fair hearing. This immediately creates extraordinary stress on the man by evicting him from his home, isolating him from his children, imposing burdensome legal expenses on the man, and interfering with his daily routines and abilities to make a living.

The resulting stress to men begins a process that continues, in most cases, for years, in which the man is subjected to relentless stress. Men are biologically equipped to deal with acute (short term) spikes in stress. However, when that stress is prolonged, over a long period of time (months or years) it physically harms the man because no one is equipped to handle long-term stress without physical consequences. The stress continues with events in family court as a man is frequently required to prove his innocence against false accusations by an abusive wife. After the initial restraining order, most of which are issued on false accusations, abusive spouses will often falsely accuse the man of sexual violence or domestic violence in order to use the court to kidnap the man's children and alienate the man from them. The

resulting alienation from the support and affection of his children leads to further prolonged stress and depression. The man will continue to encounter social defeat in the family court process, one after the other, as he tries to prove his innocence in a court that is heavily pressured to believe the false accusations against the man.

The image below (Figure 6) illustrates how repeated social defeat in the family court system physically injures the man. In very simple terms, here is what happens, physically, to the man when he is subjected to careless, repeated and abusive defeats in the family court system.



**Figure 6.** Physiology of Male Suicide

The repeated social defeats cause the man’s body to respond to the stress with sustained secretions of adrenaline, cortisol, and other physical reactions to the stress (cytokines). These normal bodily secretions, when sustained over long periods of time, cause brain inflammation (Bullmore, 2018). This is true in all people, but since men’s bodies are designed to secrete

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cytokines more than women, to cope with stress, the effect is much more serious in men than women. The body responds to the brain inflammation with (among many other responses) heavy secretions of a substance known as MAGL (mono acylglycerol lipase). MAGL destroys the important chemicals in the brain that are necessary for a man's healthy functioning of his brain. Depression results from the physical assault on the man's brain, and if the sustained stress continues, ultimately creates what neuroscientists call treatment-resistant depression.

Treatment resistant depression is a form of depression which is resistant to anti-depressants and other forms of medication for depression. It is also non-responsive to most forms of cognitive therapy. Recent studies show that when treating men for treatment resistant depression, anti-depressants, alone, are rarely effective unless the physician also treats the underlying brain inflammation. Few professionals treating depression in men, however, have been informed of these recent advancements in neuroscience and psychiatry.

Men's biological response to depression is genetically different than women's response (Seney et al., 2018) (Figure 7). Because our culture has a mistaken stereotype of depression (we think of it only as sadness) men's symptoms of depression are often overlooked, misdiagnosed, and punished in family courts as well as in most aspects of our society. Men's depression often results in episodes of anger and aggressiveness, as well as biologically compelled substance abuse. This illustration lists the genetically programmed responses that men exhibit in response to prolonged stress and treatment resistant depression:

Our family court system, and our criminal court systems, often treat these symptoms of depression in men as domestic violence or abuse, when, in fact, the rigged family court systems are often causing these biological reactions in men. The family courts are causing these reactions in men by rigging the system against men, and imposing serious injury on men by the courts' active and passive-aggressive abuse of men.

It is important to understand that not all men will become suicidal victims of these family court abuses; however, most (if not all) men are susceptible to stress from repeated social defeat in family court abuses. Whether they succumb to clinical depression and suicide depends on many variables such as age, physical health, physical limitations, race (some racial genetic characteristics make some men more susceptible to depression than others), economic

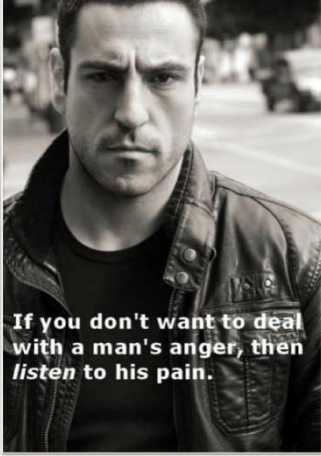
well-being, and many other variables. It is also important to note that just one instance of family court abuses harming a man is one too many. There is no excuse for these family court abuses and every man forced into the system of family courts is likely to encounter one or more of the court system's abuses.

## Men's Depression is Different from Women's

**Different Effects of Depression in Men:**

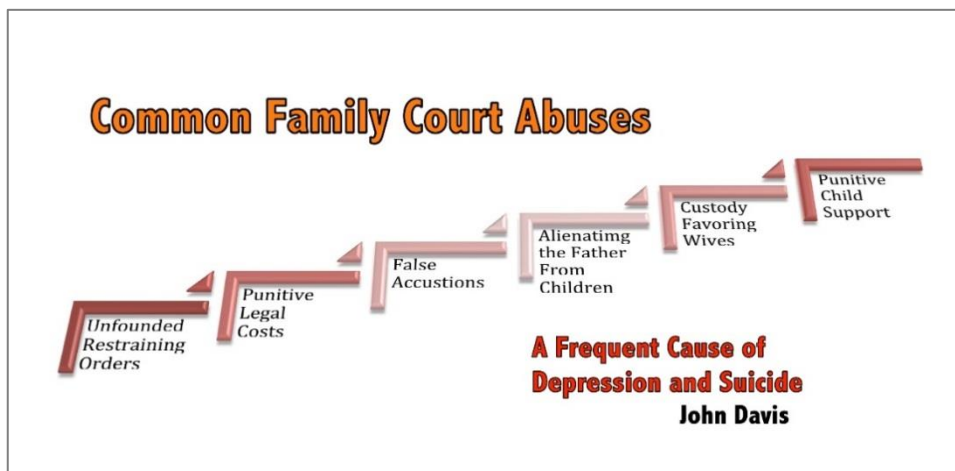
Men show other signs of depression that may differ from women. These include:

- **Abusing alcohol** or other substances
- Escaping by staying at work late, playing a lot of video games or spending a lot more time working out or playing sports
- Risk-taking, like driving recklessly or while drinking
- Being irritable or frequently exploding in anger
- Becoming controlling, violent, or abusive



**Figure 7.** Promotional material highlighting some of the symptomatology of depression in men.

We can diagram some of the most common abuses as follows (Figure 8):



**Figure 8.** Commonly applied Family Court abuses frequently resulting in depression and suicide in men.

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## REFORMING FAMILY COURTS

A reform of family courts is not only appropriate, but necessary for a fair administration of human rights for both genders. Hopefully, Senator Hanson's family court inquiry will raise awareness of the serious imbalance in the treatment of men in family courts, and propose changes that will restore fairness. Restraining order abuse should be the inquiry's first focus. In Australia, as in most Western court systems, judges hand out restraining orders in favor of women as if they were candy. These restraining orders create an immediate smear on the record of the man who is the target, and that record follows him for the rest of his life. The restraining orders unfairly eject the men from their home and make them immediately homeless. In addition, judges have such low standards for issuing restraining orders against men that they are issued and kept in place until such time as the man can prove he is innocent. That process, of a man proving he is innocent of false accusations in restraining order abuses, can take years and cost tens of thousands of dollars.

In the US, government studies have found that about 70% of restraining orders that are issued are based on false accusations ("False," 2011). To protect the accused from false restraining orders, there is no harm in limiting the restraining order until a full trial is held, and there is no harm in ordering the accuser to also refrain from harming the accused or any children involved. Most importantly, the standard of evidence used in deciding to issue a restraining order (either a permanent or a temporary restraining order) must be at least clear-and-convincing evidence, or evidence beyond a reasonable doubt. All of the orders and abuses in family courts seriously affect the property and liberty interests of the person to whom the order is directed. Such serious orders should be determined on the basis of at least clear and convincing evidence instead of the whims of a family court judge guessing as to which party is telling the truth by a preponderance of evidence. This, alone, would prevent many of the notorious delays in family courts, and the enormous expense and stress that accompany those delays.

Many accusations made between spouses in family courts are not based in reality. Many of them are exaggerated claims based only on the spouse's bitterness toward the other spouse. This notorious bitterness creates false memories, false accusations and unnecessary stress and harm to at least one of the spouses and clogs the courts with unnecessary hearings. One

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prominent lawyer-and-psychologist, Robert W. Kearns (2018), describes the problem as follows:

A false accusation of child abuse is one of the gravest offenses one can allege against a parent. In our society there is a bright line standard that if a child is abused, the law steps in to shield the child from the attacker, but what happens when our legal system is manipulated so as to trick a court into protecting a child from an innocent parent? The welfare of a child cannot be recognized when he or she is fractioned from a qualified parent because an opposing parent cried wolf and knowingly made false accusations against the other of abuse to gain custody of the child, and the shadow of the allegation of one of the most heinous crimes known to man hovers over the wrongly accused parent for the rest of his or her life.

Mr. Kearns delineates four reforms to family court laws to address the increasing threat to children and parents (mostly Fathers) from false accusations in child custody proceedings:

- (1) a strong, deterrent effect recognized through penalties to the falsely accusing parent, that are proportionate to the damages on the parent and child caused by the accusation;
- (2) an allowance for recovery of damages from the accusing parent once the accusations are known to be false without having to prove any culpable state of mind on the part of the false accuser; (the child and wrongly accused parent should be entitled to compensation even if the false accuser was simply mistaken);
- (3) a requirement that false accusations be reported to law enforcement to preserve evidence; and
- (4) a remedy for the alienation between the child and accused parent [usually the father] that can result from the making of false allegations.

The field of reform in family courts is saturated with feminist advocacy decrying the need for reform, or to protect children and fathers from false accusations in child custody disputes. Nevertheless, the serious damage done to the children and a falsely accused parent compels reform of the courts to avoid, punish and deter the use of false accusations (including mistaken accusations) with intensity.



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One of the most significant reasons that family courts are in disarray, and abusive, lies in legislatures delegating almost unlimited discretion to family court judges in all matters. This results in vast differences in the outcomes of family court cases, varying from judge to judge, and results in the many injustices and abuses that we now see in family courts all over the Western world. Legislators addressing family courts need to issue clear, objective and defined laws in family court cases, and devise a legislative scheme that ensures the laws will be enforced in a gender-neutral manner. For example, feminists are fond of pointing out that men are rarely denied custody orders in family courts. The problem is not with the statistics. The problem is with enforcing the orders.

Many abusive mothers will deny men actual custody, by refusing to cooperate with the father. The courts and the police will rarely, if ever, recognize that the abusive mother passively-aggressively imposing obstacles on the father exercising the children's rights to see him, is a form of domestic violence and a de facto (as a matter of fact) means of kidnapping (if only temporary) the children from the father. This form of abuse, by passive-aggressive mothers, unaddressed and un-remedied by the family courts, the police, and the rest of our institutions, creates enormous stress for fathers trying to help and protect their children. This stress of trying to enforce child custody orders, with constant passive-aggressive harassment from abusive ex-spouses, can be devastating to many vulnerable fathers in terms of inducing and maintaining treatment resistant depression in the father.

Although child support orders (often punitively entered against the father simply because he is a man, and simply because he fathered a child) receive routine police enforcement from the family courts and law enforcement, the father's rights to help and protect his children, embodied in custody orders, almost never receives any enforcement assistance from government programs and institutions. Men punitively go to jail for not paying child support, yet abusive mothers, who deny the father contact with the children, routinely escape any accountability from family courts and law enforcement. This relentless abuse of fathers by a system that favours punitive child support against the father, and permits relentless abuse of fathers by an ex-spouse, is driving more than a few men to experience repeated social defeat, clinical depression, and treatment-resistant depression. Some men succumb to suicide.

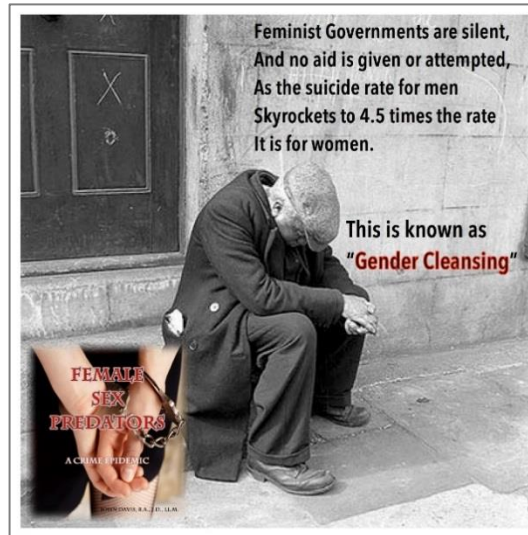


Figure 9. Gender cleansing

This abuse of men and fathers in family courts, take an incalculable toll on the economies of Western nations, and on the lives of fathers and children, in nations that have not reformed family courts to treat men on an equal basis with women. This needs to change, and Senator Hanson's inquiry into the Australian system of family courts is a good first step to reform.

Note: All of the images presented in this paper are either in the public domain or those of the author.

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## AUTHOR PROFILE



**John Davis** is a retired public official and international lawyer who writes on current gender issues. He was educated at Case Western Reserve University (BA), Seattle University School of Law (JD), and New York University School of Law (LL.M post-doctoral). John is fluent in seven languages (including ancient Latin and Greek). He has held positions such as Assistant Attorney General, United States Speaker, and Assistant District Attorney, Chief Wing JAG, U. S. Air Force Auxiliary, and Supreme Court Law Clerk. The author of eight books, John currently edits *Gender Studies for Men*, which publishes "balanced discussions of contemporary gender issues" on medium.com.

Contact details: [facebook3337@gmail.com](mailto:facebook3337@gmail.com)

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