Building Resilience in Australian Farming Communities: The relationship of farm and family to well-being

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Background: Qualities of resilience have been strongly identified within farming populations. This resilience is being challenged, with high suicide rates raising concerns about the mental health of the farming population. This research explored those factors which impacted the resilience of farming families of Australia. **Methods:** Interviews were conducted ($N = 53$ participants) and analysed using Grounded Theory and Content Analysis. Based on qualitative findings, a subsequent sample ($N = 278$) of farming families from across Australia completed a survey. Measures of stressors, work-life balance, coping, buffering characteristics and well-being were distributed. **Findings:** Outcomes suggested themes of commitment and identification with farming helped build resilience. Path analysis indicated that buffering characteristics mediated and moderated the impact of stressors and role interference on indicators of well-being, χ^2 (18) = 23.98, $p = 0.156$. **Discussion:** Recommendations were made for raising awareness to the farming community of the risk factors for poor health and suggestions for increasing the resilience of groups at-risk of poor well-being.

"Your cuts are yours": the negotiation of identities on online self-injury discussion boards

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Background: Despite self-injury being relatively common, there is little agreement as to how it should be described or understood. Proposed explanations focus on self-injury as negative behaviour and pay little attention to the meanings for those involved. Here, we examine how self-injury is negotiated in online discussions. **Methods:** Threads from three online discussion boards were selected for analysis. These data were analysed using discourse analysis, to examine how contributors interactionally negotiated the meanings of self-injury and the identities that resulted. **Findings:** Contributors commonly evaluated self-injury in terms that were positive or potentially positive rather than describing it as problematic. Where self-injury was described as problematic, it was attributed to failure on the part of others rather than of the individuals themselves. **Discussion:** In these contexts, individuals who self-injure resist being accountable for harmful behaviours. The resulting identities pose challenges for interventions designed to reduce instances of self-injury.

The psychological benefits and challenges of participation in organized outdoor activities

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