

Mixed Methods for Study of Male Victims of Sexual Assault and Their Recovery Phases

Standpoint of Help-Seeking Styles

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Abstract

There are not many studies in Japan on male victims of sexual assault, especially regarding the recovery process. Against that backdrop, this study discusses the recovery phases of male sexual assault victims. Quantitative data from twenty-seven male sexual assault victims through online survey and qualitative data from one male victim by Trajectory Equifinality Approach have been collected. Through convergent mixed methods design, qualitative and quantitative data was integrated and eight inferences were generated. As a conclusion, not being able to or not wanting to seek help is not a malfunction of the recovery process but is rather a positive survival strategy. Recovery is not a process to a specific aim but rather staying positively active in life is.