



The Role of Self-Construal and Perceived Social Support in Prediction of Attitudes Toward Seeking Professional Psychological Help

İlhan Yalçın¹

Abstract

This study aimed to investigate sources of social support and to examine predictive power of self-construal and social support on attitudes toward seeking professional psychological help among young adults. Study group consists of 229 young adults who are university graduates. Attitudes toward Seeking Psychological Help Scale-Shortened, Relational, Individual, and Collective Self-aspects Scale, and Multidimensional Scale of Perceived Social Support were utilized to collect the data. Data were analyzed using frequency, percentage, and stepwise regression analysis. It was found that participants share problems primarily with their parents, spouses, and friends. Regression analysis revealed that individualistic self-construal, collectivistic self-construal and perceived social support from friends significantly predicted attitudes toward seeking professional psychological help. Individualistic self-construal and perceived social support from friends positively predicted attitudes toward seeking psychological help, whereas collectivistic self-construal negatively predicted attitudes toward seeking professional psychological help. The findings obtained from the study were discussed in the light of the related literature and some suggestions were made for future research.

Keywords

Seeking professional psychological help
Self-construal
Perceived social support

Article Info

Received: 12.02.2014
Accepted: 14.12.2015
Online Published: 17.02.2016

DOI: 10.15390/EB.2016.3083

Introduction

Many studies in the field of psychological counseling and psychotherapy suggest that psychological treatment plays an effective role in solving problems. It is nevertheless known that a great number of people faced with psychological problems do not seek professional psychological help (Vogel, Wade, & Haake, 2006). Seeking professional psychological help means a good source of support for some people while it may be perceived as a threat by some others (Türküm, 2004). Attitudes toward seeking psychological help have been studied since 1970s in the international literature (Mackenzie, Knox, Gekoski, & Macaulay, 2004). Seeking help means, in general terms, the behavior of asking for help from another person actively. This behavior is an action that generally involves understanding, suggestions, treatment and support in the face of a problem experienced. Nonprofessional help is based on social relationships with family and friends. The behavior of seeking professional psychological help

¹ Ankara University, Faculty of Educational Sciences, Division of Guidance and Psychological Counseling, Turkey, yalcini@ankara.edu.tr

involves receiving support from professionals with a defined role and appropriate educational background in the field of mental health (Rickwood, Deane, Wilson, & Ciarrochi, 2005).

One of the approaches related to seeking professional psychological help is defined as approach-avoidance conflict. Kushner and Sher (1989) (as cited in Vogel, Wester, & Larson, 2007) explained the act of seeking professional help as an approach-avoidance conflict. The level of an individual's problem and their willingness to fix this problem are defined as the approach factor, which increases the likeliness of seeking psychological counseling service. On the other hand, avoidance factors such as the risk of being perceived as having lost one's mental health reduce the likeliness of seeking psychological help. In view of this conceptual framework, it is considered that as individuals proceed with the decision to seek psychological help, they are more likely to be faced with stronger avoidance factors.

Another approach related to seeking psychological help depends on the Ecological Systems Theory, developed by Bronfenbrenner (1994). In this model, the act of seeking professional psychological help was considered at the levels of macrosystem, exosystem, mesosystem and microsystem. In this respect, general social effects on individuals (ethnicity, generation effects, etc.) fall under the category of macrosystem, characteristics such as culture and stigma under exosystem, factors such as family structure, environment and social support, which are likely to affect seeking professional psychological help, under mesosystem, and individual characteristics (e.g. age and gender) under microsystem (Rodgers, 2009; Takayama, 2010). This theoretical framework suggests that research on seeking professional psychological help focuses generally on individual, environmental and cultural factors.

Studies in Turkey and abroad have shown that the act of seeking professional help is associated with different factors. Among these factors are gender (Soorkia, Snelgar, & Swami, 2011; Şahin & Yüksel Uyar, 2011), stigmatization (Reynders, Kerkhof, Molenberghs, & Audenhove, 2014), presence of a family member that previously received psychological help and level of education (Rougier, 2011), reception of previous psychological help (Erkan, Özbay, Cihangir Çankaya, & Terzi, 2012a; Türküm, 2005), gender roles (Kalkan & Odacı, 2005; Özbay, Terzi, Erkan, & Cihangir Çankaya, 2011; Türküm, 2005), intention to seek help (Roldan-Bau, 2013), extraversion, agreeableness and openness to experience (Atik & Yalçın, 2011), shame (Quach & Hall, 2013), self-concealment (Özbay et al., 2011), self-construal and social support (Koydemir Özden, 2010), social support from a significant person, problems with the family, sexual problems and academic problems (Erkan et al., 2012a), personal growth initiative and mindfulness (Oluyinka, 2011), and attachment styles and rumination (Turan & Erdur Baker, 2014). In general terms, these studies show that female students adopt more positive attitudes toward seeking psychological help than male students, and that receiving psychological help previously or the presence of a family member that received psychological help previously has a positive impact on the behavior of seeking psychological help. The studies further suggest that personal characteristics such as low level of shame, high level of personal growth initiative and mindfulness, agreeability and openness to experience are positively correlated with the behavior of seeking psychological help.

The literature presents research on the effects of cultural factors on individuals, in addition to the studies that concentrate on various aspects of attitudes related to seeking professional psychological help. A number of studies indicate that the meaning that individuals attribute to psychological problems, the ways of coping with such problems and attitudes toward seeking professional psychological help may vary according to sociocultural factors (Koydemir Özden, 2010; Omizo, Kim, & Abel, 2008). One of these factors is the self-construal. In this study, self-construal is categorized into individualistic, relational and collectivistic self. Individualistic self refers to autonomy and uniqueness of an individual as well as the clear-cut distinction between an individual and others. This self-construal involves independence from other people and the social environment. Relational self refers to self-definition of an individual in terms of their relations with other people, the quality of such relations, the individual's role in interpersonal relations and common characteristics with other people. This self-construal is related, in general terms, with the psychological orientation that includes interpersonal

relations, intimacy and interdependence. Collectivistic self refers to self-definition of an individual in terms of membership to groups and social milieus. This self-construal tends to uphold group norms, roles and statuses that are defined jointly (Kashima & Hardie, 2000). In the related literature, it is underlined that individualistic characteristics are more common in Northern and Western Europe and North America whereas collectivistic characteristics are more common in Asia, South America, Southern Europe and Africa (Markus & Kitayama, 1991). It is argued that the traditional Turkish family structure mostly includes close relations with the family, relatives, and neighbors (Karakitapoğlu Aygün, 2004) which is associated with collectivistic characteristics. Some studies nevertheless suggest that it is not possible to make a rough classification of individualistic and collectivistic tendencies of the Turkish culture (Göregenli, 1995). In the same vein, Kağıtçıbaşı (1996) contends that a person may adopt both individualistic and collectivistic approaches in different situations and times. Kağıtçıbaşı (1996) also suggests that individuals may have the need for autonomy and the need for being attached to someone else at the same time. That is why the relational aspect is used in addition to individual and collective aspects for the evaluation of self-construal (Ercan, 2008).

There are various studies that concentrate on attitudes toward seeking professional psychological help from the perspective of self-construal. For instance, a study conducted with American undergraduate and graduate students of Asian origin (Shea & Yeh, 2008) deals with the relationship of attitudes toward seeking professional psychological help with cultural values, stigmatization and self-construal. The study reports that low level of stigmatization and high level of relational-interdependent self-construal are associated with positive attitudes towards seeking psychological help. However, another study with Asian immigrants living in the US shows that individuals with interdependent self-construal are less willing to seek psychological services (Barry & Grilo, 2002). Another study in the literature makes a comparison between American graduate students and Turkish graduate students studying in the US with regard to attitudes toward seeking professional psychological help (Keklik, 2009). The study results do not present a significant difference between two groups with regard to attitudes toward seeking professional psychological help. Koydemir Özden (2010) carried out a study with university students and found that individuals with individualistic and relational self-construal developed more positive attitudes toward seeking psychological help than individuals with collectivistic self-construal. Another study focused on the power of self-construal to predict attitude toward seeking psychological help among Taiwanese high school and university students (Yeh, 2002). It was found out in this study that interdependent (relational) self-construal and independent (individualistic) self-construal positively predict attitudes toward seeking psychological help while collectivistic self-esteem negatively predicts them. In other words, as individuals' dependence on collective groups increase, their attitudes toward seeking psychological help become negative.

Another important factor related to seeking professional psychological help is perceived social support. Research findings indicate that individuals receiving psychological and material help from family members, spouses and friends have better general health condition than individuals receiving less help (Cohen & Wills, 1985). Social support protects individuals from harmful effects on mental health of many negative events in life (Özkahraman, Yıldırım, & Şahin Altun, 2011). In Turkey as well, family holds a significant place in individuals' life. Family members are close to each other in both emotional and physical terms. The results of a study with Turkish university students show that perceived social support from family and friends positively predicts attitudes toward seeking professional psychological help (Koydemir Özden, 2010). Another study conducted with university students in Turkey reveals a positive correlation between perceived social support and attitudes toward seeking professional psychological help (Topkaya & Büyükgoze Kavas, 2015). The results of another study with adults in Turkey demonstrate that individuals with perceived social support from their spouse and friends develop more positive attitudes toward seeking psychological help (Arslantaş, Dereboy, Aştı, & Pektekin, 2011). Other studies conducted with university students in Turkey also suggest that perceived social support from friends or significant others and general social support positively predict attitudes toward seeking psychological help (Çebi, 2009; Meydan & Lüleci, 2013). In

a study conducted with Ghanaian university students (Andoh-Arthur, Asante, & Osafo, 2015), it is found that perceived social support positively predicts the intention to seek psychological help. Cramer (1999) introduced a model, where he argues that any decrease in social support perceived by individuals increases psychological problems, and this enhances the possibility of seeking psychological help. Supporting this model, Vogel and Wei's (2005) research with American university students suggests that perceived social support predicts the intention to seek psychological help because of increased psychological problems. Nevertheless, a meta-analysis shows that there is a positive correlation, but a correlation with a small effect size, between the attitude toward seeking professional psychological help and perceived social support (Nam et al., 2013).

The research findings summarized above were mostly obtained from studies conducted with university students. The participants of the present study are young adults with a university degree. The transition to professional life after university education is one of the most significant stages in life. This period generally includes the process between completion of higher education and permanent employment in a workplace. Individuals are required to take important decisions during this process. For instance, they have to decide on whether to continue graduate studies, what type of work they look for and marriage (Schoon & Silbereisen, 2009). During this process, individuals are likely to need professional psychological help. Based on this point of departure, this study sets out to determine the sources of help/support individuals primarily resort for the solution of problems they encounter and to find out to which extent the level of perceived social support predicts attitudes toward seeking professional psychological help.

Method

The Participants

This study was conducted with 229 individuals with a university degree, who attended the teacher training certificate program of a university. In the group, 183 participants were female (79.9%) and 46 were male (20.1%). The age of participants ranged from 21 to 44, with a mean of 26.57 (Sd= 4.08). One hundred fifty five participants reported to be single (67.7%) while the remaining seventy four were married (32.3%). In the group of participants, 34 people mentioned that they received professional psychological help previously (14.8%) whereas 194 mentioned they did not (84.7%). One participant did not answer this question.

Data Collecting Instruments

Attitudes toward Seeking Psychological Help Scale-Shortened (ATSPHS-S): The ATSPHS-S, used to assess the participants' attitude toward seeking professional psychological help, was developed by Türküm (2001). This five-point Likert scale consists of 18 items. The higher the score received in the scale, the more positive the attitude toward seeking psychological help is. The Cronbach's alpha internal consistency coefficient of the scale is .90, and 10-week test-retest reliability was calculated as .77 (Türküm, 2001). For the purpose of this study, the internal consistency of the scale was found to be .83.

Relational, Individual, and Collective Self-aspects Scale (RIC): The RIC scale was developed by Kashima and Hardie (2000) in order to measure individual, relational, and collective self-aspects. The scale consists of 10 succeeding items that reflect each of three self-aspects (30 items in total). In the original version, the internal consistency coefficients are .72 for the individual subscale, .81 for the relational subscale and .78 for the collective subscale. The scale was adapted into Turkish by Ercan (2008). The Turkish version of the RIC scale comprises 27 items, i.e. nine items in each subscale. In the Turkish version, the internal consistency coefficients are .73 for the individual subscale, .68 for the relational subscale and .77 for the collective subscale. In the present study, the internal consistency coefficients are respectively .68, .58 and .66.

Multidimensional Scale of Perceived Social Support (MSPSS): The MSPSS was developed by Zimet, Dahlem, Zimet and Farley (1988) in order to measure the perceptions of support from family, friends and a significant other. The scale consists of three subscales, each of which comprises four items (12 items in total). In the original version of the scale, the internal consistency coefficient is .87 for family

support subscale, .85 for friend support subscale, .91 for significant other subscale, and .88 for the whole scale. The MSPSS was adapted into Turkish by Eker and Arkar (1995). The Turkish version has an internal consistency coefficient of .85. In the present study, the internal consistency coefficient is respectively .81, .91 and .95, and .87 for the whole scale.

Procedure

The data collecting instruments were administered to a total of 245 people. The scales were revised before data analysis, and the forms of three participants were eliminated from the dataset because they were incomplete or included inaccurate information. Afterwards, the responses of 10 participants were also excluded because their z value was beyond the limit of ± 3.29 in the univariate outlier analysis. Mahalanobis distance value was adopted in multivariate outlier analysis, and three cases were excluded from the study accordingly. Multicollinearity was calculated based on the Variance Inflation Factor (VIF), where it was found that all values were below 10 and there was no tolerance value close to zero. Durbin-Watson values were used to test whether there was autocorrelation between the values observed, and it was found that the values were between reference parameters (2.04). As a consequence, the data collected from 229 participants were used for analysis purposes, and the assumptions were met. Frequency distribution, percentages and stepwise multiple regression analyses were used for data analysis.

Findings

Participants' Sources of Social Support

The participants were asked with whom they primarily shared a psychological problem they encounter. In the study group, 66 (28.8%) reported that they shared it with their parents, 60 (26.2%) with their spouse, 57 (24.9%) with their friends, 32 (14%) with their elder sister or brother, 4 (1.7%) with specialists, and 3 (1.3%) with their relatives. Seven participants (3.1%) did not answer this question.

Prediction of Attitudes toward Seeking Psychological Help

Correlation analysis was conducted to find out the relations between dependent and independent variables. The correlation values between variables, mean values and standard deviation values are presented in Table 1.

Table 1. Means, Standard Deviations, and Pearson Correlation Coefficients of Variables

Variables	\bar{X}	Sd	r							
			1	2	3	4	5	6	7	
1. Attitudes	74.05	8.60	-							
2. Individualistic	54.02	5.87	.24**	-						
3. Relational	52.43	5.61	-.01	.43**	-					
4. Collectivistic	48.83	6.47	-.14*	.28**	.68**	-				
5. Family support	25.31	3.56	.06	.35**	.30**	.21**	-			
6. Friend support	23.56	5.04	.18**	.12	.17**	.18**	.31**	-		
7. Sign. others support	22.25	7.88	.11	.11	.14*	.09	.33**	.28**	-	

*: $p < .05$, **: $p < .01$

As seen in Table 1, there is a low positive correlation between attitude toward seeking professional psychological help and individualistic self-construal ($r = .24$, $p < .01$) and friend support ($r = .18$, $p < .01$), and a low negative correlation between attitude toward seeking professional psychological help and collectivistic self-construal ($r = -.14$, $p < .05$). The results do not show any correlation between attitudes toward seeking professional psychological help and relational self-construal, family support and support from other significant people.

Subsequently, stepwise multiple regression analyses were conducted to see whether self-construal and perceived social support significantly predict attitudes toward seeking professional psychological help. The results of stepwise multiple regression analyses are provided in Table 2.

Table 2. Results of Stepwise Regression Analysis

Dependent Variable	Model	Predictor Variables	B	SE _B	β	t	F	R	R ²	ΔR^2	
Attitudes	1	(Constant)	55.28	5.13	-	10.78**	13.55**	.24	.06	.05	
		Individualistic	.35	.09	.24	3.68**					
	2	(Constant)	64.92	5.74	-	11.31**	13.05**	.32	.10	.10	
		Individualistic	.44	.09	.30	4.59**					
			Collectivistic	-.30	.09	-.23	-3.45**				
	3	(Constant)	60.30	5.84	-	10.32**	12.06**	.37	.14	.13	
		Individualistic	.42	.09	.29	4.45**					
		Collectivistic	-.34	.09	-.26	-3.93**					
			Friend support	.32	.11	.19	3.02**				

** : $p < .01$

The R² values in Table 2 indicate that individualistic self-construal scores explain 6% of the total variance in the first step [F(1, 227): 13.55; $p < .01$]. In the second step, with the inclusion of collectivistic self-construal scores into the prediction, the total variance increases to 10% [F(2, 226): 13.05; $p < .01$], and in the third step, with the perceived social support from friends, the total variance increases to 14% [F(3, 225): 12.06; $p < .01$]. To clarify, it is found out as a result of stepwise multiple regression analyses that the most significant predictive contribution is made by individualistic self-construal, which is followed by collectivistic self-construal and perceived social support from friends. Given the way of relations between variables, we see that individualistic self-construal and perceived social support from friends positively predict and collectivistic self-construal negatively predict attitudes toward seeking professional psychological help.

Discussion

This study investigates among individuals with a university degree to which extent self-construals and perceived social support predict attitudes toward seeking professional psychological help and the primary sources of support to which participants resort when they need. The findings show that participants primarily share their problems, in the order of frequency, with parents, spouse, friends, elder sisters and brothers, specialists and relatives. This result implies that family support, spouse support and friend support hold a significant place in individuals' lives in our society. Yıldırım (2006) contends that social support systems constitute an important source for the protection of mental health and the prevention and treatment of psychological disorders. In a study that focuses on adults' help seeking behaviors, the participants report that they have recourse to one of family members or friends as nonprofessional (informal) sources to seek solutions to problems (Arslantaş et al., 2011). In that study, the rate of participants that report to seek help from specialists is at the third rank. In another study investigating university students' psychological help seeking behaviors from various perspectives, it is found that students are mostly inclined to get help from family or friends when faced with any problem (Erkan, Özbay, Cihangir Çankaya, & Terzi, 2012b). Atik and Yalçın (2011) and Topkaya and Meydan's (2013) studies with university students also indicate that individuals primarily demand help from peers and families for the solution of their problems. The findings of present study are consistent with the results of all these studies in the literature. These results highlight that families and friends are important sources of social support in our society.

Another finding of this study is that individualistic self-construal, collectivistic self-construal and perceived social support from friends have significant contribution to the prediction of attitudes toward seeking professional psychological help. The findings indicate that the foregoing three variables explain 14% of attitudes toward seeking professional psychological help. The stepwise multiple regression analysis results show that the most important predictive contribution is from individualistic self-construal, which is followed by collectivistic self-construal and perceived social support from friends. However, these three variable's power to explain attitudes toward seeking professional psychological help is relatively low. This points to the presence of other variables associated with attitudes toward seeking professional psychological help. Thus, further studies may be conducted with variables that are likely to be related with attitudes toward seeking professional psychological help.

It is expectable that individualistic self-construal positively predicts attitudes toward seeking professional psychological help. Individualistic/independent self-construal relies on the fact that an individual's behaviors are primarily organized by inner sources, thoughts, feelings and actions (Markus, & Kitayama, 1991). In individualistic cultures, individuals are emotionally separated from the groups in which they live, and their need for autonomy is at the high level. For these individuals, personal goals supersede the group's goals (Kağıtçıbaşı, 1999). A study conducted with university students also shows that individualistic self-construal predicts attitudes toward seeking professional psychological help (Koydemir Özden, 2010). In a study with people living in Australia and Nicosia, Cyprus, it is found that there is a positive correlation between individualism and attitudes toward seeking psychological help (Helmès & Gallou, 2014). Based on this, it is possible to conclude that individualistic/independent self-construal is less affected by social stigma than the other two predictive variables. Social stigma causes the fear of being negatively judged by others when individuals seek help for their problem (Vogel et al., 2007). Social stigma is among the avoidance factors with respect to the behavior of seeking professional psychological help. The findings thus suggest that individuals with individualistic self-construal have less fear of social stigma and hence adopt more positive attitudes toward professional psychological help seeking than others.

The finding that collectivistic self-construal negatively predicts attitudes toward seeking professional psychological help may also be explained with the concept of social stigma. In collective cultures, the group's goals are more important than an individual's goals, and an individual's wishes are governed by the group's wishes and norms (Kağıtçıbaşı, 1999). In this respect, it may be asserted that individuals with collectivistic self-construal are more likely to be negatively affected by group norms and expectations and thus adopt more negative approaches to seeking professional psychological help.

Another variable that predicts attitudes toward seeking professional psychological help is perceived social support from friends. The participants of this study were all graduates of a university program. Given the developmental period in which they currently are, these individuals are more likely to be under the influence of friendship relations than family relations. The individuals that perceived social support from friends adopted more positive attitudes toward seeking professional psychological help. In Koydemir Özden's (2010) study with university students, it is found that perceived social support from both families and friends is positively correlated with the behavior of seeking psychological help. In our country, university students rely on their family in various aspects, including financial resources. However, it is possible to assert that the young adults in the present study were more separated from their families (compared to university students), as a result of which perceived social support from family did not have a significant effect on the behavior of seeking psychological help. A study conducted with adults by Arslantaş et al. (2011) nevertheless suggests that there is a positive correlation between social support perceived from family and friends and attitudes toward seeking psychological help. Yet, the meta-analysis by Nam et al. (2013) shows that the effect size of positive correlation between attitudes toward seeking professional psychological help and perceived social support is small. It is therefore suggested that further research is conducted on the correlation

between the given variables. For instance, there is a need to study the relations between various types of social support from different social support sources and attitudes toward seeking psychological help.

Conclusion

In brief, this study concentrating on the predictors of attitudes toward seeking professional psychological help among young adults (who hold a university degree) shows that individualistic self-construal, collectivistic self-construal and perceived social support from friends are significant predictors. This study has some limitations. First, the data were collected only through self-report instruments. Second, the data were collected in only one city. Third, the participants are all university graduates. It is suggested that more comprehensive studies are carried out with a sample including individuals with different sociocultural characteristics.

The behavior of seeking professional psychological help and cultural factors are interrelated closely. That is why there is need for further studies on various dimensions of the relation between individualistic, collectivistic and relational self-construal and the behavior of seeking professional psychological help. For example, qualitative data may be gathered to investigate the relations between given variables. Furthermore, studies may be conducted about self-construal and social support sources of people that present to mental health institutions to receive psychological help. A study conducted by Kılınc and Granello (2003) among university students shows that individuals that previously received professional psychological help develop more positive attitudes toward seeking professional psychological help. Based on this, it is suggested to promote and make known the centers and units that offer psychological support to students during higher education. Thus, individuals will be more likely to consider the option of resorting to professionals when faced with a problem. These individuals are more likely to seek professional psychological help for the solution of problems they encounter in different aspects of life.

References

- Andoh-Arthur, J., Asante, K. O., & Osafo, J. (2015). Determinants of psychological help-seeking intentions of university students in Ghana. *International Journal for the Advancement of Counselling*, 37, 330-345.
- Arslantaş, H., Dereboy, İ. F., Aştı, N., & Pektekin, Ç. (2011). Yetişkinlerde profesyonel psikolojik yardım arama tutumu ve bunu etkileyen faktörler. *ADÜ Tıp Fakültesi Dergisi*, 12(1), 17-23.
- Atik, G., & Yalçın, İ. (2011). Help-seeking attitudes of university students: The role of personality traits and demographic factors. *South African Journal of Psychology*, 41(3), 328-338.
- Barry, D. T., & Grilo, C. M. (2002). Cultural, psychological, and demographic correlates of willingness to use psychological services among East Asian immigrants. *Journal of Nervous and Mental Disease*, 190, 32-39.
- Bronfenbrenner, U. (1994). Ecological models of human development. In M. Gauvain, & M. Cole (Eds.), *Readings on the development of children* (2nd ed., pp. 37-43). New York: Freeman.
- Cohen, S., & Wills, T. A. (1985). Stress, social support, and the buffering hypothesis. *Psychological Bulletin*, 98(2), 310-357.
- Cramer, K. M. (1999). Psychological antecedents to help-seeking behavior: A reanalysis using path modeling structures. *Journal of Counseling Psychology*, 46(3), 381-387.
- Çebi, E. (2009). *University students' attitudes toward seeking psychological help: Effects of perceived social support, psychological distress, prior help-seeking experience and gender* (Unpublished master's thesis). METU, Institute of Social Science, Ankara.
- Eker, D., & Arkar, H. (1995). Çok boyutlu algılanan sosyal destek ölçeğinin faktör yapısı, geçerlik ve güvenirliği. *Türk Psikoloji Dergisi*, 10(34), 45-55.
- Ercan, H. (2008). *Genç yetişkinlerin aşk biçimleri ve benlik tipleri* (Unpublished doctoral dissertation). Ankara University, Institute of Educational Sciences, Ankara.
- Erkan, S., Özbay, Y., Cihangir Çankaya, Z., & Terzi, Ş. (2012a). Üniversite öğrencilerinin psikolojik yardım aramaya gönüllülük düzeylerinin yordanması. *Kuram ve Uygulamada Eğitim Bilimleri*, 12(1), 25-42.
- Erkan, S., Özbay, Y., Cihangir Çankaya, Z., & Terzi, Ş. (2012b). Üniversite öğrencilerinin yaşadıkları problemler ve psikolojik yardım arama gönüllülükleri. *Eğitim ve Bilim Dergisi*, 164, 94-107.
- Göregenli, M. (1995). Kültürümüz açısından bireycilik-toplulukçuluk eğilimleri: Bir başlangıç çalışması. *Türk Psikoloji Dergisi*, 35, 1-14.
- Helmes, E., & Gallou, L. (2014). Culture and attitudes toward psychological help-seeking influence clients' self-disclosure. *European Journal of Psychotherapy and Counselling*, 16(2), 163-176.
- Kağıtçıbaşı, Ç. (1996). Özerk-ilişkisel benlik: Yeni bir sentez. *Türk Psikoloji Dergisi*, 11(37), 36-43.
- Kağıtçıbaşı, Ç. (1999). *Yeni insan ve insanlar* (10th ed.). İstanbul: Evrim Yay.
- Kalkan, M., & Odacı, H. (2005). Cinsiyet ve cinsiyet rolünün psikolojik yardım almaya ilişkin tutumlarla ilişkisi. *Türk Psikolojik Danışma ve Rehberlik Dergisi*, 3(23), 57-64.
- Karakitapoğlu Aygün, Z. (2004). Self, identity, and emotional well-being among Turkish university students. *The Journal of Psychology*, 138(5), 457-478.
- Kashima, E., & Hardie, E. H. (2000). The development and validation of the Relational, Individual and Collective Self Aspects (RIC) Scale. *Asian Journal of Social Psychology*, 3, 19-48.
- Keklik, İ. (2009). Attitudes toward seeking professional psychological help: A comparative study of Turkish and American graduate students. *Eğitim Araştırmaları-Eurasian Journal of Educational Research*, 37, 159-173.

- Kılınc, A., & Granello, P. F. (2003). Overall life satisfaction and help-seeking attitudes of Turkish college students in the United States: Implications for college counselors. *Journal of College Counseling, 6*, 56-68.
- Koydemir Özden, S. (2010). Self-aspects, perceived social support, gender, and willingness to seek psychological help. *International Journal of Mental Health, 39*(3), 44-60.
- Mackenzie, C. S., Knox, V. J., Gekoski, W. L., & Macaulay, H. L. (2004). An adaptation and extension of the attitudes toward seeking professional psychological help scale. *Journal of Applied Social Psychology, 34*(11), 2410-2435.
- Markus, H. R., & Kitayama, S. (1991). Culture and the self: Implications for cognition, emotion, and motivation. *Psychological Review, 98*(2), 224-253.
- Meydan, B., & Lüleci, B. (2013). Eğitim fakültesi öğrencilerinde psikolojik yardım almaya ilişkin tutumun yordayıcısı olarak önceki psikolojik yardım alma deneyimi, algılanan sosyal destek ve yalnızlık. *Pegem Eğitim ve Öğretim Dergisi, 3*(4), 45-56.
- Nam, S. K., Choi, S. I., Lee, J. H., Lee, M. K., Kim, A. R., & Lee, S. M. (2013). Psychological factors in college students' attitudes toward seeking professional psychological help: A meta-analysis. *Professional Psychology: Research and Practice, 44*(1), 37-45.
- Oluşinka, O. (2011). Psychological predictors of attitude towards seeking professional psychological help in a Nigerian university student population. *South African Journal of Psychology, 41*(3), 310-327.
- Omizo, M. M., Kim, B. S. K., & Abel, N. R. (2008). Asian and European American cultural values, bicultural competence, and attitudes toward seeking professional psychological help among Asian American adolescents. *Journal of Multicultural Counseling and Development, 36*, 15-28.
- Özbay, Y., Terzi, Ş., Erkan, S., & Cihangir Çankaya, Z. (2011). Üniversite öğrencilerinin profesyonel yardım arama tutumları, cinsiyet rolleri ve kendini saklama düzeyleri. *Pegem Eğitim ve Öğretim Dergisi, 1*(4), 59-71.
- Özkahraman, Ş., Yıldırım, B., & Şahin Altun, Ö. (2011). Perceived social support level and related factors in Turkish university students'. *HealthMED: Journal of Society for Development in new Net Environment, 5*(5), 1033-1037.
- Quach, A. S., & Hall, D. H. (2013). Chinese American attitudes toward therapy: Effects of gender, shame, and acculturation. *International Journal of Humanities and Social Science, 3*(12), 209-222.
- Reynders, A., Kerkhof, A. J., Molenberghs, G., & Audenhove, C. V. (2014). Attitudes and stigma in relation to help-seeking intentions for psychological problems in low and high suicide rate regions. *Social Psychiatry and Psychiatric Epidemiology, 49*, 231-239.
- Rickwood, D., Deane, F. P., Wilson, C. J., & Ciarrochi, J. (2005). Young people's help-seeking for mental health problems. *Australia e-Journal for the Advancement of Mental Health, 4*(3), Supplement.
- Rodgers, B. E. (2009). *An ecological approach to understanding the stigma associated with receiving mental health services: The role of social proximity* (Doctoral dissertation). Virginia Polytechnic Institute and State University, USA.
- Roldan-Bau, A. E. (2013). *Seeking help for psychological distress: The role of acculturation, family relationships, coping, and stigma among Latin Americans in Canada* (Doctoral dissertation). University of Windsor, USA.
- Rougier, C. (2011). *Cultural values, religiosity and spirituality as predictors of professional psychological help-seeking behavior of black adults in the United States* (Doctoral dissertation). Columbia University, USA.
- Schoon, I., & Silbereisen, R. K. (2009). Conceptualising school-to-work transitions in context. In I. Schoon, & R. K. Silbereisen (Eds.), *Transitions from school to work: Globalization, individualization and patterns of diversity* (pp. 3-29). Cambridge: Cambridge University Press.
- Shea, M., & Yeh, C. J. (2008). Asian American students' cultural values, stigma, and relational self-construal: Correlates of attitudes toward professional help seeking. *Journal of Mental Health Counseling, 30*(2), 157-172.

- Soorkia, R., Snelgar, R., & Swami, V. (2011). Factors influencing attitudes towards seeking Professional psychological help among South Asian students in Britain. *Mental Health, Religion and Culture*, 14(6), 613-623.
- Şahin, H., & Yüksel Uyar, Ş. (2011). Turkish high school students' attitudes towards seeking professional psychological help. *US-China Education Review B*, 2, 251-259.
- Takayama, J. R. (2010). *Ecological systems theory of Asian American mental health service seeking* (Master's thesis). Pacific University, USA.
- Topkaya, N., & Büyükgoze Kavas, A. (2015). Algılanan sosyal destek, yaşam doyumu, psikolojik yardım almaya ilişkin tutum ve niyet arasındaki ilişkiler: Bir model çalışması. *Turkish Studies*, 10, 979-996.
- Topkaya, N., & Meydan, B. (2013). Üniversite öğrencilerinin problem yaşadıkları alanlar, yardım kaynakları ve psikolojik yardım alma niyetleri. *Trakya Üniversitesi Eğitim Fakültesi Dergisi*, 3(1), 25-37.
- Turan, N., & Erdur Baker, Ö. (2014). Attitudes towards seeking psychological help among a sample of Turkish university students: The roles of rumination and internal working models. *British Journal of Guidance and Counselling*, 42(1), 86-98.
- Türküm, A. S. (2001). Stresle başa çıkma biçimi, iyimserlik, bilişsel çarpıtma düzeyleri ve psikolojik yardım almaya ilişkin tutumlar arasındaki ilişkiler: Ege Üniversitesi öğrencileri üzerinde bir araştırma. *Anadolu Üniversitesi Sosyal Bilimler Dergisi*, 1, 1-16.
- Türküm, A. S. (2004). Developing a scale of attitudes toward seeking psychological help: Validity and reliability analyses. *International Journal for the Advancement of Counselling*, 26(3), 321-329.
- Türküm, A. S. (2005). Who seeks help? Examining the differences in attitude of Turkish university students toward seeking psychological help by gender, gender roles, and help-seeking experiences. *The Journal of Men's Studies*, 13(3), 389-401.
- Vogel, D. L., Wade, N. G., & Haake, S. (2006). Measuring the self-stigma associated with seeking psychological help. *Journal of Counseling Psychology*, 53(3), 325-337.
- Vogel, D. L., & Wei, M. (2005). Adult attachment and help-seeking intent: The mediating roles of psychological distress and perceived social support. *Journal of Counseling Psychology*, 52(3), 347-357.
- Vogel, D. L., Wester, S. R., & Larson, L. M. (2007). Avoidance of counseling: Psychological factors that inhibit seeking help. *Journal of Counseling and Development*, 85, 410-422.
- Yeh, C. J. (2002). Taiwanese students' gender, age, interdependent and independent self-construal, and collective self-esteem as predictors of professional psychological help-seeking attitudes. *Cultural Diversity and Ethnic Minority Psychology*, 8(1), 19-29.
- Yıldırım, İ. (2006). *Anne baba desteği ve başarı*. Ankara: Anı Yayıncılık.
- Zimet, G. D., Dahlem, N. W., Zimet, S. G., & Farley, G. K. (1988). The multidimensional scale of perceived social support. *Journal of Personality Assessment*, 52, 30-41.