

ETHNICITY, ATTITUDE TOWARD SEEKING HELP AND GENDER AS PREDICTORS OF STUDENTS' INTENTIONS TO SEEK PSYCHOLOGICAL HELP

ONYEDIRE, NNEOMA GIFT¹ & ORJIAKOR, TOCHUKWU CHARLES²

¹²Department of Psychology, University of Nigeria, Nsukka.

nneoma.obi@unn.edu.ng, charles.orjiakor@unn.edu.ng

ABSTRACT

This study explored the predictive roles of ethnicity, attitude towards seeking help and gender on intentions to seek psychological help. Two hundred and fifty three (253) undergraduates (140 males and 113 females; 45 Hausa-Fulani, 62 Yoruba, and 146 Ibos) whose ages ranged from 18-27 (M= 20.85) were sampled from a University in South-Eastern Nigeria. Attitude towards seeking help and intentions to seek psychological help were assessed using the Attitudes toward Seeking Professional Psychological Help Scale and Intentions of Seeking Counselling Inventory. Results of hierarchical multiple regression analysis showed that attitude towards seeking help significantly predicted students' intention to seek psychological help. Ethnicity and gender did not significantly predict intentions to seek psychological help. This finding implies that there is urgent need to popularise counselling and its' benefits to mental health especially among undergraduates. Adequate awareness will help undergraduates develop positive dispositions toward seeking help; as a result, their psychological wellbeing would greatly improve. In conclusion, the present finding confirms that attitude is really a strong predictor of intentions to seek help. Counsellors and other helping professionals thus need to organize attitude change campaigns to educate these students on the need to seek help and on time.

KEY WORDS: Ethnicity, Attitude, Intentions, and Psychological help.

INTRODUCTION

Students in tertiary institutions have to deal with numerous challenges as they strive to balance academic load with other socioeconomic demands. A typical student is expected to attend classes, arrange meals, produce assignments, study for tests and examinations, deal with classmates, contend with roommates, attend religious gatherings, and launder clothes and tidy surroundings,

among other things. All these constitute a major source of stress and predispose the students to psychological burnout, or developing other mental health problems. One major avenue through which relief from such pressures could be achieved is by seeking professional psychological help in the form of counselling. Counselling has been defined as a professional relationship that empowers diverse individuals, families and groups to accomplish mental health, wellness, education and career goals

(Kaplan, Tarvydas & Gladding, 2014). Feltham and Dryden (1993) defined counselling as a principled relationship characterized by the application of one or more psychological theories and a recognized set of communication skills, modified by experience, intuition and other interpersonal factors, to clients' intimate concerns, problems or aspirations.

Reports have shown that there is a discrepancy between the available services and the rate with which the students utilize such services when they encounter psychological problems. Crammer (1999) referred to this as the 'service gap'. Most students exhibit little or no intentions to seek psychological help. Ajzen (1991) described intentions to perform a particular behaviour as "the motivational factors that influence a behaviour; they are indications of how hard people are willing to try, of how much of an effort they are planning to exert, in order to perform the behaviour." The intentions to seek counselling refer to the students' willingness or how likely they would seek counselling if they were experiencing psychological problems. Rosenthal and Wilson (2008) investigated mental health service use utilizing a cross sectional correlational research design with sample of 1773 freshmen students and found that of the students who are seriously distressed, only less than one-fourth sought psychological help in the past six months. Stallman and Shochet (2009) conducted a study with university students (N = 1168) and only 39.4% of the highly distressed students were found to seek help from a health-care professional in 4 weeks.

Several factors are identified as determining students' willingness or intentions to seek help. These include cultural variations (Tsang, 2004), fear of emotional disclosure (Zhi-hong, 2010; Vogel & Wester, 2003), desire

to avoid experiencing painful feelings (Komiya, Good & Sherod, 2000), perceived stigma (Greenidge, Daire and Lewis, 2011; Larkin, 2010; Yakuna & Weigold, 2011), and social support (Nwokocha, 2010; Miville & Constantine, 2006). Ethnicity and cultural factors have also been increasingly associated with professional psychological help seeking (McDermott et al., 2017).

Much everyday behaviour are thought to be mainly volitional, that is, people can either exhibit a certain behaviour, if they have a positive intention and attitude toward it, or refrain from it if they oppose it (Ajzen, 1988). These intentions remain within the realm of behavioural dispositions until an appropriate occasion emerges, when the intentions are translated into actual behaviour. The intention to perform a specific action under certain conditions is considered to be highly predictive of volitional behaviour, as demonstrated in a multitude of settings, study populations, and behaviours (Ajzen, 1988; Fishbein & Ajzen, 1975). Cognitive development has been offered as an alternative explanation for the decision to seek or avoid seeking help (Broadhurst, 2003). Such cost-benefit analysis will prevent youths from seeking help if they believe that the social consequences and loss of control resulting from help-seeking behaviour, outweigh the potential contribution. Two components stand out as determinants of intentions in Dulany's (1961) theory. The first is similar to an expectancy-value model in that it refers to the subject's expectation that a particular response will lead to a certain event, (reinforcement) and the subject's evaluation of the event. The second component essentially represents perceived demands and motivation to comply with these demands. Hence a student will be more willing to seek psychological help if he/she perceives

possible positive outcome from doing so or sees no potential harm in doing it.

Among the factors that could influence intentions to seek help is cultural variations among which is ethnicity. Ethnicity refers to shared historical, linguistic, religious and cultural identity of a social community group, nation or race (Coleman, 2003). Different attempts have been made to define what constitutes an ethnic group. Rose (1965) defined ethnic group as those whose members share a unique social and cultural heritage passed from one generation to the other. She identified distinctive patterns such as language, family life, religion, recreation and other customs that characterize the group and make them stand out from among others. Sanda (1976) defined ethnic group as consisting of interacting members, who defined themselves as belonging to a named or labeled social group with whose interests they identify, and which manifest certain aspects of a unique culture while constituting a part of a wider society. Nnoli (1995) identified the following features of ethnicity: ethnicity is characterized by multiple ethnic groups; is characterized by an element of common consciousness vis-à-vis other ethnic groups; and leads to the formation of inclusive/exclusive groups and attitudes.

Nigeria is a multi-ethnic nation made up of about three hundred ethnic groups. However, these much groups are distributed within three major ethnic groups- the Hausa-Fulani in the North, the Ibos in the Southeast and the Yoruba's in the Southwest. These three 'hegemonic' ethnic groups are popularly referred to as 'wazobia' (Adegbija, 1997). Defining an ethnic group in Nigeria is usually a combination of a number of factors: a shared language or related dialects, myths of common origin, shared cultural traits, a core territory and

often a shared religious or spiritual universe (Mustapha, 2003). Hence each ethnic group in Nigeria is assumed to subscribe to different values and customs which could make them willing to seek or not to seek counseling.

There has been an increasing awareness in social science of the influence of the social environment and its multiple spheres of influence, from proximal influences of family, to the more distal influences of culture and society as a whole (Cauce, Domenceh-Rodriguez, Paradise, Cochran, Shea, Srebnik, & Baydar, 2002). There are also studies that have examined the predictive role of ethnicity in intentions to seek help. McDermott et al., (2017) carried out a study among 2,461 college students. They found no ethnic variations in intentions to seek help. Kim and Zane (2016) found a significant difference in help-seeking intentions between Asian Americans and White Americans. With this in mind, one will expect that the ethnic group to which a student belongs will really influence the person's willingness to seek counseling. The present study intends to examine whether students' identification with particular ethnic groups (whether Hausa-Fulani, Ibo or Yoruba) will significantly influence their willingness to seek help.

Many researchers have equally found a significant relationship between attitude toward seeking counselling and students' intentions to seek counselling (Kang, 2016; Pheko, Chilisa, Balogun & Kgathi, 2013; Reynders, Kerkhof, Molenberghs & Van Audenhove, 2014). Fishbein and Ajzen (1975) defined attitude as a learned predisposition to respond in a consistently favourable or unfavourable manner with respect to a given object. Hence, attitude toward seeking counselling can be defined as learned predispositions to respond in a consistently

favourable or unfavourable manner with respect to seeking counselling. Even though the efficacy of psychotherapy in treating a variety of disorders has been demonstrated in numerous trials, many persons are hesitant to seek psychological help. For example, they may have negative attitudes toward counseling, and/or feel they are not experiencing significant psychological distress (Biddle, Donovan, Sharp, & Gunnell, 2007; Cramer, 1999; Tinsley, 2008). The more positive attitudes persons have about a behavior, the greater their intentions to perform the behavior. As a result, they are more likely to perform that behavior (Ajzen, 1991).

In terms of seeking psychological help, persons who hold positive attitudes toward seeking psychological help are more likely to seek psychological help compared to those with more negative attitudes toward that behavior (Clough et al., 2018; Cramer, 1999; Morgan et al., 2003; Niu & Willoughby, 2018). Not only has this relationship been found in studies with mostly Caucasian participants, but it has also been found among Asian and Asian Americans (Liao, Rounds, & Klein, 2005) and African Americans (Wallace & Constantine, 2005). Furthermore, biracial persons in the United States (Constantine & Gainor, 2004) and Korean persons (Yoo & Skovholt, 2001) who have sought psychological help in the past reported more positive attitudes toward seeking such help compared to those who have not sought help.

Pheko et al. (2013) students' attitude toward seeking professional psychological help significantly predicted intentions to seek psychological help. Reynders et al. (2014) equally found that persons who had more positive attitudes had higher intentions to seek both formal and informal help for psychological problems. Carlton and Deane (2002) also found

that attitudes significantly predicted students' self-rated help-seeking intentions. Mackenzie, Gekoski, and Knox (2006) also found a link between a person's attitude and intentions to seek counselling. Commenting on the relationship between attitude and intentions to seek help, Rickwood, Deane and Wilson (2007) pointed out that young people are less likely to seek help if they hold negative attitude toward seeking help or hold beliefs that they should be able to sort out their mental health problems on their own.

Findings also point to possible gender differences in intentions to seek psychological help (Lindsley, 2013; Seyti, Poudel, Yasouka, Otsuka & Jimba, 2013; Wanga & Xia, 2017). (Okafor, 2009) found that Nigerian women were more willing to disclose their problems than their men. Mackenzie, Gekoski, and Knox (2006) reported that women exhibited more favourable intentions to seek help from mental health professionals than men, likely due to their positive attitudes concerning psychological openness. The men who held negative attitudes toward seeking psychological help had little or no intentions to seek help. Females were also reported to have more positive attitudes toward seeking help than males do (Garland & Zigler, 1994) and report fewer barriers to doing so (Kuhl, Jarkon-Horlic, & Morrissey, 1997). In general, females were found to exhibit more help-seeking behavior than males from all available sources (Hunter et al., 2004; Kaukinen, 2004; Lubman et al., 2017; McCarthy & Holliday, 2004; Seyti et al. 2013). Other researchers claim that gender differences in help-seeking vary according to social context and problem type (Boldero & Fallon, 1995). McDermott et al. (2017) however reported no gender differences in intentions to seek help among college students.

In view of the ever changing circumstance within which undergraduates study today, there is need for mental health providers to be well informed as to what constitutes stress for them. Such knowledge involves identifying those factors that prevent them from seeking help on time for psychological complaints. It is true that service providers make concerted efforts to make counseling services available and affordable; however there would be no lasting outcome if the students fail to utilize such provisions.

The purpose of the present study therefore is to investigate students' intentions to seek counseling, ethnic differences in help seeking, role of attitude towards seeking counseling, and gender differences in intentions to seek counseling. An understanding of the predictive roles of these variables will do more than sensitize stakeholders on the problem of underutilization of counseling services. The findings will equip them better to educate the students and the society at large on the usefulness of seeking psychological counseling. Specifically, the researchers hypothesized that ethnicity will not significantly predict students' intentions to seek counseling. Secondly, attitude towards seeking counseling will be a significant predictor of intentions to seek counseling. Lastly, it was hypothesized that gender will significantly predict students' intentions to seek counseling.

METHOD

Participants

Two hundred and fifty three (253) undergraduates (140 males and 113 females) of University of Nigeria, Nsukka participated in the present study. The sample consists of forty five (45) Hausa-Fulani, sixty two (62) Yoruba's,

and one hundred and forty six (146) Ibos. These volunteers were sampled from different Departments and Faculties of the Nsukka Campus. Three departments were randomly drawn from three out of the nine (9) faculties in the University. Department of Pharmacy from Faculty of the Pharmaceutical Sciences, Department of Psychology from Faculty of the Social Sciences, and Department of Mass Communication from Faculty of Arts. They were sampled from various levels of study, from year one to penultimate year in each Department. Their ages ranged from 18- 27 years (mean age = 20.85, SD = 2.79).

Instruments

A structured questionnaire was used for data collection. Demographic data were collected on ethnicity and gender by asking respondents to indicate if they were Hausa-Fulani, Ibo or Yoruba and if they were male or female respectively.

Attitude towards seeking counselling was measured using the Attitude Toward Seeking Professional Psychological Help Scale. The Attitudes Toward Seeking Professional Psychological Help Scale short-form was adapted by Fischer and Farina (1995). It is a 10-itemed one-dimensional scale with items rated on a Likert scale ranging from 1 (strongly disagree) to 4 (strongly agree). Five (5) of the ten (10) items (items 2,4,8,9 and 10) were reverse scored so that higher scores would reflect a more positive attitude toward seeking help. The short version has demonstrated internal consistency ranging from 0.82 to 0.84 (Fischer & Farina, 1995; Komiya et al., 2000), one month test-retest reliability of 0.80, and a correlation of 0.87 with the longer scale among samples of college students. The validation

study conducted by the present researcher using one hundred undergraduate students of English Department in the University of Nigeria, Nsukka yielded a Cronbach's alpha coefficient of .61. The ATSPPH-SF also had a low positive correlation, $r = .12$ with Rosenberg's self-esteem scale (Rosenberg, 1965) completed by the same sample, indicating acceptable discriminant validity.

Intentions to seek counselling were measured using the Intention of Seeking Counselling Inventory (ISCI). Intention of Seeking Counselling Inventory (ISCI) was developed by Cash, Begley, McCown, and Weise, (1975). The scale consists of 17-items and asked participants to rate how likely they would seek counselling if they were experiencing the problems listed, rating from 1 (very unlikely) to 6 (very likely). Lower scores indicate that a participant is less likely to seek counselling services whereas higher scores indicate that the participant is more likely to seek counselling services. The present study utilized the overall scores of students as estimates of their willingness to seek counselling. The validation study conducted by the present researcher using one hundred undergraduate students of English Department in University of Nigeria, Nsukka yielded a Cronbach's alpha coefficient of .87 for the full scale. The scale further yielded a low correlation, $r = .07$ with Body Image Assessment Questionnaire (George Mason University, USA, 2004) administered to the same group of students, indicating adequate discriminant validity.

PROCEDURE

A cross-sectional survey was conducted within University of Nigeria, Nsukka. Permission was sought from the heads of the selected Departments. The researcher received the assistance of the departmental lecturers in distributing the questionnaires to their students within their lecture periods. Each student who volunteered was given a booklet containing an introduction page for demographic information and the two questionnaires for the study (the Attitude towards seeking professional psychological help scale, and the Intentions of seeking counselling inventory). The questionnaires took the students between 5-10 minutes to complete. The researcher distributed and collected the questionnaires on the spot to ensure high rate of return. Of the three hundred copies distributed, only two hundred and fifty three copies that were duly filled were used for data analysis. Thirty seven were discarded due to non indication of a specific ethnic group or gender, while ten were discarded due to omission of more than five items in any of the questionnaires. A cross-sectional design was adopted for the study while a hierarchical multiple regression analysis was used for data analysis.

Results

Table 1: Descriptive statistics and hierarchical multiple regression model (N = 253)

Variable		Mean	SD	R	R ²	. ² Δ	B	β	F
Gender	Male	59.99	11.20	.096	.009	.009	2.41	.096	2.32
	Female	62.39	13.90						
Ethnicity	Igbo	61.82	13.20	.110	.012	.003	-.87	-.054	1.52
	Yoruba	59.87	11.50						
	Hausa	60.29	11.60						
Attitude		18.67	2.68	.319	.102	.090	.99	.301	9.44*

Note: * $p < .001$; *ITSPH* (Intention to Seek Psychological Help); *SD*: Standard Deviation; Male=1, Female=2; Igbo=1, Hausa=2, Yoruba=3.

From the hierarchical regression model, it can be observed that only attitude towards seeking help significantly predicted intentions to seek psychological help ($R = .319$, $R^2 = .102$, $\beta = .301$, $p = .001$), implying that about 10.2% of the variation in intentions to seek psychological help can be accounted for by peoples' attitude towards seeking help.

The descriptive tables show differences in the mean scores of the male and females and the different ethnic groups on intention to seek professional help, but these differences appear not to be large enough to say that a group (males/females; Igbo's/ Hausa's or Yoruba's) have better inclination to seek professional help more often than (the) other group(s).

DISCUSSION

The study explored the predictive roles of ethnicity, attitude towards seeking help gender and on intentions to seek psychological help. The result revealed that attitude towards seeking help was a significant predictor of

intentions to seek professional psychological assistance, accounting for slightly over ten percent of the variation in intentions to seek help. This finding is harmonious with the findings of Clough et al, 2018; Cramer (1999); Morgan, et al. (2003) and Niu & Willoughby, 2018 who reported that attitude towards seeking help was significantly related to intentions to seek professional psychological help. More importantly, it resonates similar tunes with findings of other studies that investigated attitudes and intentions towards seeking help among several samples in western cultures such as Caucasians (Cramer, 1999), Asian and Asian Americans (Liao, Rounds, & Klein, 2005), African Americans (Wallace & Constantine, 2005), biracial persons in the United States (Constantine & Gainor, 2004), and Korean persons (Yoo & Skovholt, 2001). Hence this study which incorporated the major ethnic groups in Nigeria which may be considered a relatively fair representation can be said to have found a similar effect with

earlier works. Thus the hypothesis that attitude towards seeking help would predict intentions to seek psychological help was accepted.

World Health Organization (WHO, 2008) reported that 80% of people in low- and middle-income countries (LMIC) (which includes some countries in Africa such as Nigeria), who need services for mental, neurological and/or substance-use disorders do not receive them. Though a large part of the blame is given to unavailability of resources to meet mental health needs, it would be reasonable to argue that part of the reasons why people in LMIC don't get professional help would include a poor attitude towards seeking help. This may stem from the collectivist cultural pattern of most African/Nigerian cultures that resort to the (sometimes feeble) resources of the immediate Microsystems such as (extended) family and friends, traditional/faith-based healers, etc. The stigma that may be associated with seeking professional aid, the compatibility of some of the '*imported*' patterns of professional help with the local culture and possibly a low level of awareness of the nature and benefits of such professional help may also contribute to the poor attitude towards seeking professional psychological help.

A starting point to correcting this anomaly may entail triggering attitudinal change programs (in the form of campaigns and other awareness strategies) to combat the erroneous belief patterns (such as -that only those with obvious psychotic symptoms should intend seeking professional help) and also to enable people understand the positive outcome/potentials of seeking and obtaining professional psychological assistance for their mental health challenges. More challenging still, being threatened by the global indicators

pointing to mental health problems (especially depression, greatly ignored by the Nigerian populace) as the future leading cause of disease come 2030 (Mathers & Loncar, 2006), awareness creation needs to be stepped up, highlighting the multifaceted and widespread nature of mental health needs in daily living to improve the attitudes of the people towards seeking professional help. If such needed actions are not taken, Nigeria may be caught off guard by the looming raging storm.

Implications of the Study

Initiating this attitude change campaign among students would make a good start as evidently students (who are mostly youths) are quite often tossed by the challenges of the academic world and other external influences from family and other social encounters and thus are good examples of people needing psychological help. They would have a first-hand experience of utilizing the resources of mental health professionals and would likely share the idea with peers and equally resort to it in the future depending on the valence of its outcome. To match the challenge, mental health professionals in Nigeria and other LMICs need to brace up to engage the challenging task of meeting this demand. Attitude towards seeking help may equally finger the misty insignificant difference among genders and the different ethnic groups in relation to intentions to seek psychological aid in the present study, compelling the rejection of the hypothesis that gender would predict intentions to seek psychological help and subsequently accepting the suggestion that ethnicity would not predict intention to seek psychological help.

Limitations of the study and recommendations for further studies

This study is limited in some ways which obviously can be harnessed for further research. The population used (students only), and the number of ethnic groups covered (Igbo, Yoruba and Hausa) are limited in that there are other ethnic groups and regions of the country whose cosmopolitan nature or cultural pattern may affected individuals inclination towards seeking psychological help. Also, efforts should be made to sample equal numbers of participants from the different regions to improve the generalizability of the findings. As it seems that many Nigerians are still ignorant of availability of mental health services that handle not only severe psychosis, but also behavioral and cognitive challenges, further research may investigate how level of awareness of the mental health professionals relates to inclination to seek professional/ psychological help.

Subsequent research should be designed to sample other sub-groups in Nigeria. Efforts need to be made to assess the level of awareness the Nigerian people have about the availability and usefulness of seeking counseling.

REFERENCES

- Adegbija, M.V. (1997): The Effect of Out-of-School Instructional Television on Secondary School Students in Nigeria. *Ilorin Journal of Education* 17 , 1 – 9, University of Ilorin Faculty of Education.
- Ajzen, I. (1988). *Attitudes, personality, and behavior.* Milton Keynes: Open University Press.
- Ajzen, I. (1991). The theory of planned behaviour. *Organizational Behaviour and Human Decision Processes*, 50, 179–211.
- Biddle, L. A., Donovan, J., Sharp, D. & Gunnell, D. (2007). Explaining non-help-seeking amongst young adults with mental distress: a dynamic interpretive model of illness behaviour. *Sociology of Health and Illness*. 29 (7), 983 – 1002.
- Boldero, J., & Fallon, B. (1995). Adolescent help-seeking: What do they get help for, and from whom? *Journal of Adolescence*, 18(2), 193-209.
- Broadhurst, K. (2003). Engaging parents and careers with family support services: What can be learned from research on help-seeking? *Child and Family Social Work*, 8, 341-350.
- Carlton, P. A., & Deane, F. P. (2002). Impact of attitudes and suicidal ideation on adolescents' intentions to seek professional psychological help. *Journal of Adolescence*, 23, 1, 35-43.
- Cash, T. F., Begley, P. J., McCown, D. A., & Weise, B. C. (1975). When counsellors are heard but not seen: Initial impact of physical attractiveness. *Journal of Counselling Psychology*, 22, 273-279.
- Cauce, A. M., Domenech-Rodriguez, M., Paradise, M., Shea, M., Cochran, B. N., Srebnik, D., & Baydar, N. (2002). Cultural and contextual influences in mental health help seeking: A focus on ethnic minority youth. *Journal of Consulting and Clinical Psychology*, 70, 44-55.

- Clough, B. A., Nazareth, S. M., Day, J. J. & Casey, L. M. (2018). A comparison of mental health literacy, attitudes and help-seeking intentions among domestic and international tertiary students. *British Journal of Guidance and Counselling*.
- Coleman, P. T. (2003). Characteristics of protracted, intractable conflict: Towards the development of a meta-framework - I. *Peace and Conflict: Journal of Peace Psychology*, 9(1), 1-37. Lawrence Erlbaum Associates, Inc.
- Constantine, M. G., & Gainor, K. A. (2004). Depressive symptoms and attitudes toward counseling as predictors of biracial college women's psychological help-seeking behavior. *Women & Therapy*, 27, 147-158.
- Cramer, K. M. (1999). Psychological antecedents to help-seeking behaviour: A reanalysis using path modeling structures. *Journal of Counselling Psychology*, 43(6), 381-387.
- Dulany, D.E. (1961). Hypothesis and habits in verbal "operant conditioning". *Journal of Abnormal and Social Psychology*, 63, 251-263.
- Feltham, C., & Dryden, W. (1993). *Dictionary of Counselling*. Thomson Delmar Learning: Whurr.
- Fischer E. H., & Farina, A. (1995). Attitudes toward seeking professional psychological help: A shortened form and considerations for research. *Journal of College Student Development*, 36, 368-373.
- Fishbein, M., & Ajzen, I. (1975). *Belief, attitude, intention, and behaviour: An introduction to theory and research*. Reading, MA: Addison-Wesley.
- Garland, A. F. & Zigler, E.E.F. (1994). Psychological correlates of help-seeking attitudes among children and adolescents. *American Journal of Orthopsychiatry*, 64, 586-593.
- Greenidge, W. L., Daire, A. P., & Lewis, S. (2011). *The role of outcome expectations, social stigma, and perceived social support in the attitudes towards seeking counselling of Caribbean clients*. Retrieved September, 07, 2011 from http://counsellingoutfitters.com/vistas/vistas11/Article_74.pdf
- Hunter, S. C., Boyle, J. M. E., & Warden, D. (2004). Help seeking amongst child and adolescent victims of peer-aggression and bullying: The influence of school-stage, gender, victimization, appraisal, and emotion. *British Journal of Educational Psychology*, 74, 375-390.
- Kang, J. Y. (2016). Help-seeking intention among college students: cross-cultural study between East Asian international students and domestic students in the United States. *Open Access Dissertations*, 779. http://docs.lib.purdue.edu/open_access_dissertations/779.
- Kaplan, D. M., Tarvydas, V. M. & Gladding, S. T. (2014). 20/20: a vision for the future of counseling: the new consensus definition of counseling. *Journal of Counselling and Development*, 92, 366-372.
- Kaukinen, C. (2004). Status

- compatibility. Physical violence and emotional abuse in intimate relationships. *Journal of Marriage and Family*, 66(2), 452 – 471.
- Kim, J. E. & Zane, N. (2016). Help-seeking intentions among Asian American and White American students in psychological distress: application of the health belief model. *Cultural Diversity and Ethnic Minority Psychology*, 22(3), 311-321.
- Komiya, N., Good, G. E., & Sherrod, N. B. (2000). Emotional openness as a predictor of college students' attitudes toward seeking psychological help. *Journal of Counselling Psychology*, 47, 138-143.
- Kuhl, J., Jarkon-Horlick, L. and Morrissey, R. (1997) Measuring barriers to help-seeking behavior in adolescents. *Journal of Youth and Adolescence*, 26, 637-650.
- Larkin, A. (2010). *An exploration of attitudes toward seeking psychological help: the predictive value of gender, self-stigma, public stigma and coping style in an Irish sample*. Unpublished Masters' thesis, Trinity College, University of Dublin.
- Liao, H. Y., Rounds, J., & Klein, A. G. (2005). A Test of Cramer's (1999) Help-Seeking model and acculturation effects with Asian and Asian American college students. *Journal of Counseling Psychology*, 52, 400-411.
- Lindsley, J. (2013). A multimedia intervention to increase the likelihood that university students in need will utilize counseling services. *All Graduate Theses and Dissertations*, 2032. <http://digitalcommons.usu.edu.etc/2032>.
- Lubman, D. I., Cheetham, A., Jorm, A. F., Berridge, B. J., Wilson, C., Blee, F., McKay-Brown, L., Allen, N. & Proimos, J. (2017). Australian adolescents' beliefs and help-seeking intentions towards peers experiencing symptoms of depression and alcoholic misuse. *BMC Public Health*.
- Mackenzie, C. S., Gekoski, W. L., & Knox, V. J. (2006). Age, gender and the underutilization of mental health services: the influence of help-seeking attitudes. *Aging and Mental Health*, 10, 6, 574-582.
- Mathers, C.D. & Loncar, D. (2006). Projections of global mortality and burden of disease from 2002 to 2030. *PLoS Med*, 3, e442
- McCarthy, J., & Holliday, E.L. (2004). *Help-seeking and counselling within a traditional male gender role: an examination from a multicultural perspective*. *Journal of Counselling and Development*, 82(1).
- McDermott, R. C., Cheng, H-L., Wong, J., Booth, N., Jones, Z. & Sevig, T. (2017). Hope for help-seeking: a positive psychology perspective of psychological help-seeking intention. *The Counseling Psychologist*, 45(2), 237-265.
- Miville, M. L. & Constantine, M. G. (2006). Sociocultural predictors of psychological help-seeking attitudes and behaviour among Mexican American college students. *Cultural Diversity and Ethnic Minority Psychology*, 12, 420-432.

- Morgan, T., Ness, D., & Robinson, M. (2003). Students' help-seeking behaviours by gender, racial background, and student status. *Canadian Journal of Counselling, 37*, 151-166.
- Mustapha, A. R., (2003). 'Ethnic Minority Groups in Nigeria: Current Situation and Major Problems', Paper prepared Commission on Human Rights, Sub-Commission on Promotion and Protection of Human Rights, Working Group on Minorities, Ninth Session, May 12-16, Mimeograph.
- Niu, Z. & Willoughby, J. F. (2018). Examining cultural identity and media use as predictors of intentions to seek mental health information among Chinese. *Asian Journal of Communication.*
- Nnoli, O. (1995). *Ethnicity and Development in Nigeria*, Aldershot Avebury Publisher.
- Nwokocho, F. I. (2010). *West African immigrants in Northern California and their attitudes toward seeking mental health services*. An unpublished Master's Thesis: California State University, Sacramento.
- Okafor, B. E. (2009). *The relationship between demographic factors and attitudes about seeking professional counselling among adult Nigerians living in the United States*. An unpublished PhD Dissertation: Graduate Faculty: University of Akron.
- Pheko, M. M., Chilisa, R., Balogun, S. K. & Kgathi, C. (2013). Predicting intentions to seek psychological help among Botswana University students: the role of stigma and help-seeking attitudes. *Sage Open.*
- Reynders, A., Kerkhof, A. J., Molenberghs, G. & Van Audenhove, C. (2014). Attitudes and stigma in relation to help-seeking intentions for psychological problems in low and high suicide rate regions. *Social Psychiatry Psychiatr Epidemiol, 49*(2), 231-239.
- Rickwood, D. J., Deane, F. P., & Wilson, C. J. (2007). When and how do young people seek professional help for mental health problems? *The Medical Journal of Australia, 187*, 35-39.
- Rose, P. (1965) *They and We*. New York, Random House.
- Rosenthal, B. & Wilson, C. (2008). Mental health services: Use and disparity among diverse college students. *Journal of American College Health, 57*, 61-67.
- Sanda, A, O (1976). *Ethnicity Relations in Nigeria*, Ibadan: The Caxton Press (West Africa) Ltd.
- Seyti, F., Poudel, K. C., Yasouka, J., Otsuka, K. & Jimba, M. (2013). Intentions to seek professional psychological help among college students in Turkey: influence of help-seeking attitudes. *BMC Research Notes, 6*:519.
- Stallman, H. M. & Shochet, I. (2009). Prevalence of mental health problems in Australian university health services. *Australian Psychologist, 44*(2), 122-127.
- Tinsley, H. E. A. (2008). Expectations about therapy. In F. T. Leong, E. M. Altmaier & B. D. Johnson (Eds.), *Encyclopedia of Counseling* (Vol. 2, pp. 593-599). Thousand Oaks, CA: Sage Publications Inc.
- Tsang, H.W.H. (2004) Comments on an article

- by Chen H. Krammer et al. *Psychiatric Services*, 55(2), 194.
- Vogel, D. L., & Wester, S. R. (2003). To seek help or not to seek help: The risk of self disclosure. *Journal of Counselling Psychology*, 50(3), 351-361.
- Wallace, B. C., & Constantine, M. G. (2005). Africentric cultural values, psychological help-seeking attitudes, and self-concealment in African American college students. *Journal of Black Psychology*, 31, 369-385.
- Wanga, H. & Xia, V. R. (2017). Chinese college students seeking psychological help from professionals- rationally should but emotionally not. *Sociology Study*, 7(4), 212-222.
- World Health Organization (2008). Mental health Gap Action Programme (mhGAP): Scaling up care for mental, neurological and substance abuse disorders. Geneva: WHO.
- Yakuna, E. S. & Weigold, I. K. (2011). Asian international students' intentions to seek counselling: Integrating cognitive and cultural predictors. *Asian American Journal of Psychology* Doi : 10.1037/a0024821.
- Yoo, S. K., & Skovholt, T. M. (2001). Cross-cultural examination of depression expression and help-seeking behavior: A comparative study of American and Korean college students. *Journal of College Counseling*, 4(1), 10-19.
- Zhi-hong, H. (2010). *Predictors of college students' attitudes toward seeking professional psychological help*. Bioinformatics and Biomedical Engineering (iCBBE), 2010 4th International Conference