

:

\*

.(286= )

( ) / ( ) :  
/ )

( ) ( )  
(%17) (

:

.Zachar, 1999)

(Psychological help-seeking

process)

(Attitudes toward

seeking psychological help)

(Intentions)

(Attitudes)

:

(1995-1991)

(437)

(Attitudes toward

.(Leong & Zachar, 1999)

.seeking psychological help)

(e.g., Oliver,

Reed, Katz, & Haugh, 1999)

(Grencavage & Norcross, 1990; Leong &

(Simoni, Adelman, &

.Nelson, 1991)

.2011/11/2

2009/9/16

\*

(Eisenberg et al., 2007)

(Theory of Reasoned

Action [TRA]; Ajzen & Fishbein, 1980)

(e.g., Al-Darmaki, 2003; Al-Rowaie, 2001; Sayed, 2002; Soliman, 1993) Eisenberg et al., 2007; Heppner, Kivilighan, Good, Roehlke, Hills, & Ashby, 1994)

(e.g., (TRA) Bayer & Peay, 1997; Carlton & Deane, 2000; Cepeda-Benito & Short, 1998; Cramer, 1999; Deane, Skogstad, & Williams, 1999; Deane & Todd, 1996; Kelly & Achter, 1995)

(Constantine, Chen, & Ceesay, 1997; Knipscheer & Kleber, 2001; Vogel, Wester, & Larson, 2007)

2004 )  
(2002 1997

(e.g., Al-Krenawi, Graham, & Kanduh, 2000; Sue & Sue, 2003)

(Eisenberg, Golberstein, & Gollust, (2004) 2007)

(703= )

(%45.5)

(Fischer and Turner, 1970)

(Alaedein & Hamaideh, 2009) (492= )

(Center for Epidemiologic Studies Depression Scale (%47.8) (CES-D)

(1970)

(%24.4)

1982)

(Deane &amp; Chamberlain, 1994)

(Farina, Holland, &  
 (e.g., Deane & Ring, 1996)  
 Chamberlain, 1994; Komiya, Good, & Sherrod, 2000)  
 (Cepeda-Benito &  
 Short, 1998; Kelly & Achter, 1995; Vogel & Wester, 2003)  
 (Halgin, Weaver, Edell, &  
 Spencer, 1987; Sharp & Kirk, 1974; Utz, 1983)

(Deane &amp; Todd, 1996;

.Uffelman, 2005)

)

.(

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(

(Fischer and Turner, 1970)

(Carlton & Deane, 2000; Rickwood & Braithwaite, 1994;  
 Schonert-Reichl & Muller, 1996)

(Leong & Zachar,  
 (e.g., Good, Dell, & .1999)  
 Mintz, 1989; Rickwood & Braithwaite, 1994; Wisch,  
 Mahalik, Hayes, & Nutt, 1995)

(e.g., Carlton & Deane,  
 2000; Deane et al., 1999; Deane & Todd, 1996)

(Moller-Leimkuhler, 2002,

p.1)

(Calhoun &amp; Selby, 1974; Calhoun, Dawes, &amp; Lewis, 1972)

(Barwick, de Man, & McKelvie, 2009; Blazina &  
 Watkins, 1996; Boey, 1999; Leong & Zachar, 1999;  
 .Turkum, 2005)

(e.g.,

Deane, Wilson, &amp; Ciarrochi, 2001)

(Al-Darmaki, 2003; Halgin et al., 1987;

Ting &amp; Hwang, 2009)

(302= )

(e.g.,

Carlton &amp; Deane, 2000; Garland &amp; Zigler, 1994)

(e.g., Blazina &amp; Marks,

(Marcus and Siegel,

2001)

(e. g., Blazina & Marks, 2001; Blazina & Watkins, 1996; Good, Robertson, Fitzgerald, Stevens, & Bartels, 1996; Tokar, Fischer, Schaub, & Moradi, 2000)

(e.g., Leong &

Zachar, 1999)

(Sayed,

.2002)

(Vogel, Wade, &

Hackler, 2007)

(e.g., Al-Darmaki, 2003)

(ASPPHS)

(1994 )

(Al-Rowaie, 2001)

(Al-Darmaki, 2003)

(Cooper, Corrigan, & Watson,

2003; Corrigan & Matthews, 2003; Shaffer, Vogel, & Wei, .2006)

(Al-Rowaie, 2001)

(Predisposing personal characteristics)

.(Pescosolido & Boyer, 1999)

(Snyder, Harris et al., 1991)

( )

(Snyder, Harris et al., 1991)

(e.g., Uffelman, 2005)

(Lazarus, 1990)

(

)

)

( ) (Moderator)

(

( )

(Baron & Kenny, 1986, p. 1174)(

)

( )

(

( )

/

(Approach/Avoidance conflict)

(Wishful thinking)

(e.g., Vogel, Wester & Larson, 2007)

(Wills & DePaulo, 1991)

(Kushner and Sher, 1989)

(Coping strategy)

.(Pescosolido & Boyer, 1999)

(Fischer, Winer, and

Abramowitz, 1983)

1999)

"

(404 ) "

(Socially embedded process)

(Help-seeking decision-making model

(Network -

[HDM])

episode model)

(Predisposing factors)

)

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(1983)

(1) :

(2)

(3)

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(Pescosolido & Boyer,

( ) 2005)

(Fischer et al., 1983)

**(Hope Theory)**

(Snyder, Harris et al., 1991)

(e.g., Magaletta & Oliver,

1999; Snyder, Harris et al., 1991)

(Goal-directed

behavior)

( )

(Bandura, 1977)

(Scheier & Carver, 1987)

(Chang,

1998)

(Agency)

(Pathways)

(e.g., Ciarrochi & Deane, 2001; Ciarrochi, Deane,

Wilson, & Rickwood, 2002; Deane et al., 2001)

(Uffelman,

2005)

(Agentic

thinking)

(Snyder,

Hardi, Michael, & Cheavens, 2000)

( )

)

(

(e.g., Uffelman,

(Test of Emotional Styles

(TES); Allen & Hamsher, 1974)

(SSRPH)

(Hopkins Symptom ( )

Checklist—21-Item Version (HSC-21)

(ATSPPH-S;

.Fischer & Farina, 1995)

(Halgin,

= )

Weaver, Edell, & Spencer, 1987)

(%51.7)

(429

( )

(ASPPHS; Fischer & Turner, 1970)

(%25)

(126)

(%69)

(Al-Rowaie, 2001)

( %79 529= )

(ATSPPHS; Fischer &

Turner, 1970)

(Life Stress Events Scale)

(1994)

)

(Al-Darmaki, 2003)

(706)

(  
(375)

(350)

(ASPPHS)

(r=-0.14)

(r=0.18)

(Komiya, Good, and Sherrod, 2000)

( %60 311= )

(Uffelman, 2005)

(Moderate)

(188) ([ ] )  
(135)

(Chang, 2007)

(HP; (OQ-45.2)  
Snyder, Harris et al., 1991)  
 $r$ )  
( $r=-.17, p < .18, p < .05$ )  
( $r=-.10, p > 0.05$ )  
( $r=-.55, p < 0.0008$ )  
( )

(Fischer & Farina, 1995)

( )

(Turkum, 2005)  
(398= )

(%10)

(Fleishman-Pogach, 2008)

( $M = 70.70, SD$  ( $M = 76.14, SD = 10.02$ )  
 $= 11.78$ )

(256)

(Wilson, Deane, & Ciarrochi, 2005)

21-19

( %53) ( )  
(269= )

---

(e.g., Uffelmann, 2005; (Chang, 2007) Wilson et al., 2005) (ATSPPHS) (Brief Symptom Inventory [BSI]; (7.9= 48.6= ) .Derogatis, 1993)

(Cramer, 1999) (Obasi & Leong, 2009) (Obasi and Leong, 2009)

(%52.3) (130= ) [BSI] (1970)

(e.g., Obasi & Leong, 2009) (e.g., Al-Rowaie, 2001; Halgin et al., 1987)



(286) : **:(Psychological Distress)**  
 ( 192 94)  
 ( )  
 .( ) (1) (2) (3) (4)  
 (180- )

(%67)  
 (19.7= ) 24-18 **:(Hope)**  
 (%78.3) .(1.23= )  
 (%51.7 %26.6)  
 (%7 %14.7)  
 (Pathways) ( ) (Agency)  
 [17.8] ) (Snyder, Harris et al., 1991) ( )  
 [8.7] [73.4]  
 (3) (2) (1)  
 (%41.6) (%58.4) .(32-8) .(4)

:  
 :  
 - - ) ( - )  
 ( - ) ( )  
 - [2.99-2] - [4-3] )  
 ) / ([2 ]  
 ( )  
 / /

**(Method)**  
 :  
 :  
 (%41) 6279 ] (15.181)  
 - ) [ (%59) 8904  
 (2009/2008)  
 .2009 -2008

$r$  ) (  $r = 0.86$  ) (Test-retest) (Attitudes Toward Seeking Professional Psychological Help  
 (= 0.84) (Fischer and Scale [ATSPPHS])  
 (Cepeda-Benito & Short, 1998; (29) (1) ) .Turner, 1970)  
 Good, Dell, & Mintz, 1989)  
 (  $\alpha = 0.87$  & 0.84) (4)  
 ( 9) :  
 ( 16 14) ( 8) ( )  
 (  $r = 0.85$ ) 22 - 18 /  
 (  $\alpha = 0.81$ ) ( 7) ( )  
 (  $r = 0.72$  ) : ( 5)  
 (  $r =$   $r = 0.60$   $r = 0.77$  ) ( )  
 0.71 .(  
 (Al-Darmaki, 2003; Fischer & Farina, 1995; Good & Wood, 1995) (2) (3)  
 .(0) (1)  
 ] (87- )  
 .[  
 : (Psychological Distress) : ) (11)  
 (The Outcome Questionnaire [OQ - 45.2] 11 7 5 2) ( )  
 ( ) (28 25 24 23 18 16 12  
 (Lambert, Hansen et al., ) (18)  
 (Distress) 1996) ( )  
 .(Doerfler, Addis, & Moran, 2002)  
 (45) (Fischer & Farina, 1995)  
 (ATSPPHS; Fischer & Turner, 1970; Fischer & Farina, 1995)  
 (ATSPPHS) (960= )  
 (Internal consistency)  
 (  $\alpha = 0.83 - 0.86$  )  
 $r = 0.74$  ) :  
 .( $r = 0.70$   $r = 0.62$   $r = 0.67$   
 (3) (OQ-45.2) (Reliability)



(25-20)

( $\alpha = 0.74 - 0.84$ )

( $\alpha = 0.81 - 0.71$ ) :  
 ( $\alpha = 0.63 - 0.61$ )

(376)

(Snyder, Harris et al., 1991)  
 (Convergent validity)

(286)

: (Life Orientation Test; Scheier & Carver, 1985,  $r = 0.60, p < 0.05$ )  
 (Beck Hopelessness Scale; Beck et al., 1974,  $r = -0.51, p < 0.05$ )  
 (Beck Depression Inventory; Beck et al., 1961,  $r = -0.42, p < 0.05$ )  
 (Steed, 2000)

(Kurtosis) (Skewness)

(Preacher, Rucker, & Hayes, 2007)

(Multiple Linear Regression)

(Exploratory Factor Analysis)

:

(Predictors)

(Babyak, Snyder, & Yoshinobu, 1993)

( )

[Criterion] ( )

(Hierarchical multiple

( 16 14)

regression)

(

( $r = 0.66$ )

22 - 18

)

(Frazier, Tix, &

(

( $\alpha =$

( )

.Barron, 2004)

$\alpha$

)

0.86)

(MANOVA)

( $\alpha = 0.66$ )

( $= 0.82$ )

(Kashdan, Pelham et al.,

( )

2002; Snyder, Harris et al., 1991)

(Tukey HSD)

(SPSS/ PC)

"

)

(

( )

2009-2008

(  
 (Multiple Linear Regression) ) (*Kurtosis*) (*Skewness*)  
 (Predictors) ( (Normality)  
 [Criterion] ( ) (286)  
 - )  
 (1) ) ( ( )  
 )

(1)

(286= )

<b>(<math>\alpha</math>)</b>	<b>Kurtosis</b>	<b>Skewness</b>				
.915	-1.05	-.20	125-29 (96.00)	24.84	83.10	(180-0) OQ-45.2
.879	-.84	.20	76-16 (60.00)	14.09	44.27	(100-0) Symptom
.785	-1.11	-.29	28-5 (23.36)	6.76	19.48	(44-0) Interpersonal Relations
.533	-.67	-.54	25-6 (19.44)	4.61	15.35	(36-0) Social Role
.887	-.69	.28	26-11 (15.25)	3.72	<b>16.62</b>	<b>(32-8)</b> HS
.873	-1.11	.06	15-5 (10.00)	2.47	8.58	(16-4) Agency
.703	-.83	.06	12-4 (7.75)	1.94	7.62	(16-4) Pathways
.825	-.69	-.166	60-16 (44.03)	11.38	<b>34.66</b>	(87-0) ATSPPHS
.72	-.42	-.21	18-3 (15.33)	4.06	10.20	(27-0) Confidence
.73	1.09	.61	21-1 (20.38)	4.26	7.74	(24-0) Need
.55	-.88	.30	14 -2 (12.29)	2.76	7.01	(21-0) Openness
.59	-.68	.01	11-3 (8.60)	2.10	7.15	(15-0) Stigma

(1 )  
 (Kurtosis) (Skewness)  
 (/1) (1.11)

(286= ) (192= ) (94= ) (Tabachnick & Fidel, 2001)  
 ( )  
 : 83.10= ) (24.84=  
 ( /1) (%77.6)  
 (Cutoff)  
 .( (63= )  
 ( /1) (Lambert, Hansen et al., 1996)  
 : 16.62= )  
 ) (Snyder, Harris et al., (3.72=  
 ( ) (25.08 1991)  
 ) - 25.64)  
 .( 34.66= )  
 (11.38=

(/1)

(192= ) (94= )

( ) (286= )

<i>p</i>	<i>t</i>					
						(1)
.000	-4.33	79.09	69.47	23.49	74.28	
		90.89	83.94	24.39	87.42	
		<b>85.99</b>	<b>80.21</b>	<b>24.84</b>	<b>83.10</b>	
.000	-4.85	41.71	36.24	12.02	38.70	
		49.02	44.96	14.25	46.99	
		45.91	42.63	14.09	44.27	
.000	-3.74	18.77	16.02	6.71	17.39	
		21.44	19.58	6.56	20.51	
		20.27	18.70	6.76	19.48	
.003	-2.96	15.22	13.19	4.95	14.21	
		16.53	15.29	4.35	15.91	
		15.89	14.81	4.61	15.35	

<i>p</i>	<i>t</i>					
						(2)
.006	-2.75	16.44	15.09	3.27	15.76	
		17.59	16.49	3.86	17.04	
		<b>17.06</b>	<b>16.19</b>	<b>3.72</b>	<b>16.62</b>	
.034	-2.12	8.62	7.65	2.37	8.13	
		9.15	8.44	2.49	8.79	
		8.86	8.29	2.47	8.58	
.000	-3.91	7.35	6.62	1.78	6.99	
		8.20	7.65	1.95	7.92	
		7.84	7.39	1.94	7.62	
						(3)
.023	-2.28	34.91	30.04	11.88	32.47	
		37.30	34.16	11.01	35.73	
		<b>35.98</b>	<b>33.33</b>	<b>12.52</b>	<b>34.66</b>	
.002	-3.11	10.03	8.26	4.32	9.14	
		11.26	10.17	3.83	10.71	
		10.67	9.72	4.06	10.20	
.173	-1.36	8.20	6.29	4.65	7.24	
		8.55	7.40	4.04	7.98	
		8.23	7.24	4.26	7.74	
.001	-3.30	6.77	5.72	2.56	6.25	
		7.78	6.98	2.79	7.38	
		7.33	6.68	2.76	7.01	
.160	1.40	7.76	7.04	1.76	7.40	
		7.35	6.71	2.24	7.03	
		7.40	6.91	2.10	7.15	



(%1.8)

( /1)  
( )

[286 = ] ( ) ( )

<i>F</i>	<i>df</i>	<i>Adjusted R<sup>2</sup></i>	<i>partial R</i>	<i>R<sup>2</sup></i>	<i>R</i>	<i>t</i>	<i>β</i>	<i>B</i>	
									(1)
*5.23	1,284	.015	.135	<b>.018</b>	.135	*2.28	.135	3.25	
									(2)
			.148			*2.50	.146	3.53	
			.206			**3.53	.375	.303	
			-.291			** -5.09	-.600	-1.010	
***10.16	3,281	.102	.055	<b>.114</b>	.338	-.924	.085	-.210	
									(3)
			.051			.848	.053	1.27	
			.256			**4.42	.502	.406	
			-.302			** -5.29	-.607	-1.023	
			.048			-.801	.073	-.179	
			-.082			-1.37	-.116	-.533	
9.32***	2,279	.153	.238	<b>.170</b>	.412	**4.09	.338	1.97	

\*  $p < 0.05$ , \*\*  $p < 0.001$ , \*\*\*  $p < 0.001$

$p < 0.001$ ,  $R = .338$ ,  $[R.Suq.2] = 0.114$   
(%10)

( /1 )

:

( $R = .338$ )

(  $R^2 = 114$  ).

( /1 )

:

(Partial Correlation  $r = .206$ ;  $-.291$ )

( $\beta = .375$ ,  $p < 0.001$ ;  $\beta = -.600$ ,  $p < 0.001$ )

( $R = 0.412$ )  
( $R^2 = 170$ )

( /1 )

(Partial Correlation  $r = .238$ )

( $\beta = .338$ ,  $p < 0.001$ )

( $F(3, 281) = 9.06$ ,

(Multicollinearity)

(Myers,1990, p.369)

(Partial Correlation  $r=-.082$ )

( /1)

(Centering)

( $F$  (2,

279)=9.50,  $p<0001$ ,  $R=.412$ , [ $R.Suq.2$ ]=0.170)

(%7)

(1) ) (Dummy Numbers)

[(0) (0) ] ( )

(Hierarchical Regression)

(Enter)

(2 )

(Kenny, Kashy, & Bolger, 1998)

(Modgraph program, Jose, 2003)

(Simple slopes' program)

(Partial Correlation

$r= -.302$ ; 256)

(Leon, Ragsdale,

.Miller, & Spacarelli, 2008)

(2 ) :

( $F$  (2, 283)=

90.17,  $p<0.001$ , ( $\beta=.632$ ,  $p < 0.01$ );  $R=.624$ , [ $R.Suq.2$ ]

$=.389$ ;  $R_A=.385$ )

(%38.5)

( $\beta=.079$ ;  $t= 2.06$ ,  $p>0.05$ ; 632,  $t=13.42$ ,  $p>0.01$ )

(e.g., Aiken, & West, 1991; Baron & Kenny, 1986)

( $F$

(1, 282)= 10.88,  $p<0.01$ , ( $\beta=.188$ ,  $p < 0.05$ );  $R=.642$ ,

[ $R.Suq.2$ ] =.412;  $R_A=.406$ )

(%2)

( )

(Moderator) ( ) ( )

)

( )

(variation inflation

factor (VIF)

(1.86)

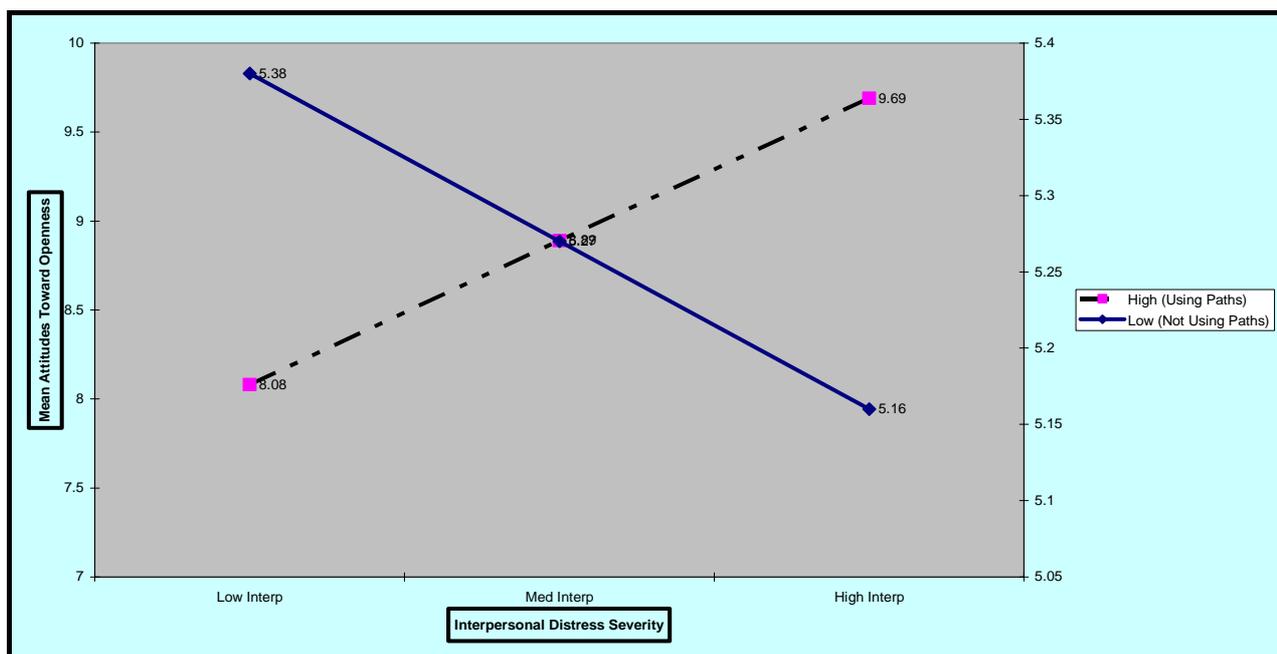
(2)

( ) ( )  
 (286= ) ( ) ( )

<i>F</i>	<i>df</i>	<i>Adjusted R<sup>2</sup></i>	<i>partial R</i>	<i>R<sup>2</sup></i>	<i>R</i>	<i>t</i>	<i>β</i>	<i>B</i>	<i>/</i>
									(1)
			.122			2.06*	.097	.594	
90.17 ***	2,283	.385	.624	.389	.624	13.42**	.632	3.67	
									( ) (2)
								5.769	constant
			.007			.123	.007	.040	
			.530			10.48**	.550	3.20	
10.88**	1,282	.406	.193	.412	.642	3.29*	.188	2.13	×

\**p* < 0.05. \*\**p* < 0.01. \*\*\**p* < 0.001.

( ) ( )  
 ) (Modgraph program, Jose, 2003)  
 ( ) (1)  
 (MANOVA)  
 (94= ) (β=1.05,  
 (40= ) (29= ) (25= ) ) t= 3.33, p<.0001)  
 ( )  
 (192= ) (β=- .097, t= -1.75, p= 0.079, p>0.05)  
 (56= ) (81= )  
 ( ) (55= )  
 (/3)  
 )  
 .(



( )

(1)

(/3)

( )		(192= )				(94= )			
(286= )		(106)		(85)		(95= )			
4.3	9.1	3.2	5.5	2.5	11.4	4.5	9.7		
3.8	10.7	4.2	9.1	3.0	11.3	3.0	12.3		
4.0	10.2	4.2	8.3	2.8	11.3	3.9	11.3		
4.6	7.2	4.1	4.3	2.0	7.0	5.3	9.2		
4.0	7.9	5.0	8.1	2.9	7.9	3.2	7.7		
4.2	7.7	5.1	7.2	2.6	7.6	4.2	8.3		
2.5	6.2	1.1	4.6	2.7	7.5	2.5	6.3		
2.4	7.6	1.8	5.8	3.0	7.7	2.4	9.2		
2.7	7.0	1.8	5.5	2.9	7.6	2.8	8.0		
1.7	7.4	1.1	6.1	2.2	7.8	1.3	7.8		
2.2	7.0	2.0	6.1	2.3	7.9	1.9	7.3		
2.1	7.1	1.8	6.1	2.2	7.9	1.7	7.5		

( /3)

( / )

( /3)

( )

$\eta^2$	(p)	" "					
0.065	0.000	**19.32	254.515	254.515	1		
0.015	0.041	*4.221	71.843	71.843	1		
0.074	0.000	**22.376	128.161	128.161	1		
0.001	.595	.284	1.105	1.105	1		
0.175	0.000	**29.63	390.241	780.481	2		
0.042	0.002	*6.14	104.586	209.171	2		
0.167	0.000	**28.01	160.429	320.857	2		
0.108	0.000	**16.88	65.743	131.486	2		
0.037	0.005	*5.37	70.819	141.637	2		x
0.059	0.000	**8.846	150.553	301.105	2		
0.048	0.001	*7.100	40.701	81.403	2		
0.003	.668	.404	1.575	3.150	2		
			13.168	3687.040	280		
			17.020	4765.620	280		
			5.728	1603.728	280		
			3.895	1090.467	280		
				34458.728	286		
				22314.344	286		
				16239.857	286		
				15908.640	286		

0.05 \* 0.001 \*\*

(Partial Eta squared  $\eta_p^2$ )= 0.065; 0.015; 0.074 ( /3)

(f(1,280)=19.32; 22.37, p<001; 4.22, p<0.05)

7.29= )

(7.16= (f(1,280)=.284, P>0.05;  $\eta_p^2$ =

.0001)

(7.6 7.9 10.9)

) : (6.1 6.8 8.9)  
 ( /3 ) :  
 ( /3) (Post-hoc Tukey HSD test)  $f(2,280)=29.63, 28.01;$   
 $16.88, p<0.01; 6.14, P<0.05)$   
 ( )  
 .( )

( /3)

%95		<i>p</i>	<i>SD</i>	(I-J)	(J)	(I)	
1.20	-1.45	0.974	541.	-.1254	2	1	
4.20	1.68	0.000	512.	*2.94	3		
1.45	-1.20	0.974	541.	1254.	1	2	
4.37	1.76	0.000	528.	*3.070	3		
-1.68	-4.20	0.000	512.	*- 2.94	1	3	
-1.76	-4.37	0.000	528.	*- 3.07	2		
1.26	-.489	0.553	357.	.389	2	1	
3.27	1.61	0.000	338.	*2.44	3		
489.	-1.26	0.553	357.	- .389	1	2	
2.91	1.19	0.000	348.	*2.054	3		
-1.61	-3.27	0.000	.338	*- 2.44	1	3	
-1.19	-2.91	0.000	348.	*- 2.054	2		
369.	-1.08	0.484	294.	-.355	2	1	
2.06	693.	0.000	278.	*1.37	3		
1.08	-.369	0.484	294.	355.	1	2	
2.44	1.02	0.000	528.	*1.73	3		
-.69	- 2.06	0.000	.255	*-1.37	1	3	
-1.02	- 2.44	0.000	.307	*- 1.73	2		

0.05 \*

( /3)  
 (-2.94) :  
 (-2.44) (3)  
 (1)  
 (-2.05) (2)  
 (-1.73) (-3.07)

x

:

(-1.37)

:

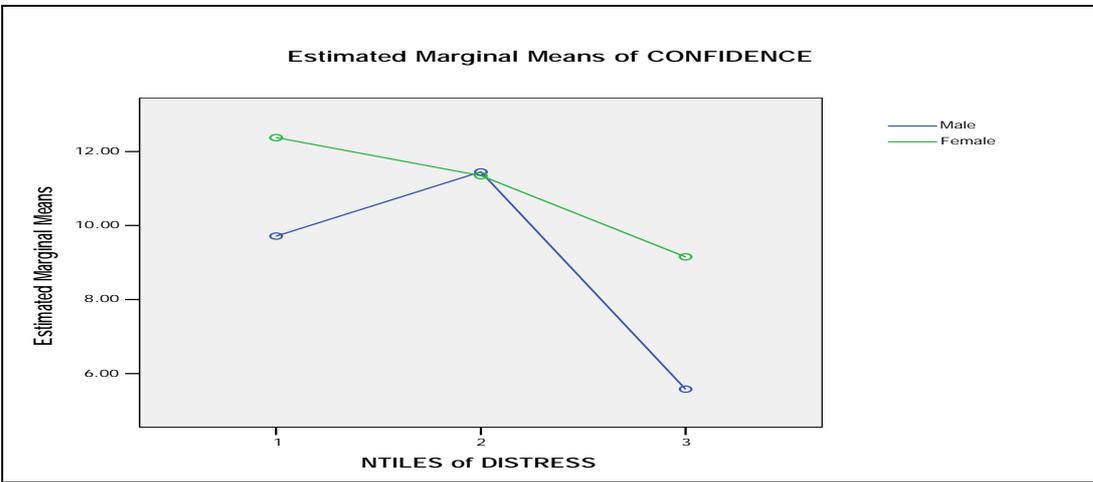
( $p < 0,05$ )

:

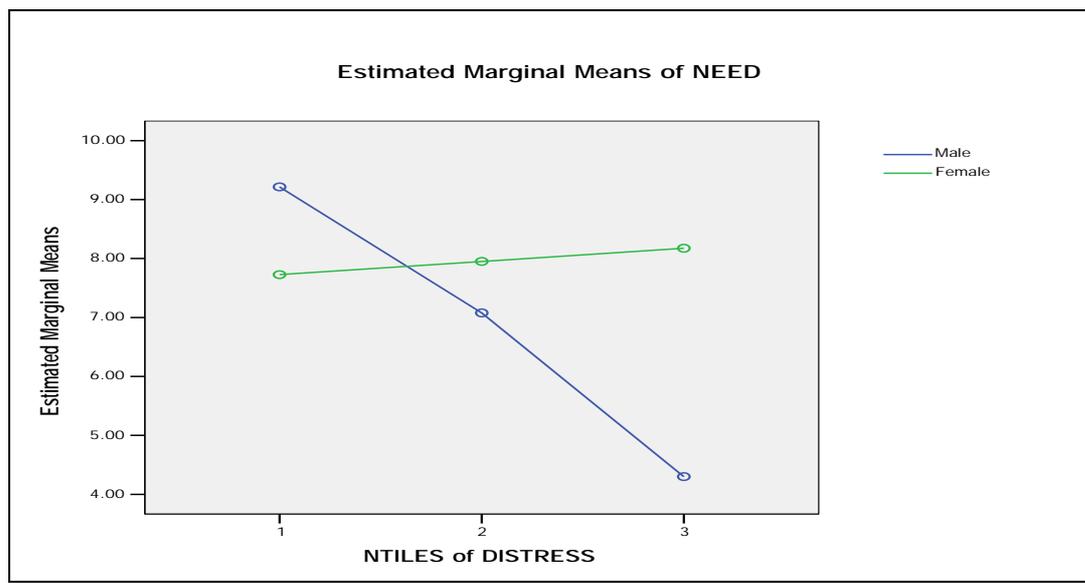
3/1)

(3/3 3/2

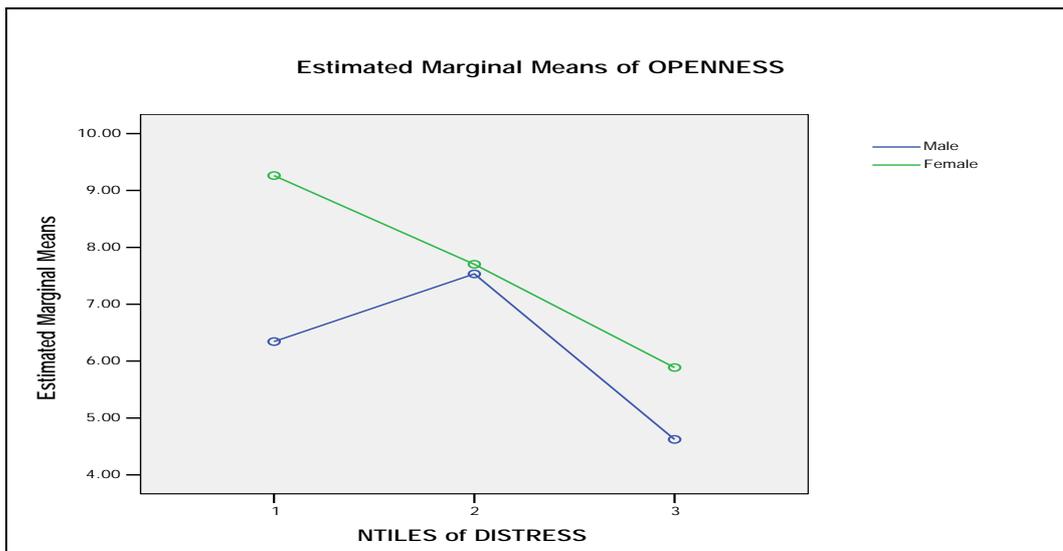
:



(3/1)



(3/2)



(3/3)

(12.52= 34.66= ) (ASPPH)

(Al-Darmaki,

(9.23 = 35.29 = ) 2003)

(Al-Rowaie, 2001)

(9.9= 42.03= )

(e.g., Fleishman-Pogach, 2008;

Uffelman, 2005)

.(22.66= 52.18= )

(7.85= 48.68= )

(Kim & Omizo, 2003; Masuda, Suzumura et al.,

2005; Sheikh, & Furnham, 2000)

(Emic)

(Headland, Pike, &

(Etic)

.Harris,1990)

(Marsella,

1998)

(Partial Correlation  $r=.135$ )

(Al-Rowaie, 1994 ) ( )  
(e.g., Ang, Lim, Tan & Yau, 2004; Chang, 2001  
2007; Fleishman-Pogach, 2008; Good & Wood, 1995;  
.Komiya et al., 2000; Leong & Zacher, 1999) )

.(Al-Krenawi, Graham, & Kanduh, 2000) (1989

(e.g.,  
Good & Wood, 1995)

(e.g., Al-Darmaki,  
.2003; Halgin et al., 1987; Ting & Hwang, 2009)

(e.g., Al-Darmaki, 2003; Al-Krenawi et al., 2000;  
Aloud, 2004; Al-Rowaie, 2001; Braun & Browne, 1998;  
Zhang & Dixon, 2003)

(Good & Wood, 1995; Wisch, Mahalik, Haves, & Nutt,  
1995)

(Blazina & Marks, 2001;  
.Levant & Pollack, 1995; Komiya, et al., 2000)

(e.g., Wisch, Mahalik, Hayes, & Nutt, 1995)

(Blazina & Watkins, 1996)

(Double bind)

)  
(  
( )

(Turkum, 2005)

/ ( ) :  
( ) ( )  
( )  
( / )  
(%17)

(Partial

Deane, Wilson, & Ciarrochi, 2001; Garland & Zigler, 1994)

*Correlation r=.206; -.291)*

(%10)

(Kushner & Sher, 1989; Vogel et al., 2007)

(%25)

(Vogel & Wester, 2003)

(e.g., Aloud, 2004; Al-

Rowaie, 2001)

(e.g., Atkinson & Gim, 1989;

Constantine & Arorash, 2001; Hinson & Swanson, 1993)

(Hill & O'Brien, 1999; Hinson &

Swanson, 1993; Parker, Gladstone, & Chee, 2001)

(e.g., Akutsu, Snowden, &

Organista, 1996; Lopez, Melendez et al., 1998)

(e.g.,

(Partial Correlation  $r=.238$ )

(Stigma)

(%6)

(Constantine, Chen, & Ceesay, 1997;  
.Knipscheer & Kleber, 2001; Constantine, & Gainor, 2004)

(e.g.,

Chang, 1998)

(Adult Attachment Theory;

Hazan & Shaver, 1987)

(e.g., Ciarrochi & Deane, 2001;

Elliott, Witty, Herrick & Hoffman, 1991; Kwon, 2000;

Snyder, Harris et al., 1991)

) (deactivating strategies)

(Shaffer,

(

(Pathway)

Vogel, & Wei, 2006)

(e.g., Uffelman, 2005)

( $r=-.17, p < 0.05$ )

(e.g., Teyber, 2005)

( )

( )

*(p<0.05)*

*(p<0.001)*  
(% 38.5)

(%2)

.(%406)

( )

( )

(Wilson, Deane, & Ciarrochi, 2005)

(e.g., Fischer et al.,

1983)

(Pescosolido & Boyer, 1999;

Wills & DePaulo, 1991)

(e.g., Uffelman, 2005)

.(%2)

( )  
)  
(  
)

(e.g., Calhoun & Selby,  
(e.g., Garland &

1974)  
Zigler, 1994)

(

(e.g., Hinson &

Swanson, 1993)

(e.g.,

Fischer & Turner, 1970; Leong & Zachar, 1999)

(Hill, Thompson, Cogar, & Denman,

1993)

(Self-concealment)

(Cepeda-Benito &

.Short,1998; Larson & Chastain, 1990)

(Komiya et al., 2000)

(Westerhof, Maessen, De Bruijn & Smets,

2008)

(e.g., Al-Krenawi et al., 2000)

(ATSPPHS)

%70 87= )

(

(e.g., Komiya et al., 2000)

(HSC-21)

(Al-Rowaie, 2001; Halgin et

al., 1987; Kelly & Achter, 1995)

( )

(Turkum, 2005)

(Ajzen & Fishbein, 1980)

**(Limitations and**

**Counseling Implications)**

(Illusion of high functioning)

(Shedler, Mayman, & Manis,

.1993)

(e.g., Robertson

& Fitzgerald, 1992)

(10)

(Wisch, Mahalik, Hayes, & Nutt, 1995)

(Gender role Conflict)

" ( )  
( ) "

.(Levant, Wimer et al., 2009)

(s)

/

(Kushner & Sher, 1991)  
( )

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## College Students' Attitudes Toward Seeking Psychological Help: The Role of Personality Factors

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### ABSTRACT

This study aims at examining the relationship between psychological distress, hope and gender variables and attitudes toward seeking psychological help among a sample of undergraduate students (n=286). Results of multiple regression analyses indicated that (a) Gender (male) (b) lower level of hope (Paths / the effective strategies geared to achieving the goals), predicted negative attitudes toward seeking psychological help accounted for 17% of variance in attitudes toward seeking psychological help. Moreover, paths moderated significantly the relationship between interpersonal distress and the attitudes toward openness in the psychological help process. Finally, the results showed that females in different levels of distress exhibited more favorable attitudes to seek help from counseling & mental health professionals than males, likely due to their positive attitudes concerning confidence in counselors, openness, and need recognition. Specifically, results from this study suggest that negative attitudes related to need recognition and psychological openness might contribute to men's avoidance of counseling and mental health services. The study includes implications for interventions and future research recommendations..

**Keywords:** Psychological Distress, The Outcome Questionnaire [OQ-45.2], Hope Scale [HS], Theory of Hope.

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