

## Abstract

A correlational study was conducted to explore the relationship of self-concealment and social stigmatization with attitude towards seeking professional help. For collecting data stratified random sampling was used to get a representative sample of 400 undergraduates, from six main universities of Lahore. Self-Concealment (Larson & Chastain, 1990) scale was used to assess the level of concealment. Stigma Scale for receiving Psychological Help (Komiya, Sherrod & Good, 2000) was used to measure the perceived public stigma and to measure individual's attitude towards seeking professional psychological help, Attitude towards Seeking Professional Help Scale (Fisher & Farina, 1995) was used. For analyzing the data descriptive and inferential statistics was used. Pearson Correlation analysis approved the hypothesis that self-concealment and social stigmatization significantly correlates with attitude towards seeking professional help. Stepwise Multiple Regression analysis partially approved the hypothesis as only social stigmatization predict attitude towards seeking professional help. Preacher's and Hayes Bootstrapping method reveals that social stigmatization did not mediate the association between self-concealment and attitude towards seeking professional help. The result of t-Test shows that female university students have more positive attitude towards seeking professional help than male university students. The result of t-Test also shows that government university students and social sciences students have more positive attitude towards seeking professional help than private university students and pure sciences students respectively. The findings will help university students to accept their mental, emotional and behavioral problems and take psychological services when needed.