

Abstract

The aim of the study was to find out the attitudes and barriers toward seeking professional help for mental health issues. The survey Research Design used in which Cross Sectional Design was implicated. The Stratified Random Sampling used to draw a sample of 360 (180 Men, 180 Women) from general population. Age was divided into three groups, young (18-29), middle (30-39) and late adulthood (40-60). The Attitude toward Seeking Professional Psychological Help Scale (Turner & Fisher, 1970) was administered. The Barriers to Assess Care Evaluation (Clement, 2005) used to explore the barriers towards seeking Psychological help, this scale was consisted of stigma related barriers and non stigma related barriers. The Mental Health Inventory (Veit & Ware, 1998) used to assess mental health. Descriptive and Inferential statistical analysis done to find out the study results. This study concluded that age and gender had a significant impact on the attitude towards seeking professional help for mental health issues. Women had more positive attitudes than men and young adults had negative attitudes towards seeking psychological help than middle and late adulthood. The study found that most of the participants had positive attitudes towards seeking psychological help. Barriers towards seeking professional help for mental health issues were more among Men and young adults. Overall, there were fewer barriers found towards seeking professional help for mental health issues. Mental health of women revealed poor than Men. These results could be implicated in future mental health education programs that they should focus on the change of negative perspectives about psychological help and stigma related barriers.

Key words: Attitudes towards Psychological help, Barriers in Psychological help, Mental Health