



# Mental Health Help-Seeking Attitudes in Kermanshah Older Adults

Mehdi Mirzaei-Alavijeh <sup>1</sup>, Sahar Parsafar <sup>2</sup>, Mehdi Moradinazar <sup>3</sup> and Farzad Jalilian <sup>3,\*</sup>

<sup>1</sup>Social Development & Health Promotion Research Center, Health Institute, Kermanshah University of Medical Sciences, Kermanshah, Iran

<sup>2</sup>Department of Health Education and Promotion, School of Health, Kermanshah University of Medical Sciences, Kermanshah, Iran

<sup>3</sup>Clinical Research Development Center, Motazedi Hospital, Kermanshah University of Medical Sciences, Kermanshah, Iran

\*Corresponding author: Clinical Research Development Center, Motazedi Hospital, Kermanshah University of Medical Sciences, Kermanshah, Iran. Email: f.jalilian@yahoo.com

Received 2023 November 13; Revised 2023 December 19; Accepted 2024 January 10.

## Abstract

**Background:** Mental health help-seeking is the initial step in evaluating one's mental state, receiving an accurate diagnosis and professional intervention for mental health problems.

**Objectives:** The current study aimed to determine the mental health help-seeking attitudes of older adults in Kermanshah.

**Methods:** This descriptive cross-sectional research study was conducted in 2022 among 538 individuals aged 60 and above who were beneficiaries of the pension funds in Kermanshah, Iran. The samples were selected by multi-stage cluster sampling. Data were collected through interviews with older adults using a standardized questionnaire. The collected data were analyzed using SPSS software version 16.

**Results:** The mean age of respondents was  $66.01 \pm 4.09$ , ranging from 60 to 75 years. About 39% (210 people) of older adults had positive mental health help-seeking attitudes, and 61% (328 people) had negative mental health help-seeking attitudes. The positive mental health help-seeking attitudes were higher in older adults with higher educational levels ( $P < 0.001$ ) and better economic status ( $P = 0.029$ ).

**Conclusions:** The majority of the older adults had a negative attitude towards mental health help-seeking, highlighting the importance of interventions to improve elderly attitudes toward mental health help-seeking.

**Keywords:** Aging, Mental Health, Help-Seeking Behavior, Attitude

## 1. Background

The Asian Development Bank has reported that by 2030, the Asian continent will have the highest number of older people globally (1). According to estimates, the number of older adults in Iran is projected to exceed 10 million by 2035, with the percentage of elderly individuals surpassing 11% (2). The increasing number of older adults in societies highlights the importance of considering their health requirements (3). Mental health is a significant concern for older adults, and statistics indicate that over 20% of individuals aged 60 and above experience mental or nervous disorders. Furthermore, mental and neurological disorders among this age group contribute to 6.6% of all disability-adjusted life years (DALY) (4). Many community-level services aim to improve the mental health of older adults, offering support such as counseling and seeking mental health help. However, many older adults do not use these services (5). It is essential to understand why many older adults do not receive

help for their mental health problems, even when they are experiencing severe mental health symptoms. This understanding can help develop interventions specifically targeting their needs (6).

Help-seeking behaviors are crucial for elderly individuals to maintain their health, which refers to any actions taken to seek help from healthcare professionals or trusted individuals in the community (7). Help-seeking for mental health issues is the first step toward mental status assessment, proper diagnosis, and subsequent mental health intervention and management by professionals (8). Further, help-seeking is defined as an adaptive coping process and an attempt to obtain external help for dealing with mental health concerns (9).

Mental health help-seeking attitudes affect determining whether elderly individuals will seek mental health assistance, which significantly influences their utilization of mental health services (10, 11). In addition, attitudes are crucial in decision-making when confronted

with an event (12). Positive attitudes towards healthcare services significantly impact one's ability to cope with illness and maintain overall well-being (13). In addition, attitudes are essential in adopting self-management measures as a reliable indicator of whether someone will be help-seeking (14). Furthermore, it is essential to acknowledge that older adults face a significant barrier in accessing mental health services due to their negative attitudes towards help-seeking (15).

## 2. Objectives

This study aimed to examine the attitudes of elderly individuals in Kermanshah City, Iran, towards seeking mental health help.

## 3. Methods

### 3.1. Participants

This cross-sectional descriptive study was conducted in the winter of 2022 among 538 individuals over 60 covered by the pension funds in Kermanshah. The sample size was calculated at a 95% significance based on the results of a pilot study, as much as 538 using multi-stage cluster sampling. Initially, a fund was randomly chosen from each national pension fund, armed forces, and social security. Then, a simple random sampling method was employed to select eligible individuals from each center. This process resulted in separate lists of individuals aged 60 to 75 for each fund or insurance company. Next, participants were randomly selected from the retirees covered by each pension fund, and the questionnaires were completed through interviews. The study involved three trained interviewers who had received proper training in communicating with older adults, asking questions, and avoiding bias in the subject matter.

The study included participants between the ages of 60 and 75 who had at least a primary education, were willing to participate, and were covered by the Kermanshah pension fund. Incomplete answers to questionnaire items were considered as exclusion criteria.

### 3.2. Measure

The data were collected using a two-part questionnaire. A preliminary study was conducted to evaluate the study questionnaires' accuracy before starting the main project. The participants in this preliminary study were 20 older adults, similar to those who participated in the main study. The initial study aimed to gather feedback on the clarity, length, and comprehensiveness and determine the internal consistency measures.

### 3.3. Demographics

This study examined several background variables, including age (in years), gender (women or men), education level (elementary, secondary, diploma, or academic), marital status (single, married, or widowed), economic status (weak, medium, or good), living arrangements (alone, with spouse and children, with children only, or with spouse only), smoking habits (no or yes), and stress (no or yes).

### 3.4. Mental Health Help-Seeking Attitude

The Attitudes evaluated a mental health help-seeking attitude Toward Seeking Professional Psychological Help Scale-Short Form (ATSPPH-SF) (16, 17). The ATSPPH-SF consisted of 2 parts: "Openness to seeking professional help for mental health" and "value and need in seeking professional help." The scores were reverse scored, with zero indicating agreement and 3 indicating disagreement. Scale scores ranged from zero to 30, with higher scores indicating a more positive attitude toward seeking help. A cutoff score of greater than 20 points on the scale and greater than 10 points was used for each dimension. Attitudes scoring below these cutoffs were considered negative (16, 17). The reliability of the questionnaire was assessed using Cronbach's alpha coefficient, which was reported as 0.84 in a study conducted with Iranian older adults (18).

### 3.5. Data Analysis

The data were analyzed by SPSS software version 16 using appropriate statistical tests, including chi-square (relationship between background variables (sex, education level, economic status, marital status, living arrangements, smoking, and having experienced a stressful event in the past year) and mental health help-seeking attitudes), and two-group independent *t*-tests (relationship between age and health help-seeking attitudes) at 95% significant level. Descriptive data are presented as mean (standard deviation) and number (percentage).

## 4. Results

The mean age of respondents was  $66.01 \pm 4.09$ , ranging from 60 to 75 years. About 40.3% of respondents were women, and 59.7% were men. In addition, 28.4, 12.6, 37.5, and 21.4% of older adults reported having elementary, secondary, diploma, and university education, respectively. Most participants (47.6 %) reported their economic status as a medium. The majority of older adults (76%) were married, and 22.7% had a history of smoking.

Additionally, 39.4% of older adults reported experiencing a stressful event in the past year.

Furthermore, 39% (210 people) of older adults had positive mental health help-seeking attitudes, and 61% (328 people) had negative attitudes in this regard. In addition, 41.6% of participants have positive attitudes toward openness to seeking professional help for mental health. About 32.3% of the participants had positive attitudes towards value and need in seeking professional help.

The relationship between background variables and mental health help-seeking attitudes is given in Table 1. The positive attitudes towards mental health help-seeking were more in older adults with higher educational levels ( $P < 0.001$ ) and better economic status ( $P = 0.029$ ).

The current status of responses to the attitude questionnaire regarding seeking help for mental health is represented in Table 2.

## 5. Discussion

The study revealed that 39% of older adults had positive mental health help-seeking attitudes, while 61% had a negative perspective. This result was consistent with a similar study conducted in Saudi Arabia, which found that over half of the participants (54.5%) had negative mental health help-seeking attitudes (19). Another European study found that almost one-third of the respondents believed that professional care for severe emotional problems is either worse or equal to no help-seeking (20). Furthermore, evidence suggests that around 70% of individuals who require mental health services do not receive the service (21). There are various reasons for these negative attitudes toward help-seeking, including cultural, social, and individual factors. One of the harmful consequences of these attitudes is the negative impact on self-esteem. Seeking professional psychological help is often viewed as a threat to one's self-esteem and is seen as a sign of weakness and acceptance of failure (22). These results pose a threat to the well-being of older adults and serve as a warning for health policymakers in Iran. The report emphasizes the importance of giving special attention to this issue to ensure the health and well-being of older adults. Health care providers should consider the development of interventions to promote help-seeking.

There was no significant relationship found between gender and mental health help-seeking attitudes. However, a slightly higher percentage of women (39.2%) compared to men (38.9%) had positive mental health help-seeking attitudes. Mackenzie et al. found that women generally have more positive mental health help-seeking attitudes (23), which could be due to cultural

**Table 1.** Relationship Between Background Variables and Mental Health Help-Seeking Attitudes

Background Variables	Attitudes		P-Value
	Negative	Positive	
Age	66.10 (3.97)	65.86 (4.28)	0.513
Sex			0.957
Women	132 (60.8)	85 (39.2)	
Men	196 (61.1)	125 (38.9)	
Education			< 0.001
Elementary	120 (78.4)	33 (21.6)	
Secondary	27 (39.7)	41 (60.3)	
Diploma	128 (63.45)	74 (36.6)	
Academic	53 (46.15)	62 (53.9)	
Economic status			0.029
Weak	147 (67.7)	70 (32.3)	
Medium	145 (56.6)	111 (43.4)	
Good	36 (55.4)	29 (44.6)	
Marital status			0.059
Single	9 (75)	3 (25)	
Married	238 (58.2)	171 (41.8)	
Widow	81 (69.2)	36 (30.8)	
Living arrangements			0.063
Alone	52 (70.3)	22 (29.7)	
Spouse and children	152 (57.1)	114 (42.9)	
Children	48 (70.6)	20 (29.4)	
Spouse	76 (58.5)	54 (41.5)	
Smoking			0.329
No	249 (59.9)	167 (40.1)	
Yes	79 (64.8)	43 (35.2)	
Experiencing a stressful event in the past year			0.390
No	194 (59.5)	132 (40.5)	
Yes	134 (63.2)	78 (36.8)	

norms that portray men as strong and unsupportive, preventing them from expressing their struggles and failures (24). Additionally, research suggests that women tend to have stronger social relationships than men (25). Therefore, when developing mental health help-seeking attitudes promotion programs in the western region of Iran, it is essential to consider both genders.

The mean age of elderly individuals with a positive mental health help-seeking attitude was slightly lower than those with negative attitudes (65.86 years vs. 66.10 years), although this difference was insignificant. Previous

**Table 2.** Responses to the ATSPPH-SF Items

Components	Items	Mean $\pm$ SD	Total Score
<b>Openness to seeking professional help for mental health</b>	If I believed that I was experiencing a mental breakdown, my initial instinct would be to seek professional help.	1.98 $\pm$ 1.06	(9.60 $\pm$ 3.71) <sup>a</sup> ; positive: 41.6; negative: 58.4
	If I were going through a significant emotional crisis right now, I would feel confident that I could find relief through psychotherapy.	2.08 $\pm$ 0.92	
	If I were feeling worried or upset for a prolonged period, I would seek psychological assistance.	1.98 $\pm$ 1.06	
	In the future, I may consider seeking psychological counseling.	1.76 $\pm$ 1.06	
	When individuals are facing emotional issues, it is unlikely that they can resolve them independently. It is often necessary to seek professional assistance to find a solution.	1.78 $\pm$ 0.94	
<b>Value and need in seeking professional help</b>	I believe that discussing emotional conflicts with a psychologist is ineffective in resolving them.	2.05 $\pm$ 1.06	(8.81 $\pm$ 3.09) <sup>a</sup> ; positive: 32.3; negative: 67.7
	There is something commendable about individuals willing to face their conflicts and fears without seeking professional assistance.	0.95 $\pm$ 0.94	
	Given the amount of time and money required for psychotherapy, it is questionable whether it would be beneficial for someone in my situation.	1.81 $\pm$ 1.05	
	Individuals should try to solve their problems before considering psychological counseling as a final option.	1.68 $\pm$ 1.15	
	Personal and emotional problems, like most things, resolve themselves.	2.31 $\pm$ 0.88	

<sup>a</sup> Values are presented as mean  $\pm$  SD.

studies have shown that younger people generally have more positive mental health help-seeking attitudes (26, 27). However, Mackenzie et al. concluded that older individuals are more likely to seek help from mental health primary care doctors compared to younger adults, but there was no significant relationship between age and mental health help-seeking attitude (23). Another study by Mackenzie et al. among American adults found that older adults have more positive mental health help-seeking attitudes compared to younger adults (28). These studies highlight inconsistencies between age and mental health help-seeking attitudes, indicating the need for further research.

This study discovered that unmarried individuals had more negative attitudes than those who were married. These findings were consistent with those of Yin et al. on older adults in China. The reason for this difference in attitudes can be attributed to the supportive role of a spouse, which motivates individuals to seek treatment (29). Single individuals should be given priority in the development of interventions to encourage mental health

help-seeking, and more attention must be paid to their needs. These findings highlighted the significance of family support and its beneficial effect on mental health.

In this study, older adults with a lower economic status had negative mental health help-seeking. Additionally, those with only a primary education had the lowest percentage of positive mental health help-seeking. A national study in Denmark also found that individuals from lower socioeconomic backgrounds were less likely to use mental health services (30). Abolfotouh et al. showed that a higher income was a significant predictor of having favorable attitudes toward help-seeking professionals (19), possibly due to the high costs associated with mental health services for those with low incomes. Moreover, a cohort study in Iran showed a slightly higher concentration of mental health disorders among socioeconomically disadvantaged adults (31). Education plays a conflicting role in helping behavior, with some studies suggesting that education plays a significant role, but others suggest that individuals with higher education levels seek help from fewer sources due to

stigma and attachment factors (32, 33). There is a need for public health campaigns to educate the general public about the treatments available for mental health problems. A campaign in Germany informed people about depression's causes and treatments, with promising results (34). These findings suggested that interventions should focus more on socioeconomically disadvantaged individuals.

### 5.1. Limitations

Although this research provided valuable insights into the mental health help-seeking attitude among older adults in western Iran, there are some limitations. Firstly, this study is cross-sectional, so causality cannot be established. Secondly, the study was conducted solely on retired older adults in Kermanshah, so the findings may not be generalizable to other older adults. However, there are also strengths to this study, such as the large number of participants. Additionally, interviews were utilized as the research method, and the percentage of unanswered or misunderstood questions was minimal.

### 5.2. Conclusions

The majority of the older adults had a negative attitude towards mental health help-seeking. These findings highlighted the importance of interventions to improve the attitudes of older adults toward mental health help-seeking. Educational campaigns are necessary to enhance the positive attitude of older adults toward mental health help-seeking, which should mainly focus on those with limited education and lower economic status.

### Acknowledgments

This manuscript is a part of the master's thesis on health education and promotion at Kermanshah University of Medical Sciences (KUMS) in the west of Iran. We are very grateful to the KUMS Research Vice-Chancellor Deputy.

### Footnotes

**Authors' Contribution:** M. M. A. and F. J., contributed to the idea of study interpretation. M. M. N., contributed to the data analysis. S.P., contributed to the set-out of the first draft of the manuscript and data collection. All authors participate in the final approval of the revised manuscript for publication.

**Conflict of Interests:** No conflict of interest was reported by the authors.

**Data Availability:** The dataset presented in the study is available on request from the corresponding author during submission or after publication.

**Ethical Approval:** The Ethics Committee of Kermanshah University of Medical Sciences and Health Services (code: IR.KUMS.REC.1401.363) has approved this study.

**Funding/Support:** This research was supported by the Deputy for Research and Technology at Kermanshah University of Medical Sciences (research code: 4010663).

### References

- Jayawardhana T, Anuththara S, Nimnadi T, Karadanaarachchi R, Jayathilaka R, Galappaththi K. Asian ageing: The relationship between the elderly population and economic growth in the Asian context. *PLoS One*. 2023;**18**(4). e0284895. [PubMed ID: 37093815]. [PubMed Central ID: PMC10124889]. <https://doi.org/10.1371/journal.pone.0284895>.
- Mirzaie M, Darabi S. Population Aging in Iran and Rising Health Care Costs. *Salmand Iran J Ageing*. 2017;**12**(2):156–69. <https://doi.org/10.21859/sija-1202156>.
- Guo H, Jiang J, Li Y, Long X, Han J. An aging giant at the center of global warming: Population dynamics and its effect on CO<sub>2</sub> emissions in China. *J Environ Manage*. 2023;**327**:116906. [PubMed ID: 36462488]. <https://doi.org/10.1016/j.jenvman.2022.116906>.
- Elshaikh U, Sheik R, Saeed RKM, Chivese T, Alsayed Hassan D. Barriers and facilitators of older adults for professional mental health help-seeking: a systematic review. *BMC Geriatr*. 2023;**23**(1):516. [PubMed ID: 37626290]. [PubMed Central ID: PMC10463345]. <https://doi.org/10.1186/s12877-023-04229-x>.
- Ohta R, Ryu Y, Kitayuguchi J, Sano C, Konings KD. Educational Intervention to Improve Citizen's Healthcare Participation Perception in Rural Japanese Communities: A Pilot Study. *Int J Environ Res Public Health*. 2021;**18**(4):1782. [PubMed ID: 33673096]. [PubMed Central ID: PMC7918205]. <https://doi.org/10.3390/ijerph18041782>.
- Teo K, Churchill R, Riadi I, Kervin L, Wister AV, Cosco TD. Help-Seeking Behaviors Among Older Adults: A Scoping Review. *J Appl Gerontol*. 2022;**41**(5):1500–10. [PubMed ID: 35156428]. [PubMed Central ID: PMC9024019]. <https://doi.org/10.1177/07334648211067710>.
- Ohta R, Ryu Y, Sano C. Older People's Help-Seeking Behaviors in Rural Contexts: A Systematic Review. *Int J Environ Res Public Health*. 2022;**19**(6):3233. [PubMed ID: 35328920]. [PubMed Central ID: PMC8951636]. <https://doi.org/10.3390/ijerph19063233>.
- Ibrahim N, Amit N, Shahar S, Wee LH, Ismail R, Khairuddin R, et al. Do depression literacy, mental illness beliefs and stigma influence mental health help-seeking attitude? A cross-sectional study of secondary school and university students from B40 households in Malaysia. *BMC Public Health*. 2019;**19**(Suppl 4):544. [PubMed ID: 31196033]. [PubMed Central ID: PMC6565530]. <https://doi.org/10.1186/s12889-019-6862-6>.
- Rickwood D, Thomas K. Conceptual measurement framework for help-seeking for mental health problems. *Psychol Res Behav Manag*. 2012;**5**:173–83. [PubMed ID: 23248576]. [PubMed Central ID: PMC3520462]. <https://doi.org/10.2147/PRBM.S38707>.
- Tanhan A, Young JS. Muslims and Mental Health Services: A Concept Map and a Theoretical Framework. *J Relig Health*. 2022;**61**(1):23–63. [PubMed ID: 34241742]. [PubMed Central ID: PMC8267770]. <https://doi.org/10.1007/s10943-021-01324-4>.
- Shi W, Hall BJ. Help-seeking intention among Chinese college students exposed to a natural disaster: an application of an extended theory of planned behavior (E-TPB). *Soc Psychiatry Psychiatr*

- Epidemiol.* 2021;**56**(7):1273–82. [PubMed ID: 33426599]. <https://doi.org/10.1007/s00127-020-01993-8>.
12. Borba AKDOT, Arruda IKGD, Marques APDO, Leal MCC, Diniz ADS, Linhares FMP. [Problematic educational intervention to promote healthy habits in elderly people with diabetes: randomized clinical trial]. *Rev Bras Enferm.* 2020;**73**(Suppl 3). Portuguese. <https://doi.org/10.1590/0034-7167-2019-0719>.
  13. Frazao M, Viana LRC, Ferreira GRS, Pimenta CJL, Silva C, Madruga KMA, et al. Correlation between symptoms of depression, attitude, and self-care in elderly with type 2 diabetes. *Rev Bras Enferm.* 2023;**76**(3). e20220741. [PubMed ID: 37436236]. [PubMed Central ID: PMC10332369]. <https://doi.org/10.1590/0034-7167-2022-0741>.
  14. O'Connor PJ, Martin B, Weeks CS, Ong L. Factors that influence young people's mental health help-seeking behaviour: a study based on the Health Belief Model. *J Adv Nurs.* 2014;**70**(11):2577–87. [PubMed ID: 24720449]. <https://doi.org/10.1111/jan.12423>.
  15. Picco L, Abidin E, Chong SA, Pang S, Shafie S, Chua BY, et al. Attitudes Toward Seeking Professional Psychological Help: Factor Structure and Socio-Demographic Predictors. *Front Psychol.* 2016;**7**:547. [PubMed ID: 27199794]. [PubMed Central ID: PMC4842935]. <https://doi.org/10.3389/fpsyg.2016.00547>.
  16. Ao MQ, Xia L, Wang XQ, Fang S, Yang BX, Liu Q, et al. Help-Seeking Intentions for Depression from Mental Health Professionals Among Community-Dwelling Persons in Central China. *Adm Policy Ment Health.* 2023;**50**(6):901–11. [PubMed ID: 37277690]. <https://doi.org/10.1007/s10488-023-01277-8>.
  17. Torres L, Magnus B, Najjar N. Assessing the Psychometric Properties of the Attitudes Toward Seeking Professional Psychological Help Scale-Short Form (ATSPPH-SF) Among Latino Adults. *Assessment.* 2021;**28**(1):211–24. [PubMed ID: 31928072]. <https://doi.org/10.1177/107319119899470>.
  18. Sharifi M, Abolfathi Momtaz Y, Alizadeh T, Zanjari N, Mohammadi Safa N. Psychometric properties of the attitudes toward receiving professional psychological services scale in a sample of Iranian older adults. *Shenakht J Psychol Psychiatry.* 2019;**6**(5):83–95. <https://doi.org/10.29252/shenakht.6.5.83>.
  19. Abolfotouh MA, Almutairi AF, Almutairi Z, Salam M, Alhashem A, Adlan AA, et al. Attitudes toward mental illness, mentally ill persons, and help-seeking among the Saudi public and sociodemographic correlates. *Psychol Res Behav Manag.* 2019;**12**:45–54. [PubMed ID: 30679929]. [PubMed Central ID: PMC6338115]. <https://doi.org/10.2147/PRBM.S191676>.
  20. ten Have M, de Graaf R, Ormel J, Vilagut G, Kovess V, Alonso J, et al. Are attitudes towards mental health help-seeking associated with service use? Results from the European Study of Epidemiology of Mental Disorders. *Soc Psychiatry Psychiatr Epidemiol.* 2010;**45**(2):153–63. [PubMed ID: 19381427]. [PubMed Central ID: PMC2820660]. <https://doi.org/10.1007/s00127-009-0050-4>.
  21. Farrer L, Leach L, Griffiths KM, Christensen H, Jorm AF. Age differences in mental health literacy. *BMC Public Health.* 2008;**8**:125. [PubMed ID: 18423049]. [PubMed Central ID: PMC2358892]. <https://doi.org/10.1186/1471-2458-8-125>.
  22. Hammer JH, Parent MC, Spiker DA. Mental Help Seeking Attitudes Scale (MHSAS): Development, reliability, validity, and comparison with the ATSPPH-SF and IASMSH-PO. *J Couns Psychol.* 2018;**65**(1):74–85. [PubMed ID: 29355346]. [PubMed Central ID: PMC10460514]. <https://doi.org/10.1037/cou0000248>.
  23. Mackenzie CS, Gekoski WL, Knox VJ. Age, gender, and the underutilization of mental health services: the influence of help-seeking attitudes. *Aging Ment Health.* 2006;**10**(6):574–82. [PubMed ID: 17050086]. <https://doi.org/10.1080/13607860600641200>.
  24. Lynch L, Long M, Moorhead A. Young Men, Help-Seeking, and Mental Health Services: Exploring Barriers and Solutions. *Am J Mens Health.* 2018;**12**(1):138–49. [PubMed ID: 27365212]. [PubMed Central ID: PMC5734535]. <https://doi.org/10.1177/1557988315619469>.
  25. Murayama Y, Yamazaki S, Hasebe M, Takahashi T, Yamaguchi J, Kobayashi E. Psychological Factors That Suppress Help-Seeking among Middle-Aged and Older Adults Living Alone. *Int J Environ Res Public Health.* 2022;**19**(17). [PubMed ID: 36078335]. [PubMed Central ID: PMC9518183]. <https://doi.org/10.3390/ijerph1917010620>.
  26. Ghose B, Yaya S. Experience of Intimate Partner Violence and Help-Seeking Behaviour among Women in Uganda. *Psych.* 2019;**1**(1):182–92. <https://doi.org/10.3390/psych1010013>.
  27. Robb C, Haley WE, Becker MA, Polivka LA, Chwa HJ. Attitudes towards mental health care in younger and older adults: similarities and differences. *Aging Ment Health.* 2003;**7**(2):142–52. [PubMed ID: 12745392]. <https://doi.org/10.1080/1360786031000072321>.
  28. Mackenzie CS, Scott T, Mather A, Sareen J. Older adults' help-seeking attitudes and treatment beliefs concerning mental health problems. *Am J Geriatr Psychiatry.* 2008;**16**(12):1010–9. [PubMed ID: 19038900]. [PubMed Central ID: PMC2735824]. <https://doi.org/10.1097/GP.0b013e31818cd3be>.
  29. Yin H, Wardenaar KJ, Xu G, Tian H, Schoevers RA. Help-seeking behaviors among Chinese people with mental disorders: a cross-sectional study. *BMC Psychiatry.* 2019;**19**(1):373. [PubMed ID: 31783825]. [PubMed Central ID: PMC6883558]. <https://doi.org/10.1186/s12888-019-2316-z>.
  30. Packness A, Waldorff FB, Christensen RD, Hastrup LH, Simonsen E, Vestergaard M, et al. Impact of socioeconomic position and distance on mental health care utilization: a nationwide Danish follow-up study. *Soc Psychiatry Psychiatr Epidemiol.* 2017;**52**(11):1405–13. [PubMed ID: 28849245]. [PubMed Central ID: PMC5663810]. <https://doi.org/10.1007/s00127-017-1437-2>.
  31. Najafi F, Pasdar Y, Karami Matin B, Rezaei S, Kazemi Karyani A, Soltani S, et al. Decomposing socioeconomic inequality in poor mental health among Iranian adult population: results from the PERSIAN cohort study. *BMC Psychiatry.* 2020;**20**(1):229. [PubMed ID: 32404081]. [PubMed Central ID: PMC7218818]. <https://doi.org/10.1186/s12888-020-02596-y>.
  32. Bonabi H, Muller M, Ajdacic-Gross V, Eisele J, Rodgers S, Seifritz E, et al. Mental Health Literacy, Attitudes to Help Seeking, and Perceived Need as Predictors of Mental Health Service Use: A Longitudinal Study. *J Nerv Ment Dis.* 2016;**204**(4):321–4. [PubMed ID: 27015396]. <https://doi.org/10.1097/NMD.0000000000000488>.
  33. Fang S, Wang XQ, Yang BX, Liu XJ, Morris DL, Yu SH. Survey of Chinese persons managing depressive symptoms: Help-seeking behaviours and their influencing factors. *Compr Psychiatry.* 2019;**95**:152127. [PubMed ID: 31669791]. <https://doi.org/10.1016/j.comppsy.2019.152127>.
  34. Hegerl U, Althaus D, Stefanek J. Public attitudes towards treatment of depression: effects of an information campaign. *Pharmacopsychiatry.* 2003;**36**(6):288–91. [PubMed ID: 14663652]. <https://doi.org/10.1055/s-2003-45115>.