

Abstract

Past studies consistently shown adolescents' reluctance to seek help from professional sources of help. The present study aims to examine the personality variables of self-concealment, sociotropy and autonomy in relation to attitudes and intention towards seeking help from professional sources of help. 591 secondary school students (156 males, 435 females) participated in the study. Self-concealment is positively correlated with barrier of help seeking and negatively related to intention to seek help. Autonomy is positively related to barrier of help seeking. Attitudinal ambivalence attenuates the attitude-intention relation. The findings shed light on identifying those who need professional help but is unwilling to seek it actively. It also provides insight on how to present services in ways that enhance adolescents' willingness to seek help.