

## HELP-SEEKING PATTERNS IN HONG KONG

## Abstract

While there are barriers hindering parents from having early interventions for their children's problems, parents' perceived helpfulness from professionals may also affect their help-seeking behaviors for their child/adolescent. Parents often underestimated the seriousness of their children's problems and therefore did not aware that they should seek help from others or they might also lack of information on where to seek help and how to seek help although they thought of seeking help. The goal of this study was to gain an understanding of the parents' help-seeking behavior patterns across common children and adolescents' psychiatric disorders in Hong Kong. It was also aimed to find out factors deterring parents to seek help from others as well as their perceived helpfulness from professionals so that it can shed light on the common barriers for early intervention. In this study, common children and adolescents' psychiatric disorders were grouped into four categories to explore their help-seeking behavior patterns which are: (a) Neurodevelopmental disorder including Attention Deficit and / Hyperactivity Disorder (ADHD), (b) Antisocial behaviors including Oppositional Defiant Disorder (ODD) and Conduct Disorder (CD); (c) Any anxiety disorders; and (d) Any depression disorders. These four categories were also grouped into two main domains which are Disruptive Behaviors Disorders (i.e. ADHD and Antisocial) and Internalizing Disorders (i.e. Any anxiety and any depression). Significant differences were found across the four groups of disorders in parents' help-seeking behaviors and some common barriers such as not knowing where and how to seek help were identified.