Activity

67 Attitudes Toward Seeking Professional Help

Concept and Goal
This activity examines whether males and females differ in their attitudes toward seeking professional help. This is a class activity. Students will individually have adults complete the questionnaire in the handout. The class will analyze and discuss the results and the discussion questions.

Instructions
Research indicates that people vary considerably in their willingness to seek psychotherapy. It has been said that many people who need therapy don’t receive it. The questionnaire (Handout 1) assesses a person’s attitudes towards seeking professional help. Administer the questionnaire to a group of adults; include approximately half males and half females.

Your instructor will give you instructions to complete the activity.

Discussion Questions
1) Did the class’s results support the idea that males are less likely to seek professional help compared to females? If so, why do you suppose that was found?

2) If gender differences were not found in the class’s data, give possible reasons why.

3) Can you think of other groups who are likely to differ in their attitudes toward seeking professional help? Explain the nature of the group differences.

4) What are the implications of research suggesting that males are less likely to seek therapy for their mental well-being?
Handout 1

Read each statement carefully and indicate your degree of agreement using the scale below. In responding, please be completely candid.

Your Sex:     _____ Male     _____ Female

0 - Disagree
1 - Partly disagree
2 - Partly agree
3 - Agree

1. If I believed I was having a mental breakdown, my first inclination would be to get professional attention.

2. The idea of talking about problems with a psychologist strikes me as a poor way to get rid of emotional conflicts.

3. If I were experiencing a serious emotional crisis at this point in my life, I would be confident that I could find relief in psychotherapy.

4. There is something admirable in the attitude of a person who is willing to cope with his or her conflicts and fears without resorting to professional help.

5. I would want to get psychological help if I were worried or upset for a long period of time.

6. I might want to have psychological counseling in the future.

7. A person with an emotional problem is not likely to solve it alone; he or she is likely to solve it with professional help.

8. Considering the time and expense involved in psychotherapy, it would have doubtful value for a person like me.

9. A person should work out his or her own problems; getting psychological counseling would be a last resort.

10. Personal and emotional troubles, like many things, tend to work out by themselves.

Data Worksheet

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References


