

## Attitudes Toward Seeking Professional Help

Your sex: \_\_\_\_\_ Male \_\_\_\_\_ Female  
Your race/ethnicity: \_\_\_\_\_ African American  
\_\_\_\_\_ Asian/Asian American  
\_\_\_\_\_ White/European American  
\_\_\_\_\_ Latino/a  
\_\_\_\_\_ Arab/Middle Eastern  
\_\_\_\_\_ Other: Please specify \_\_\_\_\_

### Instructions

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

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.

### Scoring

Reverse score items 2, 4, 8, 9, and 10, then add up the ratings to get a sum. Higher scores indicate more positive attitudes towards seeking professional help. Calculate a mean for males, for females, and for each of the ethnic groups to examine group differences. Discuss any observed similarities and/or differences between the groups with the class.

[Adapted from Whittlesey, V. (2001). *Diversity activities for psychology*. Boston: Allyn and Bacon, and Fischer, E., and Farina, A. (1995). Attitudes toward seeking psychological professional help: A shortened form and considerations for research. *Journal of College Student Development*, 36, 368-373.]