

Abstract

Ninety-one Hong Kong university students completed a questionnaire on personality traits related to Interpersonal Relatedness, attitude toward seeking professional psychological help, somatization tendency and choices of help-seeking resources. Results indicate significant correlations between somatization tendency and Ren Qing, Face, and Ah Q Mentality. Face and Ah Q Mentality also predict somatization tendency. Moreover, people with a more positive attitude toward seeking professional psychological help have a lower somatization tendency but a higher tendency to choose psychologists as the help-seeking resource. A dynamic pattern of relationship on the choice of psychologists as help-seeking resource is found: Interpersonal Relatedness, through the attitude toward seeking professional psychological help and somatization tendency, indirectly affects the choice of psychologists as the help-seeking resource.