Abstract

The relationship of acculturation, personality variables, level of psychological distress, presence of problems, attitudes towards seeking professional psychological help (ATSPPH) and help-seeking behavior were explored in 87 new immigrant women in Hong Kong, with 81 local women as a control group.   In particular, IVs, including demographic variables, number of problem faced and six personality variables (Internal vs External Control, Harmony, Face, Ren Qing, Traditionality vs Modernity and Discipline) were explored in a hierarchical multiple regression model for their predictive values in ATSPPH.   Results indicated that their English proficiency, number of problem faced, Locus of Control, Discipline, Harmony and Face became significant predictors for ATSPPH.   Second, demographic variables, problem faced, personality variables, level of psychological distress, presence of mood problem and ATSPPH were explored in a hierarchical multiple regression model to predict help-seeking from mental health professional.   Results indicated that Harmony, and number of problem faced were found to be significant predictors. Levels of acculturation was not significant in predicting the difference in ATSPPH. ATSPPH was not related to help-seeking from mental health professionals. Implications and limitations of the present study as well as recommendations for future research were discussed.