

Abstract of thesis entitled

“The Effect of Daily Hassles and Stigma of Seeking Help on Help-seeking among
Adolescent in Hong Kong”

Submitted by

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Adolescence is a period during which young people are vulnerable to various mental health problems. However, previous research findings have shown an underutilization of mental health services among Hong Kong youth. Despite experiencing daily hassles and psychological distress, adolescent in Hong Kong tend not to seek help from mental health professionals. To understand the factors underlying the low intention of seeking help, the present study attempted to examine the combined effect of daily hassles and self-stigma of seeking help on the intention of help-seeking among young people in Hong Kong. A sample of one thousand six hundred and thirty secondary school students in Hong Kong was recruited in the present study. The result of the proposed moderated-mediation model demonstrated that the indirect effect of

daily hassles on intention of help-seeking was moderated by self-stigma of seeking help. Given the hindering effect of self-stigma on help-seeking regardless of the presence of daily hassles and psychological distress, research and intervention on stigma reduction should be conducted to promote help-seeking behavior among adolescent in Hong Kong.