

Abstract

In the present study, we investigated the predictive power of several factors on Hong Kong college students' attitudes toward seeking professional psychological help, so as to derive some insights on recent college students' counseling program. Four factors were considered in the study, including gender, traditional Chinese values, family closeness and relationship with friends. Online questionnaires were distributed to 201 college students, mainly undergraduates, from five universities in Hong Kong. Linear regression was used to analyze the predictive power of each factor to help seeking attitude. Complex results were derived which significant finding was found on family closeness but not other factors. Due to limitations, cultural factors might have interaction with help seeking attitude, and problem type was found to be a possible mediator in the study.

Keywords: attitude toward seeking professional psychological help, traditional

Chinese value, family closeness, friend relationships