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Thesis Title: Effects of Face Concern and Relational Self-construal on Help-seeking Intention:  
A Cross-cultural Study

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### **Abstract**

Help-seeking issues have long been examined by scholars; however, specific cultural factors in help-seeking were seldom investigated in previous studies. To examine the effects of specific cultural factors in the help-seeking intention, the present study examined a cross-cultural model of the effects of individual and cultural constructs (face concern, relational-interdependent self-construal and self-stigma) on help-seeking intention for depression through the mediation of anticipated outcomes of self-disclosure. 1,860 university students from Hong Kong, USA, Brazil, Romania, Taiwan and Turkey were recruited and the data was analyzed by structural equation modeling. Results showed that the hypothesized model was well-fit and applicable across countries (comparative fit index = .96, Tucker-Lewis index = .95, root-mean-square error of approximation = .05). Current findings indicated the importance of specific cultural factors in understanding help-seeking process in people from diverse backgrounds. Implications included using cultural-specific factors or strategies in the research and practices of help-seeking promotion. Limitations and future directions in cross-cultural help-seeking research were discussed.