

## ABSTRACT

Despite the fact that mental disorders are considered to be an emerging global health concern, a gap exists between the need for mental health services and the utilization of the services. Studies have indicated that self-compassion is negatively related to psychopathology and positively related to wellness. As such, it makes intuitive sense that self-compassion may be positively related to positive attitudes towards help-seeking. Research has documented that help-seeking behaviors differ across cultures. While many studies have looked at Chinese culture as a whole, few have examined intra-culture variations. Because of the historical, political, and socioeconomic differences between Hong Kong, Taiwan, and Mainland China, cultural differences in the three ethnic Chinese populations may affect help-seeking. Therefore, the purpose of the study was to elucidate if there is a relationship between self-compassion and help-seeking across the three ethnic Chinese populations of Hong Kong, Taiwan, and Mainland China. The study included three convenience samples of university students from Hong Kong (n=254), Taiwan (n=258), and Mainland China (n=271). Hierarchical multiple regression was performed and the results indicated that self-compassion predicted self-stigma of seeking help after controlling for the region, psychological distress, and relational interdependent self-construal before the interaction between self-compassion and region was added to the model. As the amount of variance accounted for by self-compassion was small, and region had the strongest relationship with help-seeking, other cultural variables may have influenced the effect of self-compassion on help-seeking.