

Attitudes Toward Seeking Professional Psychological Help Scale-Short Version

Please check the response that applies to you.

1. If I believed I was having a mental breakdown, my first inclination would be to get professional attention.

Disagree <sup>(0)</sup>     Partly Disagree <sup>(1)</sup>     Partly Agree <sup>(2)</sup>     Agree <sup>(3)</sup>

2. The idea of talking about problems with a psychologist strikes me as a poor way to get rid of emotional conflicts.

Disagree <sup>(0)</sup>     Partly Disagree <sup>(1)</sup>     Partly Agree <sup>(2)</sup>     Agree <sup>(3)</sup>

3. If I were experiencing a serious emotional crisis at this point in my life, I would be confident that I could find relief in psychotherapy.

Disagree <sup>(0)</sup>     Partly Disagree <sup>(1)</sup>     Partly Agree <sup>(2)</sup>     Agree <sup>(3)</sup>

4. There is something admirable in the attitude of a person who is willing to cope with his or her conflicts and fears *without* resorting to professional help.

Disagree <sup>(0)</sup>     Partly Disagree <sup>(1)</sup>     Partly Agree <sup>(2)</sup>     Agree <sup>(3)</sup>

5. I would want to get psychological help if I were worried or upset for a long period of time.

Disagree <sup>(0)</sup>     Partly Disagree <sup>(1)</sup>     Partly Agree <sup>(2)</sup>     Agree <sup>(3)</sup>

6. I might want to have psychological counseling in the future.

Disagree <sup>(0)</sup>     Partly Disagree <sup>(1)</sup>     Partly Agree <sup>(2)</sup>     Agree <sup>(3)</sup>

7. A person with an emotional problem is not likely to solve it alone; he or she *is* likely to solve it with professional help.

Disagree <sup>(0)</sup>     Partly Disagree <sup>(1)</sup>     Partly Agree <sup>(2)</sup>     Agree <sup>(3)</sup>

8. Considering the time and expense involved in psychotherapy, it would have doubtful value for a person like me.

Disagree <sup>(0)</sup>     Partly Disagree <sup>(1)</sup>     Partly Agree <sup>(2)</sup>     Agree <sup>(3)</sup>

9. A person should work out his or her own problems; getting psychological counseling would be a last resort.

Disagree <sup>(0)</sup>     Partly Disagree <sup>(1)</sup>     Partly Agree <sup>(2)</sup>     Agree <sup>(3)</sup>

10. Personal and emotional troubles, like many things, tend to work out by themselves.

Disagree <sup>(0)</sup>     Partly Disagree <sup>(1)</sup>     Partly Agree <sup>(2)</sup>     Agree <sup>(3)</sup>

Fischer and Farina (1995) modified and shortened a previously established self-report measure on attitudes toward seeking professional psychological help (Fischer & Turner, 1970). The modified version is a 10-item alternative to the original, normed on college students.

The scale's reliability was .84 (coefficient alpha), and test-retest reliability over a 1-month period was .80. Validity against the original, longer scale involved a correlation of .87. Moreover, students reporting previous use of mental health services scored significantly higher than those not reporting such service use (Fischer and Farina, 1995).

Elhai and colleagues (2008) tested the psychometrics of the 10-item scale. They discovered that the short form evidenced internal consistency of .77 with college students, and .78 with medical patients. Significantly higher scores were obtained by college students and medical patients who previously used mental health services (effect sizes were medium for students, and small for patients). A two-factor solution (Attitudes Toward Seeking Treatment for Emotional Problems, and Perceived Value and Success of Solving Problems with Treatment) was evidenced in exploratory analysis with students, and supported with confirmatory factor analysis in medical patients (Elhai et al., 2008).

### Scoring

Items 2, 4, 8, 9, 10 require reverse-scoring. Then, the items can be summed for a total score.

### Use of the Scale

The authors of the Fischer and Farina (1995) paper are no longer living. However, they told Elhai and colleagues before they died that the scale is free to use, without restriction.

### References

Elhai, J. D., Schweinle, W., & Anderson, S. M. (2008). Reliability and validity of the Attitudes Toward Seeking Professional Psychological Help Scale-Short Form. *Psychiatry Research, 159*, 320-329.

Fischer, E. H., & Farina, A. (1995). Attitudes toward seeking professional psychological help: A shortened form and considerations for research. *Journal of College Student Development, 36*, 368-373.

Fischer, E. H., & Turner, J. L. (1970). Orientations to seeking professional help: Development and research utility of an attitude scale. *Journal of Consulting and Clinical Psychology, 35*, 79-90.

The Elhai et al. (2008) paper is downloadable from:

<https://www.jon-elhai.com/research#access>