

Inventory of Attitudes Towards Seeking Mental Help Services--Filipino Version

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Instrument Type:

Inventory/Questionnaire

Test Format:

Items are rated on a 5-point Likert scale (1 = strongly disagree; 5 = strongly agree).

Source:

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IASMHS

Items

English Version

Filipino Version

Factor 1: Psychological Openness (PO)

- 1 There are certain problems which should not be discussed outside of one's immediate family. (R)
- 4 Keeping one's mind on a job is a good solution for avoiding personal worries and concerns. (R)
- 7 It is probably best not to know everything about oneself. (R)
- 9 People should work out their own problems; getting professional help should be a last resort. (R)
- 12 Psychological problems, like many things, tend to work out by themselves. (R)
- 14 There are experiences in my life I would not discuss with anyone. (R)
- 18 There is something admirable in the attitude of people who are willing to cope with their conflicts and fears without resorting to professional help. (R)
- 21 People with strong characters can get over psychological problems by themselves and would have little need for professional help. (R)

Factor 2: Help-Seeking Propensity (HP)

- 2 I would have a very good idea of what to do and who to talk to if I decided to seek professional help for psychological problems
- 5 If good friends asked my advice about a psychological problem, I might recommend that they see a professional.
- 8 If I were experiencing a serious psychological problem at this point in my life, I would be confident that I could find relief in psychotherapy.
- 10 If I were to experience psychological problems, I could get professional help if I wanted to.
- 13 It would be relatively easy for me to find the time to see a professional for psychological problems.
- 15 I would want to get professional help if I were worried or upset for a long period of time.

- May mga problemang hindi dapat ibinabahagi sa hindi kapamilya. (R)
- Magandang paraan ng pag-iwas sa mga problemang personal ang pagpopokus ng atensiyon sa trabaho. (R)
- Mas mabuti na siguro kung hindi mo alam lahat ng bagay tungkol sa iyong sarili. (R)
- Hindi na kailangan ang tulong-propesyunal kapag may problema; saka na lang kapag hindi na talaga kaya. (R)
- Ang mga problemang psychological, gaya ng maraming bagay, ay kusa namang nawawala kapag pinalipasan ng panahon. (R)
- May mga nangyari sa buhay ko na hindi ko ibabahagi kahit kanino. (R)
- Kahanga-hanga ang pananaw ng mga taong gustong humarap sa kanilang mga suliranin at takot nang hindi kumukuha ng tulong-propesyunal. (R)
- Ang mga taong matibay ang loob ay kayang lampasan ang mga problemang psychological at hindi naman mangangailangan ng tulong-propesyunal. (R)
- Alam na alam ko kung anong gagawin at kung sinong kakausapin sakaling magpasya akong humingi ng tulong-propesyunal hinggil sa aking mga problemang psychological (sikolohikal)
- Kung isang malapit na kaibigan ang humingi ng aking payo tungkol sa isang problemang psychological, baka imungkahi kong kumuha siya ng tulong-propesyunal.
- Kung mayroon akong problemang psychological ngayon, tiwala ako na malulunasan ito ng counseling o psychotherapy.
- Kung mayroon akong problemang psychological, makakukuha ako ng tulong-propesyunal kung gusto ko.
- Hindi ganoon kahirap para sa akin ang maglaan ng oras para makipagkita sa isang propesyunal hinggil sa mga problemang psychological.
- Gugustuhin kong makakuha ng tulong-propesyunal kung matagal na rin akong nag-aalala o nababalisa.

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19	If I believed I were having a mental breakdown, my first inclination would be to get professional attention.	Kung sa tingin ko nasisiraan na ako ng bait, ang una kong gustong gawin ay magpatingin sa isang propesyunal.
22	I would willingly confide intimate matters to an appropriate person if I thought it might help me or a member of my family.	Magbabahagi ako ng maseselang impormasyon sa isang angkop na tao kung sa tingin makatutulong ito sa akin o sa isang mahal sa buhay.
Factor 3: Indifference to Stigma (IS)		
3	I would not want my significant other (e.g. spouse, partner, etc.) to know if I were suffering from psychological problems. (R)	Kung mayroon akong problemang psychological, hindi ko gustong malaman ito ng asawa/kasintahan ko. (R)
6	Having been mentally ill carries with it a burden of shame. (R)	Nakakahiya ang pagkakaroon ng problema sa pag-iisip. (R)
11	Important people in my life would think less of me if they were to find out that I was experiencing psychological problems. (R)	Bababa ang pagtingin sa akin ng mahahalagang tao sa buhay ko kapag nalaman nilang may pinagdaraanang akong mga problemang psychological. (R)
16	I would be uncomfortable seeking professional help for psychological problems because people in my social or business circles might find out about it. (R)	Mababahala ako kung kukuha ako ng tulong-propesyunal para sa mga problemang psychological kung may posibilidad na malaman ng mga kakilala o katrabaho ko ang tungkol dito. (R)
17	Having been diagnosed with a mental disorder is a blot on a person's life. (R)	Kasiraan sa buhay ng isang tao ang makumpirmahang may sakit sa pag-iisip. (R)
20	I would feel uneasy going to a professional because of what some people would think. (R)	Alangan akong pumunta sa isang propesyunal kasi baka kung anong isipin ng iba. (R)
23	Had I received treatment for psychological problems, I would not feel that it ought to be 'covered up'	Kung tumanggap ako ng lunas sa mga problemang psychological, hindi ko iisipin na kailangan iyong pagtakpan.
24	I would be embarrassed if my neighbor saw me going into the office of a professional who deals with psychological problems. (R)	Mahihiya ako kapag nakita ako ng isang kapitbahay na pumapasok sa opisina ng isang eksperto sa mga problemang psychological. (R)

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