

ATTITUDES TOWARD SEEKING PROFESSIONAL PSYCHOLOGICAL HELP
(SHORT FORM)

Directions: Please mark on the number that corresponds to your level of agreement with the following statements.

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

0	1	2	3
Disagree	Partly disagree	Partly agree	Agree

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

0	1	2	3
Disagree	Partly disagree	Partly agree	Agree

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.

0	1	2	3
Disagree	Partly disagree	Partly agree	Agree

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.

0	1	2	3
Disagree	Partly disagree	Partly agree	Agree

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

0	1	2	3
Disagree	Partly disagree	Partly agree	Agree

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

0	1	2	3
Disagree	Partly disagree	Partly agree	Agree

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.

0	1	2	3
Disagree	Partly disagree	Partly agree	Agree

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

0	1	2	3
Disagree	Partly disagree	Partly agree	Agree

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

0	1	2	3
Disagree	Partly disagree	Partly agree	Agree

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

0	1	2	3
Disagree	Partly disagree	Partly agree	Agree

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.