Profile, Mental Health Status, and Beliefs as Predictors for Help Seeking Attitudes and Intentions

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Abstract

A high prevalence of mental health-related issues is reported among college students. There are also reports of underutilization of formal psychological interventions in counseling units of various higher educational institutions (HEIs) in the Philippines. Guided by the theory of planned behavior and utilizing quantitative research employing a correlational-predictive design, the researchers inquired about predictors that influence the mental health help-seeking attitudes and intentions among college students. This was done using 1,423 unpublished secondary data from a counseling unit of an HEI in Davao Region. The findings revealed that the respondents have a moderate level of mental health status, as well as normative, behavioral, and control beliefs. The respondents reported high outlooks toward help-seeking attitudes and intentions. Mental Health (MH) status and beliefs showed a significant relationship among the outcome variables, except for normative belief for help-seeking intentions. Regression analysis revealed that sex at birth, program, MH status, normative beliefs, and beliefs in total significantly predicted help-seeking attitudes, and sex at birth, MH status, and beliefs significantly predicted help-seeking intentions among the respondents. Mental health awareness programs should be conducted to usher de-stigmatization of mental health help-seeking and formal psychological interventions, mental health problems, cultural beliefs, and practices on mental health.

Keywords**:** Profile, mental health status, beliefs, help-seeking attitudes, help-seeking intentions, college students

1. Introduction

The prevalence of mental health issues has been steadily increasing and is now receiving more attention and concern across all sectors, particularly in higher education. The COVID-19 pandemic has sparked important discussions on how mental health-related issues are being addressed in Higher Education Institutions (HEIs) across the country, and various interventions have been proposed. However, despite efforts to introduce mental health programs into school curricula, data shows that college students and employees still have uncertain attitudes and intentions towards seeking help. Even with the added stressors brought about by the pandemic, there has been a decrease in the number of students seeking appropriate psychological support. There are clearly other underlying factors that need to be addressed, including individual profiles, mental health status, and beliefs about mental health. This study aims to provide mental health practitioners with a background to better understand the context of young people using formal psychological resources. The results of this study will help to shed light on the factors that influence college students' attitudes and intentions towards seeking help for mental health issues.

In a study conducted by Yulia et al. (2021), mental health-related issues are common among college students. However, Delacot (2021) reported that many individuals with mental health-related issues, including college students, do not seek help. The American College Health Association (2015) reported that about 50% of college-attending adults meet diagnostic criteria for a mental health-related issue. Additionally, Eisenberg, Hunt, Speer, and Zivin (2011)

found that despite the high prevalence of mental health-related issues among college students, 64% of them did not seek formal psychological help within the past year.

Liang et al. (2020) found that in one university in China, college students with mental health-related issues tended to seek informal help instead of utilizing formal psychological resources, which puts them at risk of underutilizing formal help. In a study conducted by Busby et al. (2021) in selected universities in the United States, 17% of the 1,599 respondents were found to be at risk for suicide, but 66% of those at risk reported no current mental health service utilization. Similarly, a survey of 108 respondents experiencing acute stress during the COVID-19 epidemic in China found that only 3.7% sought formal psychological help since the onset of the pandemic (Yao et al., 2020).

There is a lack of literature investigating the attitudes and intentions of young people in the Philippines towards seeking help for mental health issues. One of the few studies on this topic surveyed 359 Filipino college students and found that only 22% had sought formal psychological help for academic or non-academic concerns in their lifetime, with a higher preference for seeking help from friends and family members (Bello et al., 2013). The National Center for Mental Health (NCMH) reported that, prior to the pandemic, 22,780 individuals aged 18 to 25 had sought formal psychological help from their institution, while 10,113 sought help during the pandemic regardless of their location. However, there was a decrease in the number of people seeking help during the pandemic (NCMH, 2021).

In a private HEI in Davao City, there has been a consistent decline in the utilization of formal psychological resources even before the pandemic. Specifically, in the first semester of the school year 2019-2020, almost 300 students sought counseling, which is a form of formal psychological resource. However, in the second semester, the number decreased by 48.7%. During the pandemic, there was a further decrease of 48.8% in the first semester of the school year 2020-2021, and 20.3% in the second semester. This decrease in the utilization of formal psychological resources is consistent with the findings of a study by Martinez et al. (2020) which revealed that there is a low utilization of mental health services among Filipinos, regardless of their location.

The literature reviewed highlights the need to investigate the attitudes and intentions of college students towards seeking help for mental health-related issues, as these issues are prevalent in this population. The data presented, both pre-pandemic and during the pandemic, suggests that college students underutilize formal mental health resources. Additionally, prior research has identified a gap in the exploration of certain sub-populations, including college students, who are susceptible to mental health-related issues. Given the limited research in this area, investigating the attitudes and intentions of college students towards formal psychological resources is crucial. This population has been largely overlooked in research on help-seeking behaviors, which has primarily focused on adolescents in general. In particular, there is a dearth of research on college students in the Davao region.

1.1. Statement of the Problem

The purpose of this study is to determine tertiary level students' profile, mental health status, and beliefs and their help-seeking attitudes and intentions. More specifically, this study aims to answer the following:

1. What is the demographic profile of the respondents in terms of:
    1.1. Age
    1.2. Sex
    1.3. Year Level
    1.4. College/School, and
    1.5. Course
2. What the level of mental health status of the respondents as measured through the Mental Health Self-Assessment Checklist?
3. What are the respondents' level of:
    3.1. Behavioral beliefs
    3.2. Normative beliefs
    3.3. Control beliefs
4. What is the level of mental health help-seeking attitude of the respondents?
5. What is the level of mental health help-seeking intentions of the respondents?

6. Is there a significant relationship between the respondents' mental health status and help-seeking attitudes and intentions

7. Is there a significant relationship between the respondents' beliefs and mental health help-seeking attitudes and intentions?

8. Does the respondents' profile, mental health status, and beliefs significantly influence help-seeking intentions?

1.2. Hypotheses

The following were tested at 0.05 level of significance:

H_01: There is no significant relationship between the respondents' mental health status and help-seeking attitudes and intentions.

H_02: There is no significant relationship between the respondents' beliefs and mental health help-seeking attitudes and intentions.

H_03: Respondents' profile, mental health status, and beliefs does not significantly influence help-seeking attitudes and intentions.

1.3. Theoretical Framework

The Theory of Planned Behavior (TPB) proposed by Icek Ajzen in 1985, extends the Theory of Reasoned Action (TRA) by adding the concept of perceived behavioral control. TPB is often used to explain behavior in a specific circumstance, particularly in health-related behaviors. The theory predicts an individual's behavioral intentions and the behavior itself, and it consists of three types of beliefs that guide an individual's attitude and intention towards a behavior: behavioral beliefs, normative beliefs, and control beliefs. Behavioral beliefs connect a behavior of interest to expected outcomes and experiences, normative beliefs consider the perceived behavioral expectations of important referent individuals or groups, and control beliefs refer to perceived factors that may influence performance towards the target behavior. The TPB may help researchers determine the predictive factors of help-seeking attitude and intentions of college students in a private higher educational institution in Davao region. (Ajzen, 1985; Fishbein & Ajzen, 1975; Ajzen & Fishbein, 1980; Godin et al., 1996; Armitage et al., 2001; Young et al., 1991; Hammer et al., 2018)
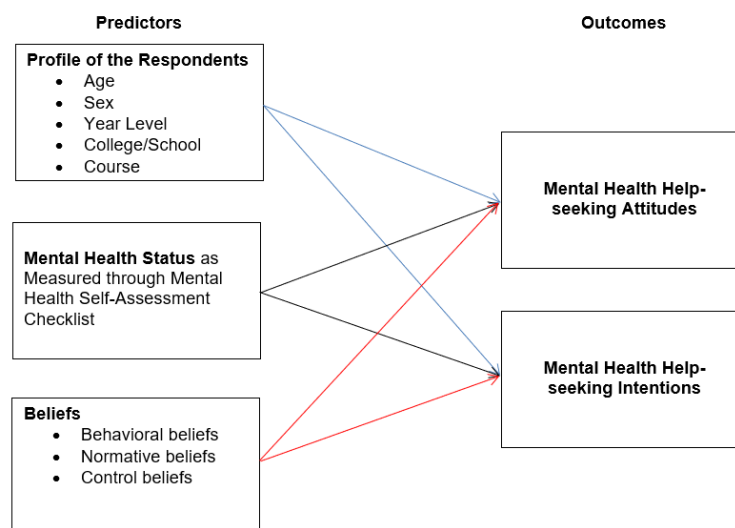
1.4. Conceptual Framework

Fig. 1. Conceptual Framework of the Study

The figure shows the predicted relationship between the predictor variables and the outcome variables in the study. Profile of the Respondents, Mental Health Status, Behavioral Beliefs, Normative Beliefs, and Control Beliefs as well as the Mental Health Help-seeking Attitudes and Intentions are secondary data which will be obtained through the Office of Guidance and Counseling of the institution. Ethical Guidelines and Procedures in accordance to the Republic Act 10173 otherwise known as the Data Privacy Act of 2012 shall be observed in securing the necessary data for the study.

2. Review of Related Literature

Demographics on Mental Health Status, Age, and Sex. The World Health Organization (WHO) (2017) reported that mental and behavioral problems account for 14% of the worldwide burden of disease, affecting 450 million people globally. In the Philippines, at least 3.6 million Filipinos suffer from mental, neurological, or substance use disorders. Suicide accounts for 1.5% of global mortality, and prevalent mental illnesses such as depression and anxiety disorders are estimated at 5.5% and 3.6%, respectively. There is a mental health crisis among college students in the United States, with nearly 40% reporting severe mental health conditions, exacerbated by the COVID-19 pandemic. In Japan, psychological difficulties were less likely than physical ones to prompt people to seek help, and people in their later years were more likely to seek treatment for suicidal ideation and self-harm. However, students' age and year of education had no statistically significant variations in their intention to seek psychological help (Beatie et al., 2016; Daudi et al., 2022; Michaelmore & Hindley, 2012; Salimi et al., 2021; Tee et al., 2020; World Health Organization Philippines Department of Health, 2020).

Additionally, according to Rosenfield and Mouzon (2013), men and women's perceptions of masculinity and femininity influence major risk factors for internalizing and externalizing problems. Haavik et al. (2017) reported that gender plays a considerable role in teenagers' willingness to seek professional care for mental health issues. Ward et al. (2013) found that African-American men and women have attitudes that indicate they are not very open to admitting psychological issues due to concerns about stigma connected with mental illness. Furnham (2000) and Oliver et al. (2005) as cited in Memon et al. (2016) stated that men, in particular, were a difficult group to reach as they were more hesitant to seek help and felt alienated from mental health services. On the other hand, the study of Wendt and Shafer (2016) found that the gender of those with a mental health condition has no influence on their willingness to seek professional care. In the study of Daudi et al. (2022), statistically significant differences were found in the desire to seek psychological assistance across four fields of study, with engineering students being less likely to seek psychological care if they have psychosocial problems.

Normative Beliefs. A study that subscribes to the theory of planned behavior by Ajzen found that normative beliefs are composed of subjective norms, which emphasize the impact of social context on an individual's planned behavior. Reynders et al. (2014) posited that stigma implies negative attitudes that provoke negative emotional attributes such as fear and anger, which often leads to discrimination. Stigma hinders individuals from seeking formal psychological help, and it is a significant issue in existing mental health problems, particularly in help-seeking attitudes. Stigma can be a potential stressor, leading to an increased risk of suicide. Fulginiti et al. (2016) noted that public stigma fosters an individual's fear of condemnation and shame, leading to not seeking help. Sheehan, Dubke, and Corrigan (2017) reported that people labeled individuals who committed suicide as weak and crazy (Reynders et al., 2014; Fulginiti et al., 2016; Sheehan et al., 2017).

Calear, Batterham, and Christensen (2014) found that public stigma reduces help-seeking attitude among individuals with mental illness or suicidal thoughts, and also limits their actions in society. Baptista and Zanon (2017) explored the predictors of seeking therapy among college students, and found that negative feelings associated with shame, self-blame, help-seeking inhibition, and social inadequacy play a role in not seeking professional help. Social support, originating from peers and family, is vital in managing stress-provoking situations (Labrague et al., 2021). Fasihi et al. (2017) highlighted the importance of paying attention to social factors that may influence mental health and perceived social support. Social support pertains to aid, assistance, and help received from others and has an important role in health (Fasihi et al., 2017; Labrague et al., 2021).

Trujillo et al. (2016) suggested that social support serves as a resource for coping with psychological distress caused by stigma, discrimination, and violence. Heerde et al. (2018) argued that social support encompasses a wide range of human behaviors and interactions, including subjective evaluations of help needed, and is associated with lower depressive symptoms, anxiety, non-suicidal self-injury, and suicidal ideation and attempts. Southwick et al.

(2016) identified five facets of social support, including structural, functional, emotional, instrumental/material, and informational/cognitive. Zarova et al. (2018) found that patients who received adequate social support had better health-related quality of life in the Zimbabwean context. Social support has been shown to play a significant protective role in lessening the impact of daily hassles and improving mental health among college students, according to Chui et al. (2017). Scarapicchia et al. (2017) found that the association between social support and physical activity varied within-person and between-person levels. El-Zoghby et al. (2020) found that the COVID-19 pandemic had a tremendous psychological impact on adult Egyptians and highly affected social support. Hou et al. (2021) suggested that social support is essential to helping young adults deal with negative emotions in the context of the COVID-19 pandemic, and university-based counseling services should pay specific attention to those with relatively insufficient social support resources and low levels of perseverance.

Behavioral Beliefs. In a study conducted by Fleary et al. (2018), an individual's behavioral beliefs relate to their general knowledge and beliefs about mental health and mental health-related issues. In this context, the researchers focused on studies related to an individual's mental health literacy, which has been shown to influence an individual's behavior towards mental health. Mental health literacy is defined as "knowledge and beliefs about mental disorders which aid their recognition, management, or prevention" (Jorm et al., 1997), including the ability to recognize specific disorders, seek information, understand risk factors and causes of mental illness, self-treatment, knowledge of professional help available, and attitudes that promote recognition or appropriate help-seeking behavior. Individuals with greater mental health literacy are more likely to use formal psychological resources and seek help and treatment early, reducing the stigma associated with mental illness (Wei et al., 2015). Additionally, individuals who understand the causes of mental illness, the recovery process, and the availability of formal psychological health resources are more likely to seek help (Douce et al., 2014).

Additionally, according to Marcus et al. (2012), being literate about mental health is positively related to seeking help for mental health. In Canada, young adults showed that the lack of recognition of one's mental problem and the shame and discomfort of asking for help were common reasons for not seeking formal psychological help. Meanwhile, in the Philippines, mental health is evident in how a person behaves, decides, and solves problems, and mental health literacy is essential in aiding mental health-related issues (Argao et al., 2021). A study conducted among Filipino college students showed that although they could recognize depression symptoms, they still lack understanding of its causes, and they primarily seek help from family and friends instead of utilizing formal psychological resources. However, knowledge about mental illness as a chronic illness can direct them to seek formal psychological help (Ines, 2019).

Control Beliefs. Self-efficacy, which pertains to an individual's ability to plan and take action to achieve goals, plays a vital role in mental health help-seeking attitude and barriers to care. Studies show that individuals with low general self-efficacy (GSE) are more likely to experience mental illness than those with high GSE, but GSE does not strengthen help-seeking behavior or perceived barriers to care. Barriers to seeking care include beliefs that the illness is temporary, doubt whether the treatment works, not being literate enough to know where to seek help, and feelings of shame. Self-efficacy is positively correlated with positive mental health and negatively associated with adverse mental health, and it positively impacts mental health. Low self-efficacy is more related to an individual experiencing mental health-related issues such as anxiety, distress, and depression (Freire et al., 2020; Andersson et al., 2014; Gull, 2016; Azizli et al., 2015; Streeb et al., 2019).

Several studies have explored the relationship between self-efficacy and mental health among college students. Khalil et al. (2021) found that low levels of self-efficacy in respondents make them vulnerable to experiencing mental health-related issues such as depression and anxiety, while Kotera et al. (2021) reported that students with a low sense of self often underutilize formal psychological resources due to negative attitudes towards mental health. Sheeran et al. (2016) showed that self-efficacy is an essential element in promoting health-related behaviors, while Parto and Besharat (2011) demonstrated that individuals with high self-efficacy are better equipped to control destructive thoughts related to mental health. Grotan, Sund, and Bjerkeset (2019) found that students with mental health problems are at a higher risk of delayed study progress, while Hu et al. (2020) reported a significant negative correlation between self-efficacy and mental health-related issues such as burnout, anxiety, and depression. These findings suggest that self-efficacy plays a critical role in maintaining and improving mental health among college students.

Help-Seeking Attitudes. Help-seeking attitudes among college students have been identified as a major factor that influences the utilization of formal psychological resources (Rickwood et al., 2012). Two types of help-seeking have been suggested: formal and informal. Formal help-seeking involves seeking help from professionals, while informal help-seeking involves seeking help from social networks such as family members and peers. Studies have found that individuals tend to seek informal psychological help more frequently than formal psychological help, despite the availability of formal resources (Umubyeyi, 2016). Additionally, the underutilization of mental health services among minority ethnic groups is a significant concern (Hines et al., 2017; Kim et al., 2017; Wang et al., 2005, as cited by Kam et al., 2019). The study by Kam et al. (2019) found that Asian American college students had lower tolerance for seeking help, lower recognition of seeking formal psychological help, lower confidence in mental health practitioners, and lower levels of interpersonal openness compared to other ethnic groups in the study.

Liang et al. (2020) conducted a study in China examining the impact of COVID-19 on the psychological aspect of college students and found that there was a low rate of Chinese college students seeking psychological help despite the availability of resources. Zhang (2014) suggests that college students often take psychological services as a last option. Upton et al. (2021) found that young Australian students experienced an increase in symptoms of depression and anxiety during the early wave of COVID-19, but there were no substantial help-seeking attitudes observed. Ahorsu et al. (2021) identified factors hindering youth from seeking help, such as personal beliefs and stigma. To measure help-seeking attitude, the Mental Help-Seeking Attitude Scale (MHSAS) will be used, which is based on the theory of planned behavior (TPB) and the definition provided by Hammer et al. (2018) that help-seeking attitude is the overall attitude of an individual to seek formal psychological help when faced with mental health-related issues.

Help-Seeking Intentions. Several researchers have examined the concept of help-seeking intentions, which is defined as a deliberate effort to talk about a problem and receive perceived support, guidance, or aid to alleviate personal pain. According to the theory of planned behavior, intention is a powerful predictor of behavior. Wei (2017) defined professional help-seeking intention as an individual's subjective willingness to seek help from mental health specialists. Results from a study by Daudi et al. (2022) showed that there is a significant relationship between psychological help-seeking intentions and its predictors, including attitude, subjective norms, and perceived behavioral patterns. In another study by McDermott et al. (2017), researchers found that dispositional hope is positively related to intentions to seek help from informal sources in a personal emotional distress scenario and both informal and formal psychological care in a suicidal ideation scenario. The model was consistent across non-Latino White and Asian American students, as well as men and women, according to exploratory moderation studies.

Yu et al. (2015) found that despite a strong intention to seek help for psychological issues, a large percentage of Mainland Chinese college students were not aware of available mental health services. Li et al. (2017) suggest that marketing efforts and psycho-education may increase awareness and acceptance of mental health disorders and effective treatment alternatives. In addition, Hui et al. (2014) point out that perceptions, attitudes, and belief systems are important in encouraging people to seek help for illnesses, and a better understanding of mental illness is linked to a higher intention to seek help. However, no general theory exists to explain how personal, societal, and cultural elements influence an individual's desire to seek help or to lead the development of preventive programs for such intention once it is needed (Blay et al., 2008; Burns & Rapee, 2006; Jorm, 2000).

As a summary, this section discusses variables involved in this study on help-seeking attitudes and intentions, including behavioral beliefs, normative beliefs, and control beliefs. Behavioral beliefs refer to mental health literacy, which positively correlates with help-seeking attitudes. Normative beliefs consider social context, including public stigma and social support. Control beliefs are operationalized as self-efficacy. The predictors in the study have been shown to have a predictive relationship with the outcome variable of help-seeking attitude. The study aims to address the underutilization of formal psychological resources among college students in the Davao region of the Philippines, as no previous studies have been conducted in this context (Douce et al., 2014; Smith et al., 2011; Bohon et al., 2016; American College Health Association, 2013; Fulginiti et al., 2016; Rickwood et al., 2012).

3. Method

3.1. Research Design

The study employed a quantitative research design, specifically a correlational-predictive design, to predict the factors that influence college students' formal psychological help-seeking attitudes and intentions. The design allowed the researchers to test hypotheses and observe a sample population to gain a deeper understanding of the relationship between the variables (Morgan, 2015). The study utilized a predictive quantitative research design, which aims to forecast the extent to which an individual will perform a behavior based on the presence of certain variables (Wollman, 2018). The study's unit of analysis was college students aged 18-25 years old enrolled in the school year 2021-2022 at a specific institution. The study utilized a non-directional alternative hypothesis, suggesting a relationship between predictor variables and the outcome variable of formal psychological help-seeking attitudes and intentions among college students. The study used an alpha value of 0.05 and multiple linear regressions to analyze the data (Douce et al., 2014; Morgan, 2015; Wollman, 2018).

3.2. Respondents of the Study

The data needed for this study was secondary in nature, as stored in the data bank of the Office of Guidance and Counseling. Technically, the respondents of this research were students of the institution, enrolled in the second semester of Academic Year 2021-2022.

3.3. Research Instrument

The study utilized an assessment form called Office of Guidance and Counseling: Mental Health Status, Beliefs, Help Seeking Attitudes, and Intentions, which was a modification of several publicly available instruments such as the Theory of Planned Behavior Questionnaire, Mental Health Help-Seeking Attitudes Scale, and Mental Health-Help-Seeking Intentions. The Theory of Planned Behavior Questionnaire was validated and had 11 items that measured a dimension of TPB, with internal consistency ranging from $\alpha = 0.69$ to $\alpha = 0.84$. The Mental Health Help-Seeking Attitudes Scale (MHSAS) was a 9-item unidimensional scale with internal consistency ranging from $\alpha = 0.93$ to $\alpha = 0.94$, while the Mental Health-Help-Seeking Intentions (MHSIS) was a 3-item instrument that demonstrated predictive evidence of validity by correctly predicting, with almost 70% accuracy, the future help-seeking behavior of community adults with a current mental health concern. Hammer et al. (2018) evaluated the content validity of the MHSAS, while Hammer & Spiker (2018) provided initial support for the reliability and validity of the MHSIS score within a community-dwelling U.S. adult sample (Ajzen, 2006; Hammer et al., 2018; Hammer et al., 2015; Hammer & Spiker, 2018).

3.4. Data Gathering Procedure

In pursuing this study, the researchers first wrote a letter addressed to the Vice President for Academic Affairs through the Head of the Center for Research, asking the former's permission to curtail this study through a writeshop. After securing the necessary approval, the researchers presented the study in a proposal defense. After successfully passing the said defense, the researchers submitted all the required documents to the Research Ethics Committee for review. Once the assessment was done and issuance of Ethical Clearance has been made, the researchers wrote a letter to the In-charge of the Office of Guidance and Counseling to access their data bank for the necessary information for the study. This was done since the data needed for this inquiry is secondary. In handling the data, the researchers ensured that privacy and confidentiality was upheld – no personal information was revealed nor used in any part of this manuscript. Once the data was secured, the researchers checked for thoroughness and completeness before processing. At this point, the researchers then used a Licensed Statistical Package for the Social Sciences to treat the data. Additional steps herein after are discussed in the succeeding juncture of this paper.

3.5. Data Analysis

The variables were measured through the test scores of the respondents in the scales administered by the Office of Guidance and Counseling. In determining the demographic profile of the respondents, frequency and percentage were used. In determining the levels of Mental Health Status, Mental Health Help-Seeking Attitudes and Intentions, mean and standard deviation were used.

Prior to the computation of the inferential statistics, the data were tested to normal distribution through the Shapiro Wilk's test. To establish the relationship between the predictor variables to the outcome variables, the researchers used Pearson product moment correlation. Then, multiple linear regressions were utilized to determine the factors that predicted the help-seeking attitudes and intentions of the students in tertiary education to formal psychological help.

3.6. Ethical Considerations

In this study, ethical consideration was given importance and thoroughly followed. This research was administered and anchored to the ethical principles and code of conduct provided by the American Psychological Association (2017), particularly the eighth standard about research and publication in the given document and in the fourth standard - privacy and confidentiality. Also, the study was anchored to the code of ethics by the Psychological Association of the Philippines (2021) with regards to the boundaries and basis to be considered within the study, such as the confidentiality of the subjects' information, and even the whole data and identity of all persons involved within the conducted research. The researchers guaranteed that the collected data within the study would be kept confidential and be fully secured as part of the responsibilities taken by the researchers. Additionally, the researchers conducted the study professionally to ensure trustworthy and significant results. Furthermore, the researchers gave importance to the respondents' data, the duration of the study, and the community.

4. Results and Discussion

This section presented the results of the statistical analysis. A detailed discussion follows the presentation of the result to provide meaning and implication to numerical data.

Table 1. Demographic Profile of the Respondents

Age	f	%	Program	f	%
18-20	556	39.1	Criminology	263	18.5
21-23	650	45.7	Information Technology	47	3.3
24-26	86	6.0	Computer Engineering	12	.8
27 and up	131	9.2	Electronics and Communications Engineering	1	.1
			Library and Information Science	1	.1
Sex at Birth			Hospitality Management	44	3.1
Male	518	36.4	Tourism Management	34	2.4
Female	890	62.5	Bachelor of Arts	30	2.1
Prefer not to say	15	1.1	Psychology	131	9.2
			Social Work	49	3.4
Year Level			Marine Transportation	94	6.6
First Year	579	40.7	Business Administration	304	21.4
Second Year	313	22.0	Customs Administration	72	5.1
Third Year	308	21.6	Real Estate Management	9	.6
Fourth Year	219	15.4	Accountancy/Management Accounting	67	4.7
Fifth Year	4	.3	Secondary Education	59	4.1
			Elementary Education	15	1.1
College/School			Physical Education	44	3.1
CCJE	263	18.5	Special Needs Education	3	.2
CET	61	4.3	Early Childhood Education	5	.4
CHaTME	78	5.5	Doctor of Philosophy	4	.3
CoHuSoCom	210	14.8	Doctor of Education	10	.7
CoME	94	6.6	Master of Arts in Education	119	8.4
SBME	452	31.8	Master in Management	4	.3
STE	126	8.9	Master of Science in Economics	2	.1
Graduate School	139	9.8			
Total	**1423**	**100.0**	**Total**	**1423**	**100.0**

As shown in the table above, the age group of 21 to 23 had the highest respondents with (45.7%). This was followed by respondents under the ages 18 to 20 with (39.1%). The age group of 27 above and 24 to 26 got a percentage of (9.2%) and (6.0%), respectively. Moreover, most of the respondents are female with (62.5%) and male with (36.4%). For the year level of the respondents, most of them are in their first year with (40.7%) followed by second

year respondents (22.0%), third year respondents (21.6%), then fourth year respondents with (15.4%), and lastly the fifth year respondents with (.3%).

When it comes to the college/school where the respondents belong, most of them are under the school of business and management education (SBME) with a percentage of (31.8%). This is followed by the college of criminal justice education (CCJE) with a percentage of (18.5%). The college of humanities, social sciences, and communication (CoHuSoCom) had the third highest number of respondents with (14.8%) then followed by the graduate school program (9.8%), then the school of teacher education (STE) with a percentage of (8.9%), next is the college of maritime education (CoME) with (6.6%), followed by the college of hospitality and tourism management education (CHaTME) with a percentage of (5.5%), and then finally the college of engineering and technology with (4.3%).

Feldhausen (2022) found that mental health issues are increasingly prevalent among higher education students due to significant social, political, and technical changes in the world, with mental health problems commonly beginning in late adolescence or early adulthood. The ongoing COVID-19 pandemic has also contributed to the rise in mental health issues among students in higher education.

Research by Rosenfield and Mouzon (2013) shows that men and women's perceptions of masculinity and femininity have a significant influence on their risk factors for internalizing and externalizing problems, including coping strategies, social relationships, personal resources, and vulnerabilities. Memon et al. (2016) cited Furnham (2000) and Oliver et al. (2005) to support the assertion that men, in particular, are more hesitant to seek help and feel alienated from mental health services.

Wendt and Shafer (2016), however, found that the gender of individuals with mental health conditions has no influence on their willingness to seek professional care. Men may perceive depression as a topic worth discussing, but not a serious enough condition to warrant professional help. Additionally, Daudi et al. (2013) reported that students' age and year of education did not have any significant influence on their intention to seek psychological help.

Furthermore, Daudi et al. (2022) discovered that engineering students are less likely to seek psychological care for psychosocial problems than their peers in social science, business, and education.

Table 2. Level of Mental Health Status of the Respondents Measured through the Mental Health Self-Assessment Checklist

	Mean	SD	Description
1. I find it hard to relax	1.73	0.87	High
2. I could not seem to experience any positive feeling at all	1.38	0.90	Moderate
3. I experience breathing difficulty	0.92	0.96	Moderate
4. I experience appetite loss and weight loss or sometimes overeating or weight gain	1.58	1.08	High
5. I feel that life is not worth living and thought of ending it.	0.86	1.01	Moderate
6. I have difficulty falling asleep	1.60	1.05	High
7. I have uncontrollable instances of crying, sadness, and anxiety	1.44	1.07	Moderate
8. I experienced withdrawal from friends and prefer to be alone	1.42	1.04	Moderate
9. I have trouble in focusing and making decisions	1.57	0.98	High
10. I feel easily depressed if I have a problem	1.36	1.04	Moderate
Total	**1.39**	**0.74**	**Moderate**

Table 2 shows the level of mental health status of the respondents when measured using the Mental Health Self-Assessment Checklist. Items 1, 4, 6, and 9 had a description of high while items 2, 3, 5, 7, 8, and 10 had a description of moderate. Moreover, the results of the Mental Health Self-Assessment Checklist had an overall mean of (M = 1.39, SD = 0.74) which had a description of moderate.

A survey conducted by the Philippine WHO Special Initiative for Mental Health in early 2020 found that mental, neurological, or substance use disorders affect at least 3.6 million Filipinos (DOH, 2020). In 2015, suicide accounted for 1.5% of global mortality, and the prevalence of mental illnesses such as depression and anxiety disorders was estimated at 5.5% and 3.6%, respectively (WHO, 2017). The current outbreak of the novel coronavirus in 2019-2020 has exacerbated mental health issues among college students, according to Salimi et al. (2021). Tee et al. (2020)

also found that during the early stages of the pandemic, one-fourth of respondents in the Philippines experienced moderate-to-severe anxiety, while one-sixth reported moderate-to-severe depression and psychological damage.

Table 3. Level of Behavioral, Normative and Control Beliefs of the Respondents

Normative Beliefs	Mean	SD	Description
1. Most Family members who are important to me think that I should seek medical or psychotherapeutic help for my problems.	0.48	0.85	Low
2. Most friends who are important to me think that I should seek medical or psychotherapeutic help for my problems	0.53	0.86	Moderate
3. Other people who are important to me think that I should seek medical or psychotherapeutic help for my problems	0.47	0.81	Low
4. With certain problems, it is expected of me that I seek professional help	0.81	0.94	Moderate
Category Mean	**0.57**	**0.76**	**Moderate**
Behavioral Beliefs			
5. Seeking professional help for my problems would be wise	1.15	1.02	Moderate
6. Seeking professional help for my problems would be beneficial	1.27	1.02	Moderate
7. Seeking professional help for my problems would be good	1.33	1.01	Moderate
8. It is entirely up to me whether I seek professional help for my problems	1.53	1.09	High
Category Mean	**1.32**	**0.92**	**Moderate**
Control Beliefs			
9. I am confident that I could seek professional help for my problems if I wanted to	1.40	1.03	Moderate
10. The decision to seek professional help for my problems is entirely up to me	1.60	1.08	High
11. I need external support to receive professional help for my problems ®	1.17	0.99	Moderate
Category Mean	**1.39**	**0.88**	**Moderate**
Total	**1.07**	**0.73**	**Moderate**

Table 3 shows the level of the behavioral, normative, and control beliefs of the respondents. Items 1, 2, 3, and 4, which are under the Normative Beliefs, had a category mean of (M = 0.57, SD = 0.76) which is describe as moderate. For the Behavioral Beliefs which includes items 5, 6, 7, and 8 had a category mean of (M = 1.32, SD = 0.92) which is also described as moderate. Lastly, the items for Control Beliefs generated a category mean of (M = 1.07, SD = 0.73) with a description of moderate. This includes items 9, 10, and 11.

The present study adopts Ajzen's theory of planned behavior, where normative beliefs consist of subjective norms that emphasize the impact of social context on an individual's planned behavior. The researchers identify stigma as a social context that affects mental health-related issues in the Philippines. Rivera and Antonio (2017) observed that stigmas towards people living with mental health-related issues are common in the Philippines, which hinders individuals from seeking formal psychological help. Additionally, Zarova et al. (2018) found that patients who received adequate social support had greater health-related quality of life in the Zimbabwean context, which is congruent with other studies. In terms of mental health literacy, Marcus et al. (2012) noted that individuals with a good understanding of mental health are more likely to seek help. In the context of college students, Drum et al. (2009) and Eisenberg et al. (as cited by Ibrahim et al., 2019) found that most college students with mental health problems prefer to seek advice and support from family, peers, or significant others. Control beliefs in this study pertain to self-efficacy, an individual's ability to plan and organize courses of action to achieve their goals. Gull (2016) found that self-efficacy is positively correlated with mental health, while Streeb et al. (2019) noted that individuals with low levels of self-efficacy have poor coping skills, increased distress, and are less resilient.

Table 4. Level of Mental Health Help-seeking Attitudes of the Respondents

If I had a mental health concern, seeking help from a mental health professional would be...	Mean	SD	Description
...Useful	4.75	1.39	High
...Important	4.81	1.37	High
...Healthy	4.87	1.30	High
...Effective	4.82	1.29	High
...Good	4.87	1.29	High
...Healing	4.82	1.30	High
...Empowering	4.83	1.29	High
...Satisfying	4.78	1.29	High
...Desirable	4.76	1.31	High
Total	**4.81**	**1.21**	**High**

The table above shows the level of mental health help-seeking attitudes of the respondents Based on the result, all of the items had a description of high with a total mean of (M = 4.81, SD = 1.21).

Help-Seeking is a broad-ranging variable without a distinct definition (Rickwood et al., 2012). Moreover, there are two (2) suggested types of help-seeking: formal and informal. Formal help-seeking means seeking help from a group of professionals with an authorized and known role in providing relevant help. Regardless, the advantage of seeking formal psychological help is important to prevent the development of mental disorders (McGorry & Mei, 2018 as cited by Pearson & Hyde, 2021).

A study conducted by Umubyeyi (2016) suggests that when individuals are experiencing mental health-related issues, these individuals will seek informal psychological help (64% of 917 respondents) rather than formal psychological help (36% of 917 respondents) despite the availability of formal psychological resources.

Table 5. Level of Mental Health Help-seeking Intentions of the Respondents

	Mean	SD	Description
If I had a mental health concern, I would intend to seek help from a mental health professional.	5.23	1.66	High
If I had a mental health concern, I would try to seek help from a mental health professional.	5.27	1.68	High
If I had a mental health concern, I would plan to seek help from a mental health professional.	5.35	1.66	High
Total	**5.29**	**1.61**	**High**

Table 5 shows the level of mental health help-seeking intentions of the respondents. It is evident in the results that all of the items have a description of high with a total mean of (M = 5.29, SD = 1.61).

According to White (2018) help-seeking intentions is a deliberate effort to talk about a problem, emotional discomfort, or psychological difficulty, where that effort is made and as an attempt to receive perceived support, guidance, or aid in order to alleviate personal pain. Furthermore, according to the theory of planned behaviour (TPB) intention is a powerful predictor of behavior. Additionally, the higher an individual's intention to engage in a particular behavior, the more likely he is to do so.

Table 6. Test of relationship between mental health status and help-seeking attitudes of the respondents

Predictor	Pearson Correlation	Strength & Type of the Relationship	Sig. (2-tailed)	Interpretation	Decision
MH Status	-.176**	Weak Inverse Relationship	.000	Significant	Reject H_0

Outcome: Help-Seeking Attitudes; **. Correlation is Significant at 0.01 Level (2-tailed); N = 1423

Pearson product-moment correlation coefficient was used to analyze the relationship between the mental health status of the respondents and their help-seeking attitudes. Based on the results, there was a weak inverse relationship between the two variables, r = -.176, N = 1423, p = .000. Therefore, there is a significant relationship between the mental health status and help-seeking attitudes of the respondents. Hence, the researchers rejected the null hypothesis.

Results of the analysis would support the study conducted by Labouilere et al (2015) that people with severe symptoms were the ones who were less likely to seek help. Similarly, Clough et al. (2019) conducted a study comparing the mental health literacy, attitudes, and help-seeking intentions of the international and domestic tertiary students in Australia. The results suggest that although the two groups of tertiary students have the same levels of mental health-related issues measured in the study through administering the Kessler-10, there is less help-seeking attitude observed among the international group of students.

Table 6.1. Test of relationship between mental health status and help-seeking intentions of the respondents

Predictor	Pearson Correlation	Strength & Type of the Relationship	Sig. (2-tailed)	Interpretation	Decision
MH Status	-.210**	Weak Inverse Relationship	.000	Significant	Reject H_0

Outcome: Help-Seeking Intentions; **. Correlation is Significant at 0.01 Level (2-tailed); N = 1423

The above table shows the relationship between mental health status and help-seeking intentions of the respondents. Using the Pearson product-moment correlation coefficient, it was found out that there was a weak inverse relationship between the two variables, r = -.210, N = 1423, p = .000. Therefore, there is a significant relationship between the mental health status and help-seeking intentions of the respondents. Hence, the researchers rejected the null hypothesis.

During difficult or challenging times, seeking help is an important problem-solving strategy (Fallon & Bowles, 1999 as cited by Nagai, 2015). According to the theory of planned behavior (TPB), intention is a powerful predictor of behavior. The higher an individual's intention to engage in a particular behavior, the more likely he is to do so. Professional help-seeking intention (PHSI) is defined as an individual's subjective willingness to seek help from mental health specialists (Wei, 2017).

However, researchers discovered a strong positive relationship between hope and intentions to seek help from informal sources in a personal emotional distress scenario, but no such relationship for formal sources. Hope was favorably connected with plans to seek both informal and official psychological care in a suicidal ideation scenario. The model was found to be consistent across non-Latino White as well as Asian American students, and also men and women, according to exploratory moderation studies.

Table 7. Test of relationship between beliefs and help-seeking attitudes of the respondents

Predictor	Pearson Correlation	Strength & Type of the Relationship	Sig. (2-tailed)	Interpretation	Decision
Normative	-.055*	Weak Inverse Relationship	.038	Significant	Reject H_0
Behavioral	.193**	Weak Positive Relationship	.000	Significant	Reject H_0
Control	.185**	Weak Positive Relationship	.000	Significant	Reject H_0
Beliefs_Total	.128**	Weak Positive Relationship	.000	Significant	Reject H_0

Outcome: Help-Seeking attitudes; *. Correlation is Significant at 0.05 Level (2-tailed); **. Correlation is Significant at 0.01 Level (2-tailed); N = 1423

Table 7 shows the relationship between the beliefs and help-seeking attitudes of the respondents using the Pearson product-moment correlation coefficient. Based on the analyzed data, it was found out that the Normative Beliefs has a weak inverse relationship with the help-seeking attitudes of the respondents (r = -.055, p = .038), while the Behavioral Beliefs has a weak positive relationship with the help-seeking attitudes of the respondents (r = .193, p = .000). Moreover, the Control Beliefs has a weak positive relationship with the respondents' help seeking attitudes (r = .185, p = .000). For the overall relationship of the beliefs, it was found out the it has a weak positive relationship (r = .128, N = 1423, p = .000) with the help-seeking attitudes of the respondents. Therefore, the results are significant which led the researchers to reject the null hypothesis.

Help-seeking attitudes are one of the most cited reasons behind the underutilization of formal psychological resources as it influences intentions in seeking help and attitude in seeking help subsequently (Rickwood et al., 2012).

Moreover, concerning public stigma's impact (Normative Beliefs) on help-seeking attitude, Calear, Batterham, and Christensen (2014) have concluded that public stigmatization reduces help-seeking attitude among individuals with mental illness or suicidal thoughts. The results above also agree with the prior study of Argao et. al. (2021) that mental health literacy (Behavioral Beliefs) is essential. Although the survey showed that Filipino college students could recognize depression symptoms (55.2%), it still normalizes the condition by blaming it on everyday experiences. Moreover, the respondents still lack in understanding the causes of depression, a type of mental health-related issues, with both the emphasis on triggers and predisposing factors rather than scientific causes.

In addition, Sheeran et al. (2016) have presented a review using meta-analysis to test the extent to which changing attitudes, norms, or self-efficacy leads to changes in health-related intentions and behavior. The results of the meta-analysis review have shown that self-efficacy is an essential element in promoting health-related behaviors, where self-efficacy affects behavior directly when efficacy appraisals accurately reflect actual control over the performance.

Table 7.1. Test of relationship between beliefs and help-seeking intentions of the respondents

Predictor	Pearson Correlation	Strength & Type of the Relationship	Sig. (2-tailed)	Interpretation	Decision
Normative	-.015	Weak Inverse Relationship	.562	Not Significant	Failed to Reject H_0
Behavioral	.117**	Weak Positive Relationship	.000	Significant	Reject H_0
Control	.137**	Weak Positive Relationship	.000	Significant	Reject H_0
Beliefs_Total	.092**	Weak Positive Relationship	.001	Significant	Reject H_0

Outcome: Help-Seeking intentions; *. Correlation is Significant at 0.05 Level (2-tailed); **. Correlation is Significant at 0.01 Level (2-tailed); N = 1423

The above table shows the relationship between the beliefs and help-seeking intentions of the respondents using the Pearson product-moment correlation coefficient. Based on the analyzed data, it was found out that the Normative Beliefs has a weak inverse relationship with the help-seeking intentions of the respondents (r = -.015, p = .562). Therefore, the result is not significant. Hence, the researchers failed to reject the null hypothesis.

However, the Behavioral Beliefs has a weak positive relationship with the help-seeking intentions of the respondents (r = .117, p = .000) and the Control Beliefs has a weak positive relationship with the respondents' help seeking attitudes (r = .137, p = .000). For the overall relationship of the beliefs, it was found out the it has a weak positive relationship (r = .092, N = 1423, p = .001) with the help-seeking attitudes of the respondents. Therefore, the results are significant which led the researchers to reject the null hypothesis.

A study conducted by Li et. al. (2017) mentioned that college students revealed that social-cognitive characteristics influenced students' intentions to seek professional psychological treatment as well as their actual usage of services. In contrast, the results of the study of Yu et al. (2015) stated that the large disparity between strong intention to seek help and limited understanding of available options supports the relevance and necessity to promote mental health resource awareness and knowledge.

The study of Ines (2019) stated that Filipino college students' knowledge (Behavioral Beliefs) about mental illness as chronic illness can direct them to seek formal psychological help through utilizing formal psychological resources. While high self-efficacy (Control Beliefs) explains elevated levels of functioning towards well-being, optimism, and life satisfaction (Azizli et. al., 2015). On the other hand, some studies suggest that feelings associated with shame, self-blame, help-seeking inhibition, and social inadequacy (Normative Beliefs) displays a huge role in not seeking professional help (Vogel & Wester 2003, as cited in Baptista & Zanon, 2017). No general theory exists to explain how personal, societal, and cultural elements influence an individual's desire to seek help, or to lead the development of preventive programs for such intention once it is needed.

Table 8. Regression Analysis: Influence of profile, mental health status, and beliefs on help-seeking attitudes

Model Summary			R	R^2	Adjusted R^2	SEE
1			.423[a]	.179	.174	1.10216

	Coefficients						
Model 1	Unstandardized Coefficients		Standardized Coefficients	t	Sig.		
	B	SE B	β			Interpretation	Decision on H_0
Age	.051	.043	.038	1.200	.230	Not Significant	Failed to Reject
Sex at birth	.364	.063	.150	5.741	.000	Significant	Reject
Year level	.046	.029	.043	1.581	.114	Not Significant	Failed to Reject
College/School	-.072	.043	-.137	-1.690	.091	Not Significant	Failed to Reject
Program	.033	.016	.174	2.017	.044	Significant	Reject
MH Status	-.521	.050	-.318	-10.501	.000	Significant	Reject
Normative Belief	-.547	.083	-.343	-6.560	.000	Significant	Reject
Control Belief	-.106	.089	-.077	-1.187	.235	Not Significant	Failed to Reject
Beliefs_Total	1.075	.152	.652	7.061	.000	Significant	Reject

As shown in the table above, the results of the regression indicated that the predictors explained 17.9% of the variance [R^2= .179, F (9, 1413) = 34.280, p = .000[b]]. It was found out that Sex at birth (β = .364, p = .000 < .05),

Program (β = .033, p = .044 < .05), Mental Health Status (β = -.521, p = .000 < .05), Normative Beliefs (β = -.547, p = .000 < .05), and Beliefs in total (β = 1.075, p = .000 < .05) significantly predicted help-seeking attitudes among the respondents.

Further analysis would suggest that there is an approximately .364-unit increase as well as .033-unit increase in help-seeking attitudes as a function of sex at birth and program. Additionally, for every unit increase in total beliefs, there is an approximately 1.075 unit increase in the outcome variable. Conversely, for every unit increase in Mental Health Status and Normative Belief, there is an approximately -.521-unit decrease and -.547-unit decrease in help-seeking attitudes respectively.

The theory of planned behavior has been used in several studies in the context of health-related behaviors (Godin et al., 1996). Armitage et al. (2001) reported that the theory has been found to predict an individual's behavioral intentions and the behavior itself. Moreover, Young et al. (1991) reported that the formation of the predetermined goals, considering the positive value or the negative value, is manifested through the form of attitudes. Social norm considers the expectations of significant people that surround the individual towards the planned behavior.

For the social support (Normative Beliefs), emotional and instrumental support provided by a family, friend or size of social support network were found to be unique predictors of goal attainment under TPB components. This claim coincides in the study of Vondras et al. (2004) where they used the variable normative belief as a social support in the context of students who meet a level of social support and approval in people of the same social network specifically in friends and family.

Additionally, gender appears to play a considerable, although not solely, influence in teenagers' willingness to seek professional care for mental health issues (Haavik et. al., 2017). In fact, in most studies men were found to be less likely than women to seek help and have a negative attitude toward obtaining help (Furnham, 2000; Oliver et. al., 2005; as cited by Memon et. al., 2016).

Furthermore, help-seeking attitudes are one of the most cited reasons behind the underutilization of formal psychological resources ((Rickwood et al., 2012). Thomas et al. (2014) suggests that less than a quarter of psychology students' will seek formal psychological help when experiencing mental health-related issues from a sample of 289 respondents with a mean age of 19.75 years old in the United States of America. Similarly, engineering students are less likely than their peers in education, social science, and business to seek psychological care if they have psychosocial problems (Daudi et. al., 2022).

Lastly, among the few research on the help-seeking attitudes among Filipino youth, the most recently published is a study by Bello et al. (2013) that surveyed 359 Filipino college students in the Philippines. Of that population, 22% have sought formal psychological help for either academic or non-academic concerns in their lifetime. In the same way that there was a significantly higher preference to seek help from friends and family members than seeking formal psychological help.

Table 8.1. Regression Analysis: Influence of profile, mental health status, and beliefs on help-seeking intentions

Model Summary			R	R²		Adjusted R²	SEE
1			.370	.137		.131	1.50076

Coefficients							
Model 1	**Unstandardized Coefficients**		**Standardized Coefficients**	**t**	**Sig.**		
	B	**SE B**	**β**			**Interpretation**	**Decision on H₀**
Age	.101	.058	.056	1.740	.082	Not Significant	Failed to Reject
Sex at birth	.430	.086	.134	4.992	.000	Significant	Reject
Year level	.022	.040	.015	.540	.589	Not Significant	Failed to Reject
College/School	-.074	.058	-.106	-1.274	.203	Not Significant	Failed to Reject
Program	.030	.022	.120	1.350	.177	Not Significant	Failed to Reject
MH Status	-.762	.068	-.350	-11.284	.000	Significant	Reject
Normative Belief	-.213	.114	-.101	-1.880	.060	Not Significant	Failed to Reject

Control Belief	.096	.121	.052	.790	.430	Not Significant	Failed to Reject
Beliefs_Total	.720	.207	.329	3.473	.001	Significant	Reject

As shown in the table above, the results of the regression indicated that the predictors explained 13.7% of the variance [R^2 = .137, F (9, 1413) = 24.915, p = .000^b]. It was found out that Sex at birth (β = .430, p = .000 < .05), Mental Health Status (β = -.762, p = .000 < .05), and Beliefs in total (β = .720, p = .001 < .05) significantly predicted help-seeking intentions among the respondents.

Further analysis would suggest that there is an approximately .430-unit increase in help-seeking attitudes as a function of sex at birth. Additionally, for every unit increase in total beliefs, there is an approximately .720-unit increase in the outcome variable. Conversely, for every unit increase in Mental Health Status, there is an approximately -.762-unit decrease in help-seeking intentions.

Analysis above coincides with the study conducted by Hui et al., (2014). Perceptions, attitudes, and belief systems are all important elements in encouraging people to seek help for illnesses (Blay et al., 2008) and that having a better understanding of mental illness is linked to a higher intention to seek help (Burns & Rapee 2006; Jorm 2000).

The study of McDermott et. al. (2017) discovered a strong positive relationship on gender differences in the relationship amongst dispositional hope and intentions to seek help from formal and informal resources. Researchers found a strong positive relationship between hope and intentions to seek help from informal sources in a personal emotional distress scenario, but no such relationship for formal sources. Hope was favorably connected with plans to seek both informal and official psychological care in a suicidal ideation scenario. The model was found to be consistent across non-Latino White as well as Asian American students, and also men and women, according to exploratory moderation studies.

5. Conclusions and Recommendations

5.1. Summary

The researchers wanted to determine the variables that would predict the help-seeking attitudes and intentions of the respondents of this study. The researchers included the respondents' profile, mental health status, and beliefs as possible predictors for their help seeking-attitudes and intentions.

For the research design, the researchers utilized quantitative research by means of correlational-predictive design. Further, the researchers utilized the Office of Guidance and Counseling: Mental Health Status, Beliefs, Help Seeking Attitudes, and Intentions as the tool used in gathering the necessary data.

The data of this study was secondary in nature and was coming from the Office of Guidance and Counseling in one of the private higher education institutions in Davao City. The respondents were students enrolled in the second semester of Academic Year 2021-2022. There was a total of 1, 423 respondents for this study.

To analyze the data, the researchers used descriptive statistics which includes the mean and standard deviation to determine the levels of Mental Health Status, Mental Health Help-Seeking Attitudes and Intentions of the respondents. Prior to the computation of the inferential statistics, the data was tested to normal distribution through the Shapiro Wilk's test. Pearson product-moment correlation coefficient and multiple linear regression were used to determine the relationship and influence of the variables in this study.

5.2. Conclusions

The respondents of this study were college students in one of the private higher education institutions in Davao City. Most of the respondents are from the age range of 21 to 23 and most of them are female. Also, the School of Business and Management Education (SBME) had the greatest number of respondents with (31.8%). When it comes to the mental health status of the respondents that was measured by the use of the Mental Health Self-Assessment Checklist, it yielded a total mean of (M = 1.39, SD = 0.74) which was given a description of moderate.

In addition, the level of the behavioral, normative, and control beliefs of the respondents resulted in the overall mean of (M = 1.07, SD = 0.73) with a description of moderate. The level of mental health help-seeking attitudes

of the respondents had a total mean (M = 4.81, SD = 1.21) which corresponds as high. For the mental health help-seeking intentions of the respondents, it yielded a total mean (M = 5.29, SD = 1.61) with a description of high.

Moreover, there was a significant relationship between the mental health status and help-seeking attitudes of the respondents (r = -.176, N = 1423, p = .000). Hence, the researchers rejected the null hypothesis. Similar result was also found between the relationship of the mental health status and help-seeking intentions of the respondents (r = -2.10, N = 1432, p = .000). The relationship was significant; therefore, the researchers rejected the null hypothesis. There was also a significant relationship between the beliefs (normative, behavioral, control) of the respondents and their help-seeking attitudes (r = .128, N = 1432, p = .000). Hence, the researches rejected the null hypothesis.

Finally, there was no significant relationship between the Normative Belief on the help-seeking intentions of the respondents (r = -0.15, N = 1432, p = .562). Therefore, the researchers failed to reject the null hypothesis. Regression analysis was used to predict the influence of the variables on the help-seeking attitudes of the respondents. It was found out that (17.9%) of the variance was explained by the predictors of this study. Specifically, the sex at birth (β = .364, p = .000 < .05), Program (β = .033, p = .044 < .05), Mental Health Status (β = -.521, p = .000 < .05), Normative Beliefs (β = -.547, p = .000 < .05), and Beliefs in total (β = 1.075, p = .000 < .05) significantly predicted the help-seeking attitudes among the respondents.

Regression analysis was also used to predict the influence of the variables in the help-seeking intentions of the respondents. Based on the results, (13.7%) of the variance was accounted for by the variables in this study. Specifically, Sex at birth (β = .430, p = .000 < .05), Mental Health Status (β = -.762, p = .000 < .05), and Beliefs in total (β = .720, p = .001 < .05) significantly predicted help-seeking intentions among the respondents.

5.3. Recommendations

The researchers would like to recommend an extensive planning and implementation of formal psychological services in the institution and to incorporate the results of this study in the current available services in the Office of Guidance and Counseling where the researchers are currently affiliated. The institution could also use the results of this study to strengthen the linkages to their partner communities in spreading awareness about mental health and its services. Further recommendations would also include mental health providers to enhance how they offer their services and to tailor-fit it to the needs of their clients, especially those who have the same demographic profile with the respondents of this study. Faculty members are also recommended to be familiar with the results of this research and to be the first line of responders when dealing with psychological issues of their students. Faculty members can be given basic seminars and skills in handling concerns of the students and to refer them to appropriate mental health providers.

Furthermore, parents and students are recommended to take part in spreading awareness of the available formal psychological services provided by the institution and to be equipped with proper knowledge about mental health in general. Lastly, future researchers are recommended to use the results of this study as a stepping stone to further elaborate the variables included and to even include other variables pertinent to the topic presented.

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