

Mental Health Literacy Predicts General Help-Seeking Intentions among Filipino Public School Teachers

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This research investigated the predictive relationship between mental health literacy (MHL) in relation to general help-seeking intentions in Filipino public school teachers. Based on a cross-sectional predictive research design, 1,213 Philippine public school teachers were surveyed in various regions in the Philippines to gather information on mental health literacy constructs: mental health problem knowledge, flawed belief constructs, first-aid competence, and self-help procedures, as well as help-seeking intention constructs of personal-emotional problems and suicidal thoughts. Results derived from multiple regression analysis procedures demonstrated that flawed belief constructs and first-aid competence were predictive of help-seeking intention goals in relation to the outcome variables in comparison to other constructs that failed to establish significance as predictive elements. This research demonstrates that belief patterns shared by the community, in addition to practical mental health knowledge elements, influence the intention of these professionals to seek mental health support.

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