

Theoretical Perspectives Used in Research on Professional Psychological Help-Seeking Behavior among Adults

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A theoretical perspective is necessary for developing a research model to explore the phenomenon of seeking professional psychological help. Previous studies on seeking professional psychological help still show inconsistent results from a theoretical perspective. This scoping review aims to conduct a scoping literature review of the theoretical perspectives employed in studies of adults seeking professional psychological help. The research method employs the population, concept, and context (PCC) framework from five databases: Scopus, Web of Science, PubMed, ScienceDirect, and ProQuest (academic journals, dissertations, and theses). The databases were accessed in March 2025, yielding 10 articles that met the inclusion criteria (empirical research articles published in English; context: focus on mental health; concept: theoretical perspective/theoretical framework/conceptual theory of seeking help from professionals/formal settings; population: age >18 years; research methods: quantitative and qualitative). The research findings indicate that seven theoretical perspectives are frequently employed in studies of professional psychological help-seeking behavior: Andersen's Behavioral Model of Health Services Use, the Theory of Planned Behavior, Bronfenbrenner's Bioecological Theory, the Commission on Social Determinants of Health, Social Identity Theory, the Person-Centered Approach, and the Health Belief Model. The results of this study provide a foundation for future investigations into the behavior of adults in seeking professional psychological assistance.

INTRODUCTION

Research on seeking professional psychological help in various countries shows an increasing trend. However, most studies still focus on attitudes and intentions to seek help, leading several previous studies to recommend

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that actual behavior in seeking professional psychological help be a focus of future research (Bu et al., 2023; Choi & Miller, 2018; Hilliard et al., 2019; Nam & Lee, 2015; Tran-Chi et al., 2021; Yang et al., 2023). Therefore, the researchers aim to focus on the actual behavior of seeking professional psychological help, as attitudes and intentions do not always reflect actual behavior (Zou et al., 2025). Professional psychological help-seeking behavior refers to concrete actions in the past (retrospective) and future (prospective) to seek help from mental health professionals (Gebreegziabher et al., 2019; Hammer et al., 2024). The Theory of Planned Behavior posits that a person's attitude towards a behavior directly influences their intention to engage in it, which, in turn, can encourage the individual to carry it out (Fishbein & Ajzen, 2010).

Some benefits of using mental health services include a greater likelihood of success and the ability to persevere in studies, compared to those who do not use the services. They also appear more diligent and perform better because they receive consistent guidance from the university (Beisler & Medaille, 2016; Brown et al., 2021; Johnson et al., 2022; Seeto, 2016). Professional psychological support is crucial for students' resilience to stress, enhancing their psychological well-being and potentially halting Non-Suicidal Self-Injury (NSSI) behavior (Fischbein & Bonfine, 2019; Whitlock et al., 2015). Kivlighan et al. (2021) found that students who received counseling showed a decrease in psychological stress, followed by an increase in GPA compared to before counseling. They were also more likely to recover from symptoms of Common Mental Disorders (CMD) (Gebreegziabher et al., 2019). Effective detection and treatment of mental disorders among students can reduce dropout rates and improve educational outcomes (Auerbach et al., 2016).

A review of the theoretical perspective is necessary for developing a research model. This theoretical perspective provides an overview of perspectives. It serves as a foundation for planning research based on existing theories, enabling researchers to describe the dynamics of interpreting research results (van der Waltd, 2021). Based on previous literature reviews, some studies mention several theoretical perspectives used in research on help-seeking, including the Theory of Planned Behavior, the Theory of Reasoned Action, Andersen's Behavioral Model of Health Services Use, the Network Episode Model, and others do not use a theoretical framework/perspective to explain help-seeking (Rickwood et al., 2012). The databases used by Rickwood include EBSCO, Academic Research Complete, CINAHL Plus, MEDLINE, and PsycINFO. However, these theories do not focus on professional help-seeking behavior. Therefore, using Scopus, Web of Science, ProQuest, PubMed, and ScienceDirect databases, the researcher attempted to re-examine the theoretical perspectives used to explain research on professional psychological help-seeking behavior, particularly among adults. This research is necessary to provide information on theoretical perspectives that can be used to develop research on professional psychological help-seeking behavior among adults.

METHOD

This study employed the systematic scoping review (ScR) method, which was conducted in accordance with the Preferred Reporting Items for Systematic Reviews and Meta-Analyses Extension for Scoping Reviews (PRISMA-ScR) guidelines (Tricco et al., 2018) and has been registered in

the Open Science Framework (<https://osf.io/8sbfy/>). The methodological framework used consists of five stages, namely:

1. Identify research questions

This scoping review aims to answer the question: What theoretical perspectives are employed to construct models of professional help-seeking behavior in adults?

2. Identification of relevant studies

The researchers used five electronic literature search databases and one grey literature database: Scopus, Web of Science, Proquest (research articles, theses, and dissertations), PubMed, and ScienceDirect. The literature search process was carried out in March 2025 using Boolean logic and several specific keywords ((“professional help-seek* behavi*” OR “formal help seeking behavi*”) AND (“theor*” OR “model” OR “framework” OR “concept*”) AND (“psycholog*” OR “mental health”)).

3. Screening literature according to predefined inclusion and exclusion criteria

In the next stage, researchers screened data from relevant studies using a systematic search procedure with inclusion and exclusion criteria listed in Table 1.

Table 1.
Inclusion and Exclusion Criteria

Inclusion Criteria	Exclusion Criteria
Language: English	Language: Not English
Article type: empirical research article	Article type: systematic literature review, opinion, report
Population: ≥ 18 years	Population: < 18 years
Context: mental health	Context: non-mental health
Concept: theory/framework/model of professional/formal help-seeking	Concept: did not incorporate theory/framework/model of professional help-seeking
Method: quantitative, qualitative	Method: experiment

The study excludes experimental designs because experimental studies are generally designed to test the effectiveness of interventions, emphasizing the effects of intervention or variable manipulation (Boparai et al., 2020), rather than to explore the relationship between variables, and thus sometimes neglect the explicit use of theoretical perspectives.

The screening process was carried out in two stages: title and abstract screening, followed by full-text screening. Articles with relevant titles and abstracts were selected for further comprehensive review, while articles that did not meet the criteria were excluded. The search continued until all articles meeting the inclusion and exclusion criteria were identified, and no new articles were found. In a rigorous selection process, an extensive initial search yielded 241 relevant articles, which were analyzed using the <https://www.rayyan.ai/> platform. AI was used as a tool to assist with initial data organization, not to make decisions about inclusion or interpretation. Data extraction was reviewed and verified independently by the research team. Discrepancies were discussed and resolved by consensus to ensure

accuracy and consistency with the established inclusion criteria and data recording framework.

During this process, 33 duplicate articles were identified, and a total of 198 articles were eliminated. Ultimately, 10 studies meeting the inclusion criteria were selected. The screening process is transparently depicted in Figure 1.

4. Mapping data

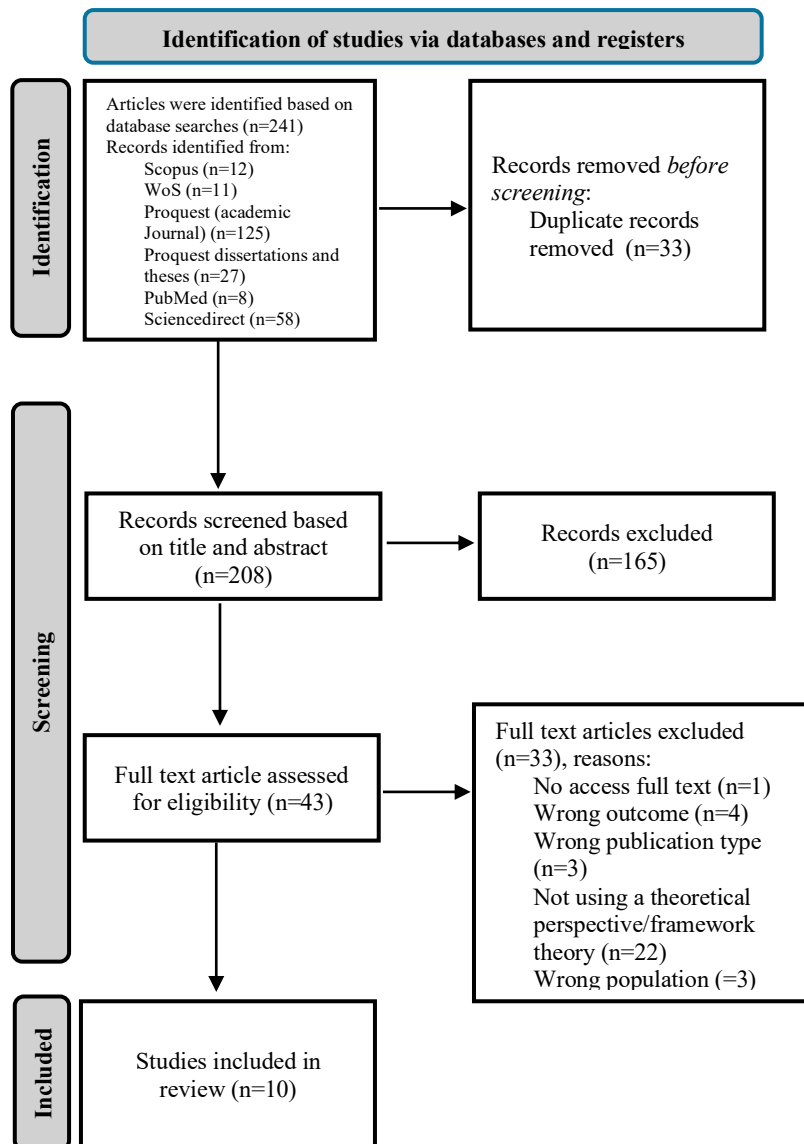
Data from the selected articles were extracted using a pre-defined data chart format to capture all the required detailed information. This data chart was prepared by the lead author (RS) and reviewed by the other reviewers (SN and NA) to ensure that the research data screening and extraction process was carried out thoroughly. The collected data covered criteria deemed important and aligned with the information in Figure 1. The extraction process for 10 articles was carried out using the typeset.io/chat-pdf and chatpdf.com platforms, and the results were summarized in Microsoft Excel.

5. Compiling, summarizing, and reporting results

The classification of data derived from the data mapping stage was analyzed synthetically to answer the research questions. Next, the author compiled a narrative to discuss data classification. In addition, the researcher also consulted, discussed, and verified the results of this review with an expert in clinical psychology (NH) to improve the accuracy of the synthesis.

Figure 1.

Flow and Results of Article Search Using Prisma 2020 (Page et al., 2021)



RESULTS

This study aims to comprehensively analyze the theoretical perspectives used in research on professional psychological help-seeking behavior in adults. Of the total articles obtained from various databases, 10 (4.14%) met the researchers' inclusion criteria. There are seven theoretical perspectives frequently used in research on the professional psychological help-seeking behavior, namely Andersen's Behavioral Model of Health Services Use (Gondek & Kirkbride, 2018; Ta Park et al., 2017), Theory of Planned Behavior (Ogueji & Okoloba, 2022), Bronfenbrenner's Bioecological Theory (Berl, 2012; Dalvi, 2023), Commission on Social Determinants of Health (Lee et al., 2023), Social

Identity Theory (Gulliver et al., 2023), Person-Centered Approach (Shi & Hall, 2020), and Health Belief Model (Curry, 2022; Nguyen et al., 2019).

Table 2.

Data Extraction

No	Author (Year)	Country	N	Age	Theoretical Perspective
1	Gondek & Kirkbride (2018)	United Kingdom	536	18-64	Andersen's Behavioral Model of Health Services Use
2	Ta Park et al. (2017)	United States of America	15	27-40	Andersen's Behavioral Model of Health Services Use
3	Ogueji & Okoloba (2022)	United Kingdom	105	19-64	Theory of Planned Behavior
4	Dalvi (2023)	Bangladesh, Bhutan, India, Pakistan, Nepal, or Sri Lanka	84	18-50	Bronfenbrenner's Bioecological Theory
5	Beri (2012)	United States of America	348	>18	Bronfenbrenner's Bioecological Theory
6	Lee et al. (2023)	Korea	6505	>19	Commission on Social Determinants of Health conceptual framework
7	Gulliver et al. (2023)	Australia	165	18-25	Social Identity Theory
8	Shi & Hall (2020)	China	815	M=20.3	Person-Centered Approach
9	Nguyen et al. (2019)	Japan	268	17-22	Health Belief Model
10	Curry (2022)	United States of America	120	18-29	Health Belief Model

DISCUSSION

Theory provides a strong foundation for scientific research, helping organize researchers' thinking and explain phenomena and patterns (Miles, 2012). A theoretical perspective is a theoretical foundation and model derived from the literature to underpin research using a positivist approach (Hussey & Collis, 1997). The framework can be built based on relevant concepts or existing theories (Ludviga, 2023).

One benefit of using a theoretical perspective is that it enables researchers to guide data collection (Gondek & Kirkbride, 2018). For example, a theoretical perspective can guide interviews to explore the factors influencing a person's decision to seek mental health care services (Ta Park et al., 2017). Additionally, the theoretical perspective helps researchers frame and explain research findings, fostering critical understanding (Eriksson-Zetterquist et al., 2021).

In a more formal structure, a theoretical perspective explains the relationship between variables. Researchers use theory to find solutions to problems or answer research questions (Ludviga, 2023). Furthermore, a model can be designed as part of the research framework. This model

serves as an abstract representation that helps understand phenomena that cannot be directly observed or experienced, thereby facilitating the understanding of relationships between concepts and their connection to the theory (Conole et al., 2005; Ludviga, 2023). The impact of researchers not using a theoretical perspective in developing a research model is that they may lose a strong research foundation, as there is no guiding framework to help them understand the relationships between variables (Ludviga, 2023).

The scoping review identified seven theoretical perspectives used in research on professional psychological help-seeking among adult, including Andersen's Behavioral Model of Health Services Use (Gondek & Kirkbride, 2018; Ta Park et al., 2017), Theory of Planned Behavior (Ogueji & Okoloba, 2022), Bronfenbrenner's Bioecological Theory (Beri, 2012; Dalvi, 2023), Commission on Social Determinants of Health (Lee et al., 2023), Social Identity Theory (Gulliver et al., 2023), Person-Centered Approach (Shi & Hall, 2020), and Health Belief Model (Curry, 2022; Nguyen et al., 2019). Researchers analyzed the seven perspectives of this theory based on their levels of analysis, main explanatory mechanisms, and the scope of their determinants.

The Health Belief Model and the Theory of Planned Behavior emphasize cognitive factors and simple constructs but tend to oversimplify contextual influences. On the other hand, Andersen's Behavioral Model integrates individual and structural factors (predisposing characteristics, enabling resources, and need) as the basis for the emergence of behavior. This perspective emphasizes access, resources, and inequality. Bronfenbrenner's Bioecological Theory and the Commission on Social Determinants of Health explicitly situate the behavior of professional psychological help-seeking within a layered system influenced by macro-social and policy levels. Social Identity Theory integrates individual and group factors, while the Person-Centered Approach focuses on intra-individual factors.

The Health Belief Model (HBM), developed by Rosenstock (2005), is a psychological perspective widely used to explain and predict health-related behavior based on individual beliefs and perceptions. It outlines several core components that shape personal health actions. Perceived susceptibility refers to a person's perception of their likelihood of encountering a health issue. Perceived severity pertains to how seriously they believe the condition and its outcomes are. Perceived benefits concern the individual's belief in the effectiveness of taking specific actions to reduce risk or impact. Perceived barriers are challenges that may hinder such actions. Cues to action are internal or external prompts that motivate health-related behavior. Lastly, self-efficacy reflects one's confidence in one's ability to successfully perform the necessary actions (Champion & Skinner, 2008). HBM explains professional psychological help-seeking behavior in terms of threat perception and cost-benefit evaluation.

Curry (2022) A study of 120 young African American adults noted that respondents still had low perceived susceptibility and perceived severity, characterized by the fact that respondents generally did not recognize the need for formal services, even though they acknowledged their psychological vulnerability. This was due to respondents' understanding that problems are common (Czyz et al., 2013).

Unlike the Theory of Planned Behavior (TPB), which Ajzen & Fishbein (2005) states that behavior is influenced by attitudes, subjective norms, and perceived control over the behavior, with intention serving as a mediating factor. A person's intention to act is influenced by their attitude

toward seeking psychological services, their perception of others' approval or disapproval, and their perception of the ease or difficulty of accessing those services. This intention then serves as the basis for the individual's motivation to act. However, the intention in some studies does not always reflect actual behavior (Wang et al., 2024).

In the context of seeking professional psychological help, the TPB can be used to predict such help-seeking behavior (Damghanian & Alijanzadeh, 2018; Wang et al., 2024; Yang et al., 2024). TPB is also frequently used as a measurement instrument for help-seeking behavior (Britt et al., 2011; Yang et al., 2024). TPB can be used to understand attitudes toward mental health services, social pressure, and perceptions of ease or difficulty in accessing services that influence individuals' decisions to seek help (Omondi, 2024).

Ogueji & Okoloba (2022) conducted a study on 105 respondents to explore factors influencing the search for professional help using the Theory of Planned Behavior. The study's results revealed a gap between intention and action. According to the TPB theory, favorable perceptions of a behavior, in this case, respondents' positive attitudes toward seeking professional help, lead to stronger intentions to engage in the behavior (Ajzen, 1985). However, this often does not translate into behavior due to psychosocial barriers (Ogueji et al., 2020). Social and cultural factors related to subjective norms can act as barriers to seeking help, as they pressure individuals to conform to societal expectations (Ogrodniczuk et al., 2021; Tomczyk et al., 2020). Perceived behavioral control, influenced by external factors such as financial constraints, can limit an individual's ability to act (Crockett et al., 2022; Ogueji & Okoloba, 2022; Samlan et al., 2021). Despite positive attitudes and intentions, external barriers can hinder individuals from seeking help.

Social attitudes and personality traits influence a person's tendency to behave in a certain way (Ajzen, 1991). This statement aligns with Bandura's social cognitive theory (Bandura, 1991), which posits that environmental, personal, and behavioral factors influence one another in a triadic reciprocity. The social cognitive concept also emphasizes the role of self-efficacy, which is crucial for performing actions (Feist et al., 2017). In the theory of planned behavior, there is also a component of perceived behavioral control, which refers to the concept of self-efficacy, namely, an individual's belief in their ability to act. In other words, a person's behavior is strongly influenced by their confidence in performing that action (Bandura, 1978, 1982).

Unlike the cognitive approach in the HBM and TPB perspective. Andersen's Behavioral Model, the health service utilization behavior model (Andersen, 1968, 1995), identifies three main factors influencing health service utilization, including predisposing characteristics, which encompass demographics, social structure, and health beliefs. Enabling resources facilitate or hinder access to healthcare services, encompassing both personal/family factors, as well as community factors. Need refers to the perceived need and evaluation of healthcare services, encompassing subjective perceptions of health status and objective measures of health conditions. Health care access is not only determined by individual behavior but also by social and economic factors.

In contrast to previous findings, research Gondek & Kirkbride (2018) showed that predisposing factors, such as older age, increase an individual's likelihood of seeking help. Being single is associated with a greater intention to seek help, while having no children and a higher level of education tend to decrease this tendency. These findings suggest that

strong family support and networks can serve as a motivator for utilizing mental health services (Bordin et al., 2022; Qiu, Xu et al., 2024; Ta Park et al., 2017), while higher education appears to have a protective effect. Supportive resources, such as knowledge of mental health services and prior experience seeking help, can also increase intentions to seek help. However, high perceptions of social support can decrease these intentions, as social support acts as a protective factor against them. Furthermore, poor mental health screening results are a strong need factor in driving an individual's intention and likelihood to seek professional help (Bond et al., 2024; Crockett et al., 2022; Gulliver et al., 2023; Lin, 2002; Zawawi, 2011).

At a broader level, Bronfenbrenner Bioecological Theory (Bronfenbrenner, 1994) and the Commission on Social Determinants of Health (CSDH) (Solar & Irwin, 2010) shifted the focus from individual factors to social structures and the broader environmental system. CSDH states that social factors (economic status, education, and other social conditions) and health inequalities (among men, older adults, and those with low education) affect help-seeking behavior. It argues that elements of a person's environment interact and influence that person's behavior. On the other hand, Bronfenbrenner's Bioecological Theory (Bronfenbrenner, 1994) emphasizes the dynamic interaction between the system (micro to macro) in shaping professional psychological help-seeking behavior. The difference between the two is that CSDH is structural-critical, focusing on the social determinants of health, while Bronfenbrenner's Bioecological Theory is systemic-interactional.

The microsystem consists of family, friends, and school. The mesosystem comprises the relationship between home and school. The exosystem consists of the indirect environment (parents' work environment and public policy). The macrosystem consists of cultural values and belief systems. The chronosystem comprises changes in an individual's environment over time, including social changes and relevant life stages (Bronfenbrenner, 1994). Interactions between home, family, peers, public policy, cultural values, and beliefs significantly influence the decision to seek professional help.

Dalvi (2023) examined his study on the influence of mental health stigma and cultural values on psychological help-seeking behavior using Bronfenbrenner's ecological systems theory. This study was conducted on South Asian individuals living in the United States who had experienced traumatic experiences. In his study, he focused solely on the microsystem level (family) and the macrosystem level (collectivist values) within South Asian culture. Parents' views on mental health significantly influence children's perceptions of seeking help (Wright, 2023). Collectivist values encourage individuals to prioritize family interests over personal needs. Stigma surrounding mental health and expectations to conform to cultural norms can hinder individuals' efforts to seek professional care or support (Beri, 2012; Qiu, Wangzhou, et al., 2024).

Research conducted by Lee et al. (2023) using the perspective of CSDH shows that men tend to be reluctant to seek psychological help due to the influence of masculine norms. These norms emphasize the importance of appearing strong, independent, and invulnerable, thereby encouraging men to prefer resolving problems on their own rather than seeking professional help. Older age groups (45–64 years and 75 years or older) also show less interest in seeking help, possibly due to reduced awareness or stronger stigma among older generations. Lower educational levels may limit knowledge of mental health, reducing the ability to recognize the need for

help. Lower income and perceived stigma can reduce the desire to seek help.

Social Identity Theory emphasizes stigma, group norms, and identity threats. Social identity theory (Tajfel, 1982) offers a perspective on understanding individual behavior and attitudes, based on how individuals acquire their identity and the self-esteem associated with the group to which they belong. The theoretical perspective complements TPB and HBM by explaining the origins of subjective norms and stigma through social categorization. The theory proposes that social identity consists of three cognitive elements: social categorization, social identification, and social comparison. Initially, individuals classify themselves and others into distinct social groups, such as in-groups and out-groups, based on factors like race, religion, or mental health status. This categorization leads to social comparison and group dynamics. Second, individuals identify themselves as group members and behave in ways considered appropriate for group members. Third, individuals compare their group with other groups in terms of social status. Social identity shapes personal values, beliefs, and behavior using group membership (Worley, 2021).

Gulliver et al. (2023) study of 165 students explains that higher levels of group identification can lead to increased stigma toward seeking help, as individuals fear judgment from their peers. Students often internalize negative beliefs about mental health, which can prevent them from disclosing their problems or seeking professional help (Hantzi et al., 2019; Hilliard et al., 2019). This stigma is closely related to their social identity and the norms perceived within their peer group. Students who actively participate in campus life are more likely to develop a positive group identity, which can encourage them to seek help when needed. Students with higher mental health literacy are more likely to seek help, as they recognize the importance of addressing their mental health issues. This knowledge can be influenced by their social identity and the support they receive from their peer groups (Gulliver et al., 2023).

The Person-Centered Approach, developed by Carl Rogers, focuses on individual experiences, so how individuals view themselves determines how they interact with the world. This approach stems from humanistic theory (Bland & DeRobertis, 2017), which states that every person can grow and actualize themselves. Individuals need to be listened to, understood, and accepted unconditionally (unconditional positive regard). The Person-Centered Approach provides a philosophical and practical foundation for developing interventions that build empathetic relationships and facilitate individuals' openness to professional psychological help.

In seeking professional psychological help, Shi & Hall (2020) it is suggested that open-minded students consider consulting close friends or professionals to resolve their problems. Conversely, some students choose not to seek help. This may be due to barriers such as self-stigma. Some students seek help from multiple sources, indicating a desire for self-actualization.

Based on the scoping review, the most commonly used theoretical perspectives to explain professional psychological help-seeking behavior include Andersen's Behavioral Model of Health Services Use, Bronfenbrenner's Bioecological Theory, and the Health Belief Model. Andersen's Behavioral Model of Health Services Use is a multilevel model that considers various factors that influence professional psychological help-seeking behavior, including individual and contextual

factors (Radhamony et al., 2024). This perspective excels in bridging the gap between psychological factors and actual behavior.

Bronfenbrenner's Bioecological Theory is also often used to explain professional psychological help-seeking behavior by emphasizing the various influences of the environment, from the most immediate (microsystem) to the broader context (macrosystem). This theoretical perspective is considered comprehensive for understanding the search for help by accounting for the interaction among various contextual factors (McCutcheon et al., 2025; Smith et al., 2022).

Professional psychological help-seeking behavior is considered a preventive and curative measure. This aligns with the Health Belief Model, which is widely used in the design of promotions and interventions that involve individual psychological and cognitive factors (Maloney, 2022). This model is relatively simple, operational, and easy to test empirically.

Limitations of the Study

The limitations of this review are that it only utilizes five databases: Scopus, Web of Science, PubMed, ScienceDirect, and ProQuest (academic journals, dissertations, and theses). Therefore, future research can use other, more comprehensive databases, such as those that include grey literature, such as Google Scholar. This study is also limited to freely accessible English-language articles, resulting in a limited amount of information, as it cannot access non-English articles or those that require a fee.

Although this scoping review broadly targets the adult population, the predominance of studies on college students indicates an imbalance in the distribution of theoretical perspectives on professional psychological help-seeking behavior. This limitation not only limits the generalizability of findings but also highlights a potential gap in the literature regarding the application of theory to adult populations outside academic contexts.

Another limitation is that the number of studies meeting the inclusion criteria was small ($n=10$). Theoretical saturation cannot be assumed, as the small number of eligible studies suggests that research on the behavior of seeking professional psychological help from a theoretical perspective has not been developed comprehensively. Therefore, caution is needed in generalizing the findings to research on the behavior of seeking professional psychological help in adults.

Recommendations for Future Research

Future research could adopt broader inclusion criteria, such as including studies in languages other than English and incorporating paid articles. Most studies have not adopted a theoretical perspective when designing research models. Therefore, it is recommended that future researchers base their model development on a theoretical perspective to analyze and interpret research findings more accurately.

This review offers practical implications for researchers and practitioners in designing models or formulating interventions to promote professional psychological help-seeking behavior. Several theoretical perspectives can be employed to explain the dynamics of interpreting research results based on factors that influence the decision to seek professional psychological help. Practitioners can design interventions or policies based on the above theoretical perspectives, such as using Andersen's Behavioral Model of Health Services Use. Andersen's Behavioral Model of Health Services Use guides structural strategies such as increasing supportive resources, identifying predisposing factors, and

needs through screening for professional psychological help-seeking behavior. Health care access is not only determined by individual behavior but also by social and economic factors.

HBM and TPB serve as the basis for intervention planning that emphasizes cognitive factors and simple constructs. Bronfenbrenner's Bioecological Theory promotes multilevel interventions that involve factors ranging from the immediate environment to broader contexts. These theoretical perspectives can be used integratively to complement one another.

Essentially, seeking professional psychological help is a dynamic and complex process influenced by several factors, namely cognitive, social, and structural factors. Therefore, various perspectives on this theory can help provide insight into the factors that influence the decision to seek professional psychological help. These factors form the basis for designing interventions.

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