Attitude Towards Mental Illness, Psychological Distress and Help Seeking Behavior among General Population of Bahawalpur District

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APPROVAL OF RESEARCH PAPER

Name: Munaza Batool

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Session: 2022-2025

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Dear Student,

I am pleased to inform you that your research proposal on "Attitude Towards Mental Illness, Psychological Distress and Help Seeking Behavior among General Population of Bahawalpur" has been approved. You may, therefore, continue your research on this theme and produce a quality thesis, as per the HEC requirements.

I take this opportunity to remind you that you must complete your thesis and defend it successfully, by summer 2025, this is the date which marks the end of the duration of your program.

I wish you success

Date: January 25, 2024

Supervisor: Dr Khawer Bilal (Senior Associate Professor)

AUTHOR DECLARATION

I, Munaza Batool hereby state that my MS thesis titled "Attitude towards Mental Illness, Psychological distress and Help seeking behavior among General population of Bahawalpur District". Is my own work and has not been submitted previously by me for taking any degree from this university.

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Name of student: Munaza Batool

Date: September 30, 2024

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Name of student: MUNAZA BATOOL

DEDICATED TO

My father

To my loving father, wisdom, guidance, and quiet strength have inspired me throughout my journey. I am forever grateful for your support and belief on me. Your support reach me where I am today

My mother

To my dearest mother, whose unconditional love, endless prayers, and constant encouragement have been the backbone of my success. Your belief in me, even when I doubted myself, has been my greatest source of strength. Thank you for your unwavering support and sacrifices.

My sibling

Who support me

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ABSTRACT

The aim of the study was investigated the relationship between Attitude Towards Mental Illness, Psychological Distress and Help Seeking Behavior among General Population of Bahawalpur District. The correlational research design was employed and survey method was used. A sample of 600 individuals with age range of 19-60 was collected from the four tehsils (Ahmadpur, Hasilpur, Yazman and Bahawalpur) of Bahawalpur District. Mean age of participants was 39.6 years. It was hypothesized that (I) there would be a positive relationship between attitude towards mental illness (authoritarian and social restrictiveness) and psychological distress in the general population, (II) attitude towards mental illness (authoritarian and social restrictiveness) would be negatively correlated with mental help seeking behavior among individuals, (III) attitudes towards mental illness (benevolence and mental health ideology) would be positively correlated with mental help seeking behavior among individuals in the general population, (IV) attitudes towards mental illness (benevolence and mental health ideology) would be negatively correlated with psychological distress and (V) there would be the age and gender difference on the attitudes Towards Mental Illness, psychological distress and help seeking behavior. These scales used to measure community attitude towards mental illness (CAMI, Tylor and Dear 1981) was used to measure the attitudes of the general population, similarly Kessler Psychological distress (K-10, Kessler,1992) was used to measure the psychological distress and Mental Help Seeking Intention Scale (MHSIS, Hammer,2013) was used to individuals' intentions of seeking help from mental health professionals. Pearson product movement coefficient, T-test and ANOVA was used to analyze the data. The results indicated that attitude (benevolence, mental health ideology) have significantly negative relationship with psychological distress and positive relationship with help seeking behavior. Moreover,

attitudes (authoritarian, social restrictiveness) significantly positive relationship with Psychological distress and negative relationship help seeking behavior. Statistically there was no gender difference on attitude towards mental illness, psychological distress and help seeking behavior. The findings are critical for designing public health interventions that should be aimed to reduce stigma through education and awareness efforts. Moreover, mental health services can be structured to minimize these barriers and encourage individuals to seek early intervention.

Table of Contents

APPROVAL OF RESEARCH PAPER I

AUTHOR DECLARATION II

PLAGIRISM UNDERTAKING III

DEDICATED TO IV

ACKNOWLEDGEMENT V

ABSTRACT VI

List of Tables XI

List of Abbreviation XIII

List of Symbols XIV

List of Appendix XV

CHAPTER 1: INTRODUCTION 1

1.1 Background 1

1.1.1 Mental Illness 2

1.1.2 Attitudes 5

1.1.2.1 Types of Attitude 5

1.1.2.2 Attitude of mental illness in developed countries 8

1.1.2.3 Attitude of mental illness in developing countries 9

1.1.3 Psychological distress 11

1.1.4 Seeking Professional Help 13

1.2 Significance of the study 18

1.3 Problem statement 19

1.4 Research question 19

1.5 Research Objectives 20

1.6 Research gaps 20

CHAPTER: 2 Literature review 21

2.1 Summary of the literature review 32

2.2Theoretical Framework 32

2.3 Hypothesis 34

Chapter 3: Research Methodology 36

3.1 Research Design: 36

3.2 Population and Sampling strategy 36

3.3 Data collection 37

3.3.1 Assessment measures 37

3.3.2. Community Attitude Towards Mental Illness (CAMI) 37

3.3.3 Translation of Community Attitude towards mental illness 38

3.3.4. The Kessler Psychological Distress Scale (K-10) 42

3.3.5. Mental Help Seeking Intention Scale (MHSIS) 42

3.4 Operational Definition 43

3.4.1 Attitudes 43

3.4.2 Psychological Distress 43

3.4.3 Help seeking behavior 43

3.5. Procedure 44

3.6 Ethical consideration 44

3.7 Statistical Analysis 45

Chapter 4 46

Results 46

Chapter 5 Discussion 67

5.1 Implications of the Study: 77

5.2 Strengths of the Study: 78

5.3Limitations of the Study: 78

5.4 Future directions or suggestions 78

5.5 Conclusion: 79

Reference 80

List of Tables

Table No		Page no
Table 4.1	Frequency (f) and percentages(%) of demographic of the participants (N=124)	26
Table 4.2	Psychometric properties of tools	33
Table 4.3	Normality and skewness and kurtosis of the scales.	35
Table 4.4	Descriptive Statistics and Correlations of the Study Scale	36
Table 4.5	Descriptive Statistics and Correlations of the subscales of community attitude towards mental illness.	37
Table 4.6	Regression coefficient of Community attitude towards mental illness on Psychological distress	39
Table 4.7	Regression coefficient of Community attitude towards mental illness on Mental help seeking	40
Table 4.8	Mean Comparison of Gender of individuals with Attitude towards mental illness, psychological distress and help seeking behavior.	41
Table 4.9	Mean Comparison of Urban and Rural areas of individuals with Attitude towards mental illness, psychological distress and help seeking behavior	42
Table 4.10	Mean, Standard Deviation and One-Way Analysis of Variance of age on community attitude towards mental illness, psychological distress and help seeking behavior.	43

Table 4.11	Mean, Standard Deviation and One-Way Analysis of Variance of Educational level on community attitude towards mental illness, psychological distress and help seeking behavior.	45
Table 4.12	Mean, Standard Deviation and One-Way Analysis of Variance of Socioeconomic status on community attitude towards mental illness, psychological distress and help seeking behavior.	47

List of Abbreviation

Abbreviation	Full Form
APA	American psychological association
DSM	Diagnostic and statistical manual of mental disorder
SPSS	Statistical package for social science
CAMI	Community Attitude towards Mental Illness
K-10	Kessler Psychological Distress
MHSIS	Mental Help Seeking Intention Scale

List of Symbols

Symbol	Full form
A	Alpha Cronbach's index of internal consistency
B	Standardized coefficient
F	Frequency
M	Mean
SD	Standard deviation
%	Percentage
R	Correlation coefficient

List of Appendix

Appendix		Page no
Appendix A	Permission form Authors	
Appendix B	Permission letter from the Department of Professional Psychology	
Appendix C	Consent Form	
Appendix D	Questionnaire	
Appendix F	Plagiarism Report	