

**SELF-STIGMA AND ATTITUDES TOWARDS SEEKING PSYCHOLOGICAL
HELP IN PAKISTAN**

By

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for the degree of

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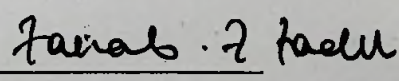
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DEDICATION

I would dedicate this thesis to my parents. It is because of them I am here today. May Allah bless them and give them a long life. Ameen.

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ABSTRACT

Recent studies have applied different theoretical models of psychology especially that of social psychology in an attempt to understand the likely effects of mental illness stigma and consequent discrimination (P. W. Corrigan, 2004). This study examined the levels self-stigma and attitudes of individuals to seek psychological help in the city of Karachi, Pakistan. One hundred and fifty participants (n = 150) were recruited using purposive sampling. Self-Stigma of Seeking Psychology Help (SSOSH) Scale (Vogel, Wade, & Haake, 2006) was used to measure the self-stigma among the participants along with ATTSPPH (Attitudes Towards Seeking Professional Psychological Help) scale to identify the attitudes of the participants towards seeking psychological help. Findings of the study indicate that there is a significant relationship between self-stigma and attitudes towards seeking psychological help. Results also reveal that there is no significant difference in self-stigma of seeking psychological help between males and females. Also, no significant difference was found between males and females in attitudes towards seeking psychological help. Findings of the study would help increase the awareness of psychotherapy along with the emphasis on the role of self-stigma in seeking psychological help so that care should be taken to reduce its impact.