



Tipo	Periódico
Título	Why not seek therapy? The role of stigma and psychological symptoms in college students
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DOI	https://doi.org/10.1590/1982-43272767201709
Assunto (palavras chaves)	psychotherapy; mental health; symptoms; coping behavior; stigma
Idioma	Inglês
Fonte	Título do periódico: Paidéia (USP. online) ISSN: 1982-4327 Volume/Número/Paginação/Ano: 27/76/2017
Data da publicação	05/2017
Formato da produção	Digital
Resumo	The decision to seek therapy can reduce psychological distress and factors like public stigma, self stigma, fear of self exposure to therapist, among others, may constitute barriers in this process. This study investigated: how is the group of variables described in the literature as predictors of seeking therapy, and the relationship of variables associated with stigma and depressive symptoms, anxiogenic symptoms and stress with this search. For this purpose, 272 students responded scales that assessed these variables. The principal component analysis indicated four clusters of variables (symptoms of depression, anxiety and stress; feelings of shame, inadequacy and inhibition; perception of benefits to seek therapy; self stigma and stigma by the others). These components are hierarchically inserted into the multiple regression, indicating that the symptoms have little importance compared to the attitude of seeking therapy and stigmas.
Fomento	