ABSTRACT

DISSERTATION/THESIS/RESEARCH PAPER/CREATIVE PROJECT: Coping Behaviors, Self-Efficacy, and Attitudes Toward Seeking Professional Psychological Help

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This study is an investigation of how people’s attitudes toward seeking professional psychological help are related to how they typically cope with stressors and by their general self-efficacy – a relationship that has not been examined in prior research. Participants were 754 men and women students in a mid-sized Midwestern university. Students completed an online survey that included the Brief COPE, Beliefs About Psychological Services scale, and New General Self-Efficacy scale. Results revealed that higher general self-efficacy and coping by means of Use of Emotional Support, Use of Instrumental Support, and Venting were associated with more positive attitudes toward seeking professional psychological help; and that lower self-efficacy and coping by means of Denial, Substance Use, Behavioral Disengagement, and Self-Blame were associated with less positive attitudes toward seeking professional psychological help. Implications for theory, research, and practice are discussed.