

# Exploring Determinants of Attitudes Toward Seeking Counseling in College Students

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Are there trends to be discovered regarding attitudes toward seeking counseling and major, perceived social stigma and stress level of college students?

## Measures Used:

- Social Stigma: Discrimination-Devaluation Scale (Link et al, 1989)
- Attitudes toward seeking counseling: the Inventory of Attitudes Toward Seeking Mental Health Services (Mackenzie et al, 2004)
- Stress Level: Student Life Stress Inventory (Gadzella, 1991)

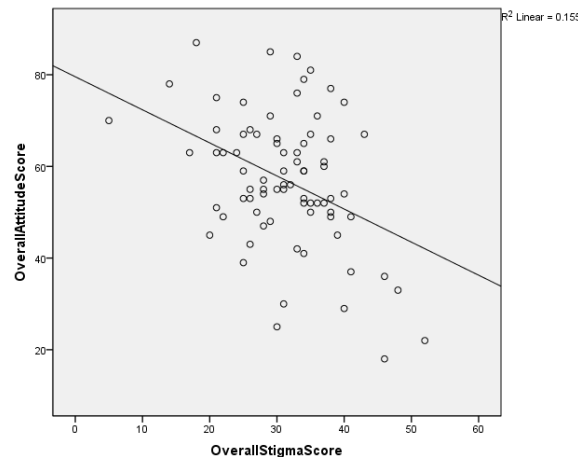
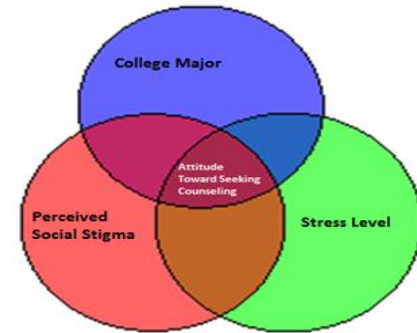


Figure 1 Relationship Between Stigma and Attitude Toward Seeking Counseling

## Conclusion:

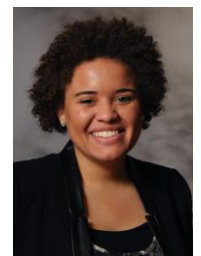
The main factor influencing college students' attitudes toward seeking counseling is perceived stigma. There are no trends across major or stress level.



## Survey of Upperclassmen Students

### Found:

- Stigma is a significant predictor of attitudes toward seeking counseling
- Major is not a significant predictor of stigma or attitudes toward seeking counseling



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*soli Deo gloria*