

Deane, F. P., Ciarrochi, J., Wilson, C., Rickwood, D., & Anderson, S. (2001). *Do high school students' intentions predict actual help seeking from school counselors?* Paper presented at the 8<sup>th</sup> Annual Conference of Suicide Prevention, July 2001, Sydney, Australia.

Powerpoint presentation:

## Do high school students intentions predict actual help seeking from school counsellors?

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### Why is professional psychological help-seeking important?

- ▶ Definition of “professional” help seeking
- ▶ National Survey of 10,600 Australians found that while 1 in 5 meet the criteria for a mental disorder “62% of persons with a mental disorder did not seek any professional help for mental health problems” (Andrews et al., 1999)

### Why is professional psychological help-seeking important?

- ▶ Stiffman, et al., (1988) N= 2787 Less than one third of adolescents with suicidal ideation sought or received professional mental health care for their problem
  - ▶ Suicide usually occurs on “a continuum beginning with ideation, continuing to attempted suicide, and ending with completed suicide” (Cole et al., 1992, p. 813).
  - ▶ Appropriate help seeking has the potential to reduce risk
- Deane, F. P. & Chamberlain, K. (1994). **Treatment fearfulness and distress as predictors of professional psychological helpseeking.** *British Journal of Guidance and Counselling*, 22, 207-217
- ▶ Approach-avoidance model
  - ▶ N = 263 university students
  - ▶ Treatment fearfulness factors predicted professional help-seeking intentions ( $R^2 = .08$ )
    - ▶ Image concerns (judged negatively by oneself)

- ▶ Stigma concerns (judged negatively by others)
  - ▶ Coercion concerns (pushed to think, do or say things)
  - ▶ Psychological distress also predicted
- Deane, F. P., & Todd, D. M. (1996). **Attitudes and intentions to seek professional psychological help for personal problems or suicidal thinking.** *Journal of College Student Psychotherapy, 10(4)*, 45-59
- ▶ N = 107 university students (XM & Int)
  - ▶ Those with prior contact had less treatment fearfulness
  - ▶ Help-seeking for “personal-emotional” problem and “suicidal thoughts”
  - ▶ Help-seeking for suicidal thoughts significantly higher than for personal-emotional problem

Deane, F. P., & Todd, D. M. (1996). Attitudes and intentions to seek professional psychological help for personal problems or suicidal thinking.

- ▶ Together, distress, attitudes, treatment fears & gender accounted for 50% of variance in help-seeking intentions for Personal-Emotional problems and
- ▶ 16% for Suicidal Thoughts
- ▶ Attitudes only unique predictor
- ▶ Stigma concerns predicted attitudes

Carlton, P. A., & Deane, F. P. (2000). **Impact of attitudes and suicidal ideation on adolescent's intentions to seek professional psychological help.** *Journal of Adolescence, 23*, 35-45.

- ▶ N = 221 high school students 14 -18 years
- ▶ Non-clinical
- ▶ Together, attitudes, treatment fears, distress & suicidal ideation, prior help and gender predicted 23% of variance in help-seeking intentions for both PE problems and suicidal thoughts
- ▶ Attitudes was the only unique predictor of help-seeking for PE problems
- ▶ Distress & suicidal ideation correlated,  $r = .44$

Carlton, P. A., & Deane, F. P. (2000). Impact of attitudes and suicidal ideation on adolescent's intentions to seek professional psychological help.

- ▶ Intentions for suicidal thoughts higher than PE
- ▶ Suicidal ideation, attitudes & prior help were all unique predictors of help-seeking intentions for suicidal thoughts, but
- ▶ Contrary to expectations suicidal ideation was negatively related to help-seeking intentions
- ▶ As suicidal ideation increased help-seeking intentions decreased,  $r = -.24$

Skogstad, Deane & Spicer (2000). **Exploring help seeking barriers and suicidal ideation in prison inmates.** Manuscript submitted for publication

- ▶ 52 medium security male inmates

- ▶ Structured interview based on development of measures of specific beliefs from Theory of Planned Behaviour (TPB)
- ▶ Advantages & disadvantages of seeing a psychologist in prison
- ▶ Help seeking if suicidal
- ▶ Preferred organisational response if suicidal

## Theory of Planned Behaviour (Ajzen & Fishbein, 1980)

Skogstad, P., Deane, F. P., & Spicer, J. (2001). **Predicting actual help seeking in prison inmates.** Manuscript in preparation.

- ▶ Theory of Planned Behaviour
- ▶ 500 male prison inmates
- ▶ Actual help-seeking behaviour tracked over one year
- ▶ Attitudes, Subjective Norms, Perceived Behavioural Control, Distress, Suicidal ideation, Prior contact, Age, Education, Ethnicity

Skogstad, P., Deane, F. P., & Spicer, J. (2001). Predicting actual help seeking in prison inmates

- ▶ Full TPB model (specific & general measures) accounted for 56% of the variance in prison inmates' intentions to seek help for a personal-emotional problem.

- ▶ 34% of help seeking intentions for suicidal feelings

Skogstad, P., Deane, F. P., & Spicer, J. (2001). Predicting actual help seeking in prison inmates

- ▶ Of the 400 valid responses, 90 inmates sought help from a psychologist over the next year
- ▶ Significant differences between those who sought help and those who did not on:
  - ▶ General attitudes
  - ▶ Specific attitudes
  - ▶ Specific subjective norms
  - ▶ Psychological distress and age (older more likely to seek help)

Skogstad, P., Deane, F. P., & Spicer, J. (2001). Predicting actual help seeking in prison inmates

- ▶ Whilst those who sought help also had higher intentions to seek help, this difference was NOT significant

- ▶ Together, TPB measures, demographic variables, psychological distress and prior contact were the most effective at predicting those who sought psychological help (22% correctly identified).

Skogstad, P., Deane, F. P., & Spicer, J. (2001). Predicting actual help seeking in prison inmates

- ▶ Intentions did not mediate the relationship Attitudes, PBC, SN and Behaviour
- ▶ Age and prior contact in prison were unique predictors of actual helpseeking behaviour.
- ▶ Older inmates and those who had prior contact in prison tended to be more likely to seek help

Skogstad, P., Deane, F. P., & Spicer, J. (2001). Predicting actual help seeking in prison inmates

- ▶ Why did the TPB not work?
  - ▶ Large time delay to behaviour
  - ▶ Definition of help seeking behaviour was “referral to psychologist” but was for all kinds of issues e.g. personal problems, offending, administrative
  - ▶ “Help seeking” may not have been self directed
  - ▶ Actual help seeking “observed” vs self-report
  - ▶ TPB prediction of health behaviours low

Deane, F. P., Wilson, C., & Ciarrochi, J. (in press). **Suicidal ideation and help-negation: Not just hopelessness or prior help.** Journal of Clinical Psychology.

- ▶ NHMRC Grant Dr. Debra Rickwood, UC
- ▶ 302 undergraduate university students
- ▶ Help-seeking intentions measure
  - ▶ 3 problem domains & 6 helping sources
- ▶ Suicidal ideation predicted help-seeking intentions but in the negative direction
- ▶ As suicidal ideation increased help-seeking intentions for suicidal thoughts decreased for all sources of help except friends.

Deane, F. P., Ciarrochi, J., Wilson, C., Rickwood, D., & Anderson, S. (2001). **Do high school students intentions predict actual help seeking from school counsellors ?**

- ▶ NSW DET Strategic Research Directorate
- ▶ Anonymous survey then non-anonymous
- ▶ 173 male high school students, grades 9 & 10, 14-15 years old
- ▶ Non-anonymous data
- ▶ Suicide Ideation
- ▶ Help seeking intentions
- ▶ Help seeking behaviour.

Deane, F. P., Ciarrochi, J., Wilson, C., Rickwood, D., & Anderson, S. (2001). Do high school students intentions predict actual help seeking from school counsellors ?

- ▶ Help seeking intentions: 6 main sources
- ▶ “If you were experiencing suicidal thoughts, how likely is it that you would seek help from the following people?”

- ▶ 1 = Extremely Unlikely, 2 = Extremely Likely
- ▶ Friend, teacher (school advisor, classroom teacher), parent, other relative/family member, school counsellor, and phone help line (and none)

Deane, F. P., Ciarrochi, J., Wilson, C., Rickwood, D., & Anderson, S. (2001). Do high school students intentions predict actual help seeking from school counsellors ?

- ▶ SIQ critical items, (Reynolds, 1987) (past month)

- ▶ I thought about killing myself
- ▶ I thought about how I would kill myself
- ▶ I thought about when I would kill myself
- ▶ I thought about what to write in a suicide note
- ▶ I thought about writing a will
- ▶ I thought about telling people I plan to kill myself
- ▶ I thought about how easy it would be to end it all
- ▶ I thought if I had the chance I would kill myself

- ▶ 6 = almost every day, 5 = couple of times a week

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- ▶ Help seeking behaviour
- ▶ Would you like to be confidentially approached by your school counsellor to talk about how you are feeling?
- ▶ Yes            No

Deane, F. P., Ciarrochi, J., Wilson, C., Rickwood, D., & Anderson, S. (2001). Do high school students intentions predict actual help seeking from school counsellors?

- ▶ Help negation: Intentions to seek help from all sources was negatively correlated with suicidal ideation (e.g. Parent  $r = -.37$ ,  $p < .01$ ; School counsellor  $r = -.17$ ,  $p < .05$ )
- ▶ 22.5% (39) of the 173 students asked to see the school counsellor!
- ▶ 4% (7) students were identified as “at risk” and requiring additional assessment by the school counsellor

Deane, F. P., Ciarrochi, J., Wilson, C., Rickwood, D., & Anderson, S. (2001). Do high school students intentions predict actual help seeking from school counsellors ?

- ▶ Significant differences between those who requested help and those who did not on intentions to seek help from a:
  - ▶ Teacher/School advisor
  - ▶ School counsellor
  - ▶ Friends (but negative)

Deane, F. P., Ciarrochi, J., Wilson, C., Rickwood, D., & Anderson, S. (2001). Do high school students intentions predict actual help seeking from school counsellors ?

- ▶ Logistic regression with help seeking sources as predictors of help seeking behaviour
- ▶ Statistically reliable with predictors, as a set, reliably distinguishing

between those who did and did not seek help

- ▶ 13% of variance in help seeking behaviour was accounted for
- ▶ Prediction success was 99% for those who did not seek help and 21% for those who did seek help

Deane, F. P., Ciarrochi, J., Wilson, C., Rickwood, D., & Anderson, S. (2001). Do high school students intentions predict actual help seeking from school counsellors ?

- ▶ Only intentions to seek help from friends and intentions to seek help from Teacher/School advisor were reliable predictors
- ▶ The greater intentions to seek help from friends the less likely students were to request help from a school counsellor
- ▶ Greater intentions to seek help from Teachers/School advisors the more likely a request to see the school counsellor

Deane, F. P., Ciarrochi, J., Wilson, C., Rickwood, D., & Anderson, S. (2001). **Screening for suicide risk using the Suicide Ideation Questionnaire**

- ▶ NSW DET Strategic Research Directorate
- ▶ Anonymous survey then non-anonymous
- ▶ male high school students, grades 9,10, & 11
- ▶ 14-16 years old
- ▶ Full sample N = 289

Deane, F. P., Ciarrochi, J., Wilson, C., Rickwood, D., & Anderson, S. (2001). **Screening for suicide risk using the Suicide Ideation Questionnaire?**

- ▶ SIQ critical items, (Reynolds, 1987) (past month)
  - ▶ I thought about killing myself
  - ▶ I thought about how I would kill myself
  - ▶ I thought about when I would kill myself
  - ▶ I thought about what to write in a suicide note
  - ▶ I thought about writing a will
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Deane, F. P., Ciarrochi, J., Wilson, C., Rickwood, D., & Anderson, S. (2001). **Screening for suicide risk using the Suicide Ideation Questionnaire**

- ▶ Anonymous 13 out of 289 (4.5%) met 2-item “at risk” criteria
- ▶ 10/289 (3.5%) met 3-item criteria
- ▶ Non-anonymous 10 out of 287 (3.5%) (met 2-item “at risk” criteria
- ▶ 9/287 (3%) met 3-item criteria
- ▶ Reynold’s (1987) normative data suggests identification rates of around 2.5%