EP018

Mental Health Help-Seeking Intention in Vocational Education: A Behavioural Perspective



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INTRODUCTION

- Mental health issues among young people remain a significant public health concern, with many not receiving timely support.
- Vocational students face unique stressors and are often overlooked in mental health research.
- Identifying the factors that influence their intention to seek help can inform targeted interventions.



OBJECTIVES

- Determine the level of mental health help-seeking intention.
- Identify associated behavioural and psychosocial determinants.

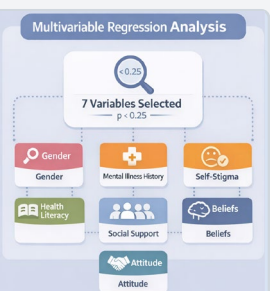
METHODOLOGY

Setting:	Public skills institute, Sepang, Selangor
Period:	May 2025
Participants:	205 students aged 18–24 years
Sampling:	Proportionate stratified random sampling
Tool:	Validated self-administered online questionnaire
Outcome:	Help-seeking intention measured using GHSQ
Analysis:	Simple and multiple linear regression ($p < 0.05$)

RESULTS

96.7%
RESPONSE RATE
Good participation among students

37 (IQR:23)
MEDIAN INTENTION SCORE
Out of range 10-70, generally positive inclination, though many remain neutral or uncertain



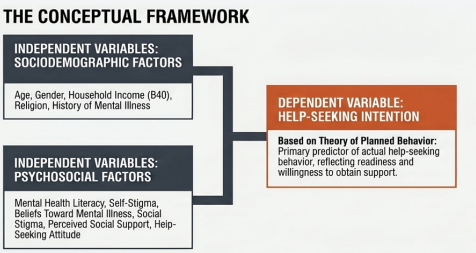
Significant Determinants

Mental health literacy
β = 0.336 | 95% CI 0.13-0.54 | p = 0.001

Perceived social support
β = 0.161 | 95% CI 0.04-0.29 | p = 0.012

Final model explained 13.8% of variance in intention.

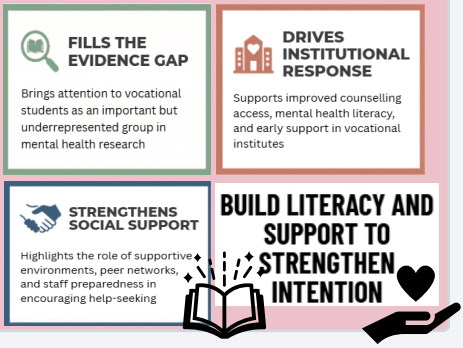
THE CONCEPTUAL FRAMEWORK



DISCUSSION AND CONCLUSION

- Students with **better mental health literacy** and **stronger perceived social support** were more willing to seek help.
- Students are generally inclined to seek help, but they heavily prefer informal sources—such as parents, friends, and religious leaders—over professional mental health services.
- **Behaviour-informed strategies** should strengthen recognition of mental health problems and normalise support-seeking in vocational settings.
- These levers may encourage earlier help-seeking before problems worsen.

Study Significance: Implications for Practice and Policy



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Keywords: Mental health; behavioural determinants; mental health literacy; perceived social support; vocational students.