



Personality Determinants of Attitudes Toward Seeking Mental Health Services

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Article History:

Received
2025-06-18

Revised
2025-07-26

Accepted
2025-08-01

Published
2025-08-04

Abstract. Mental health service utilization in the Philippines remains low despite significant psychological distress and recent legislative reforms aimed at improving access. Understanding factors influencing help-seeking attitudes is crucial for addressing this disparity. This study investigated the personality determinants of attitudes toward seeking mental health services. A cross-sectional design was employed with a sample of 294 Filipino adults, and data were analyzed using correlation analysis. Results indicated that Conscientiousness and Extraversion were significantly and positively correlated with psychological openness ($r=.155, p< .01$) and help-seeking propensity ($r=.128, p< .05$); while Neuroticism was negatively associated with the attitudes of psychological openness ($r =-.209, p < .01$) and indifference to stigma ($r = -.128, p< .05$) and showed Conscientiousness positively correlates with stigma sensitivity ($r=.131, p < .05$). These findings suggest that certain personality traits can either facilitate or hinder an individual's willingness to seek professional psychological help, highlighting the need for tailored interventions that consider internal personality factors in promoting mental health service utilization.

Keywords: *cross-sectional; filipino mental health; help-seeking attitudes; mental health services; personality factors*

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Introduction

The utilization of mental health services among Filipinos is a critical public health issue that has received increasing attention in recent years. The Philippines has observed a concerning rise in the prevalence of mental health conditions, particularly depression, which affects an estimated 3.3 million Filipinos, as noted by Puyat et al. (2021). This alarming statistic highlights the urgent need to investigate the factors that influence mental health service utilization within the Filipino community, especially given that *"many Filipinos still face significant barriers to accessing adequate mental healthcare"* (Martinez et al., 2020). Furthermore, understanding these dynamics is crucial for developing targeted interventions, as cultural stigma and limited resources continue to impede effective treatment.

The literature on mental health services in the Philippines highlights significant challenges in the accessibility and availability of comprehensive mental healthcare. The Philippines has recently passed its first Mental Health Act in 2017, which aims to establish access to integrated mental health services and protect the rights of individuals with mental disorders. However, the mental health system remains underfunded, with only 3-5% of the total health budget allocated to mental health, and 70% of this is spent on hospital care (Lally et al., 2019). This has resulted in a severe shortage of mental health professionals and a lack of well-developed community-based mental health services. Research suggests that among Filipino children aged 5 to 15, 10% to 15% are affected by mental health problems, and 16.8% of Filipino students aged 13 to 17 have attempted suicide at least once within a year (Malolos et al., 2021). These alarming statistics emphasize the need for early intervention and prevention efforts to address the mental health needs of Filipino youth.

In order to view current mental health gaps, there is a need to explore the individual personality factor determinants of Filipinos and their attitude towards mental health services. There are individual personal factors seen inherent which play a crucial role in promoting help-seeking, aside the known sociological and cultural factors. There are limited investigation on how inherent personal traits, such as personality characteristics can affect the willingness or reluctance of Filipinos to seek mental health support and services. Filling this gap, could aid in providing psychological profile of Filipino individuals toward mental health care.

The limited availability of mental health services has likely contributed to the underutilization of mental health services among Filipinos. Studies have identified several barriers to mental health service utilization, including stigma, lack of awareness about available resources, and cultural beliefs that discourage seeking professional help for mental health issues (Puyat et al., 2021; Malolos et al., 2021; Lally et al., 2019). To address these mental health challenges, a comprehensive approach is needed, involving increased funding for mental health

services, the development of community-based programs, and public education campaigns to reduce stigma and promote help-seeking behaviors.

Filipinos across the world have a general reluctance and unfavorable attitude towards formal help-seeking despite high rates of psychological distress. This is largely due to cultural beliefs that emphasize self-reliance, family-centered problem solving, and the stigma associated with mental health conditions. Several factors affect the utilization of mental health services among Filipinos, including stigma, limited mental health literacy, cultural beliefs, economic constraints, and accessibility. Stigma leads to reluctance in seeking help due to fear of judgment. Limited awareness prevents recognition of mental health issues and treatment options. Traditional beliefs promote reliance on family support over professional services. Economic barriers, such as high costs and limited insurance, inhibit access. Additionally, the shortage of mental health professionals and inadequate services, especially in rural areas, further restricts service utilization.

Cultural emphasis on self-reliance and seeking support from their close others, often hinders professional mental health help-seeking (Mojaverian et al., [2013](#)). Family-centered problem solving is a common approach, with Filipinos often relying on informal support rather than formal mental health services (Martinez et al., [2020](#)). Filipinos often prioritize family and friends for support, viewing professional help as a last resort. Their cultural resilience, while positive, can hinder timely mental health care- can lead to downplaying mental health concerns, delaying professional help-seeking. They utilize special mental health care only as the last resort or when problems become severe.

The relationship between personality factors and mental health has been a topic of significant interest in the field of psychology, as researchers have sought to understand the complex interplay between an individual's innate characteristics and their psychological well-being. Personality, which encompasses an individual's unique and relatively stable psychological traits, has been shown to be a significant predictor of various aspects of mental health, including emotional regulation, behavioral patterns, and overall life satisfaction (Zhang & Yu, [2020](#)).

Studies have explored specific ways in which personality factors influence mental health. According to the Five-Factor Model of personality, traits such as Neuroticism and Extraversion are the most strongly associated with mental health outcomes (Kang et al., [2023](#)). Individuals who score high on the Neuroticism trait tend to experience more negative emotions, respond poorly to stress, and may struggle with impulsivity and psychological distress, which can contribute to the development of mental health issues such as anxiety and depression (Widiger & Oltmanns, [2017](#)).

Personality traits explain specific mental health outcomes. A study by Angelini (2023) found that higher levels of neuroticism and lower levels of agreeableness, conscientiousness, extraversion and openness are associated with higher levels of burnout. Aside these, personality facets through personal coping behaviors such as physical health regiment, realistic expectations, organizational activities, setting boundaries and transcendence mitigates less burnout specifically among care provider professionals (Maresca et al., 2022). Other findings provided evidence for optimal psychological wellbeing through higher levels of emotional stability (lowered neuroticism), extraversion and conscientiousness result to higher happiness and lower levels of depressive symptoms (Diaconu-Gherasim & Mardari, 2022). Inferences on direct effects of personality profile to professional help seeking reveals conscientiousness and extraversion to increase mental health help-seeking intentions (Shabrina et al., 2022).

Conversely, those who score high on the Extraversion trait tend to enjoy social interactions, experience positive emotions more easily, and generally exhibit better mental health outcomes (Kang et al., 2023). However, the relationship between personality and mental health is not limited to these two traits, as research has also shown that individuals who score high on Agreeableness may have worse mental health outcomes, while those who score high on Openness and Conscientiousness may have better outcomes (Carr, 2012).

The influence of personality on mental health is further supported by the evidence that personality traits can serve as both risk factors and protective factors for the development of mental health issues (Economics Observatory, 2021). For example, individuals with high levels of Neuroticism may be more vulnerable to developing affective disorders, such as depression and anxiety, while those with high levels of Extraversion may be better equipped to cope with stressful situations and maintain a sense of well-being (Widiger & Oltmanns, 2017).

Moreover, the relationship between personality and mental health is not unidirectional, as mental health can also impact an individual's personality. As noted in a meta-synthesis study, personality predicts overall health and well-being (Huang et al., 2017). This reciprocal relationship highlights the complex and dynamic nature of the interaction between personality and mental health.

This study offers a novel contribution on mental health care system of Filipino adult population, where individual personal factors' responsiveness to attitude on mental health service remain underexplored in empirical research. The researchers have examined this topic in a Filipino context using the five factor personality framework. This research hypothesized that higher levels of distinct personality traits positively associate with a more favorable attitude towards seeking professional mental health services among Filipino adults, conversely, lower levels are associated with a less favorable attitude.

This study on the influence of personality factors on mental health service utilization underscores the importance of considering an individual's unique personality characteristics when attempting to understand and address their mental health needs. This study aims to examine the personality traits of Filipino adults and their attitudes toward seeking mental health services, as well as to analyze the relationship between each personality factor and their help-seeking attitudes.

Methods

The quantitative study used a cross-sectional design in determining the relationship and main effects of personality factor measures on seeking mental health services among selected Filipino respondents. The variables in this study are the five personality traits measured by the Big Five Inventory (BFI), and the attitude toward seeking mental health services as measured by the Inventory of Attitudes toward Seeking Mental Health Services (IASMHS). The BFI measure relates to the independent variable via individual personal factors which are assumed have influence on the respondents' attitude to seek mental health support and services. On the other hand, IASMHS measure serves as expected outcome in this study by revealing the category of attitude that the respondents have on seeking mental health services.

Data collection spanned from February to May 2025 within areas of Central Luzon, Philippines using convenience sampling technique. Survey forms were disseminated through an online mode to reach target Filipino adult populations. The four-part section of the data collection instrument covered obtaining agreement for voluntary participation via informed consent; demographic information; and answering the BIF and IASMHS survey questions. The respondents approximately completed the survey form in fifteen minutes.

Selected respondents were aged at least 18 years old and above and a natural born Filipino citizen. There are 294 respondents employed in the study; 187 were female; 8 prefer not to say and 99 were males. Based on employment status, 133 were employed at the time of the study while 161 were unemployed and mostly students; and with average of 26 years. An informed consent is thoroughly discussed prior to the dissemination of the survey forms. There are three phases of the data collection: (1) obtaining informed consent and the respondents' salient demographic data; (2) completing the measure of the Big Five Inventory (BFI) survey; and (3) completing the measure of mental health help-seeking intention (IASMHS) questionnaire. Research ethical procedures, data security and confidentiality were thoroughly followed.

Two standardized measures are used in measuring the personality traits and attitude on mental health service utilization of the respondents. The Big Five Inventory (BFI) is a 44-item self-report measure that assesses personality traits across five broad domains: Extraversion,

Agreeableness, Conscientiousness, Neuroticism, and Openness to Experience. Each personality dimension is measured numerically, using a 5-point Likert scale ranging from 1 (disagree strongly) to 5 (agree strongly). The BFI scale is internally consistent across the five personality domains with moderate to high reliability coefficients: alpha 0.82 (openness to experience), 0.80 (conscientiousness), 0.88 (extraversion), 0.79 (agreeableness) and 0.86 (neuroticism). Hence, BFI is a fit instrument and acceptable as a comprehensive assessment of personality factors.

Second, the Inventory of Attitudes toward Seeking Mental Health Services (IASMHS) was also used to measure the help-seeking attitudes (Mackenzie et al, [2004](#)). It consists of 24 items rated using a 5-point scale ranging from 1 (strongly disagree) to 5 (strongly agree). The scale is divided into three (3) distinct factors: (a) psychological openness, (b) help-seeking propensity, and (c) indifference to stigma. *Psychological openness* reflects the degree to which an individual is open to acknowledging the presence of a psychological problem and to seek professional care for such a problem. *Help-seeking propensity* reflects one's willingness and perceived ability to seek help for psychological problems. *Indifference to stigma* refers to how concerned an individual would feel if significant others were to discover that they were receiving psychological care. The IASMHS has acceptable reliability coefficients of alpha 0.70 (psychological openness), 0.76 (help-seeking propensity) and 0.77 (indifference to stigma).

Jamovi application was used to conduct the statistical treatment of gathered data. Techniques include descriptive data through mean; frequency and standard deviation. Normality test was conducted beforehand for the normality assumptions of a parametric test usage. Due to violation of normality assumption indicated by the result of the Kolmogorov Smirnov test, a nonparametric test through Spearman rho correlation was utilized as alternative correlation test to determine the levels of the measured variables and the relationship between personality traits and attitude on mental health services of the respondents.

The study follows a rigorous methodology by employing standard procedures and validated instruments to ensure its replicability across diverse contexts. Future research can readily extend these investigations to other adult populations within different regions of the Philippines, which would provide a strong foundation for comparative studies in other Southeast Asian countries. This would offer valuable insights into the nuanced interplay of personality and mental health service utilization across various cultures. This potential replication could significantly strengthen the generalizability and impact of the current findings, as well as understanding interventions for mental health care system.

Results

The study gathered data from 294 adult Filipino respondents to explore the relationship between personality traits and attitudes toward mental health service utilization. Descriptive statistics were calculated for both attitude domains and personality factors measured by validated scales.

Table 1.

Levels of Personality Traits

Personality Traits	Mean	Standard Deviation
Openness to Experience	3.49	0.52
Conscientiousness	3.46	0.54
Extraversion	3.13	0.41
Agreeableness	3.60	0.58
Neuroticism	3.00	0.67

Table 1. Personality traits measured using the BFI scale revealed distinct patterns among the respondents. Agreeableness emerged as the highest scoring trait ($M = 3.60$, $SD = 0.57$), indicating tendencies to be cooperative, compassionate, and trusting, which may influence positive interpersonal interactions and encourage help-seeking behaviors. Second, Openness to Experience ($M = 3.49$, $SD = 0.52$) suggests that respondents are generally receptive to the idea of psychological openness and acceptance of mental health services. Conscientiousness, with a mean score of 3.45 ($SD = 0.54$), reflects a tendency toward internal states such as responsibility and self-discipline traits that may support proactive health behaviors, including seeking mental health support. Extraversion showed a moderate level ($M = 3.13$, $SD = 0.41$), indicative of average sociability and assertiveness, which can influence the likelihood of discussing mental health concerns and pursuing help. Neuroticism scored the lowest ($M = 3.00$, $SD = 0.68$), suggesting relatively lower levels of emotional instability and negative affect among respondents. Given that neuroticism is often linked with increased mental health challenges, its lower score in this sample presents a prosocial behavior which can lead to help-seeking attitudes.

Table 2.

Levels of Attitude on Mental Health Services

Attitude Factor	Mean	Standard Deviation
Psychological Openness (PO)	3.17	0.58
Help-seeking Propensity (HP)	3.74	0.61
Indifference to Stigma (IS)	2.47	0.72

Table 2. The attitude toward mental health services was evaluated across three key domains: Help-Seeking Propensity, Psychological Openness, and Indifference to Stigma. Among these, Help-Seeking Propensity domain recorded the highest mean score ($M = 3.74$, $SD = 0.61$),

indicating that respondents generally demonstrate a strong willingness or readiness to seek professional psychological help when necessary. This suggests a positive overall orientation toward utilizing mental health services. Psychological Openness showed a moderate mean score ($M = 3.16, SD = 0.58$), reflecting a fair degree of openness among respondents to acknowledge and discuss psychological problems, a critical factor that often precedes actual help-seeking behavior. In contrast, Indifference to Stigma had the lowest mean score ($M = 2.45, SD = 0.72$), showing a low sensitivity to the social stigma associated with mental health issues.

Table 3.
Mean Comparison of Personality Traits

Personality Traits	computed t	p value	Interpretation
Openness to Experience	-1.280	.202	Not significant
Conscientiousness	4.237	.000	Significant
Extraversion	1.019	.309	Not significant
Agreeableness	3.438	.001	Significant
Neuroticism	-4.251	.000	Significant

Table 3. Group mean comparison between group of respondents: (1) employed respondents (133) and (2) unemployed respondents (161) via independent samples t-test was conducted to examine the differences in their personality traits. Results revealed several significant differences. Openness to Experience showed no meaningful difference between groups ($t = -1.28, p = .202$); the same with Extraversion trait comparison ($t = -1.01, p = .309$). Meanwhile, Conscientiousness ($t = 4.23, p = .000$) was significantly higher among employed individuals ($M = 3.58, SD = 0.53$) compared to their unemployed counterparts ($M = 3.32, SD = 0.54$), indicating greater organization, responsibility, and self-discipline in the employed group. Agreeableness ($t = 3.43, p = .001$) was significantly greater in the employed group ($M = 3.71, SD = 0.63$) compared to the unemployed group ($M = 3.48, SD = 0.52$), reflecting higher cooperativeness and interpersonal warmth that may facilitate positive interpersonal relationships. Lastly, Neuroticism ($t = -4.25, p = .000$) was significantly lower among employed respondents ($M = 2.83, SD = 0.69$) than unemployed respondents ($M = 3.17, SD = 0.67$), suggesting that employed individuals tend to have greater emotional stability and lower susceptibility to stress and negative emotions.

Table 4.
Mean Comparison of Attitude on Mental Health Services

Attitude Factor	computed t	p value	Interpretation
Psychological Openness (PO)	1.597	.111	Not significant
Help-seeking Propensity (HP)	-.168	.866	Not significant
Indifference to Stigma (IS)	-.865	.388	Not significant

Table 4. Moreover, the group mean comparison in the domains of attitude in mental health services utilization showed no significant differences between the identified groups. Both

employed and unemployed (student) groups demonstrate similar levels of openness to mental health issues, willingness to seek help, and sensitivity to stigma, implying that factors other than employment or work relation may play a more critical role in shaping these attitudes.

Table 5.
Relationship between personality traits and attitude on mental health services

	Spearman's r	p-value	Interpretation
Psychological Openness – Conscientiousness	0.155	0.008**	Significant Positive Correlation
Psychological Openness – Neuroticism	-0.209	< .001**	Significant Negative Correlation
Help Seeking Propensity – Extraversion	0.128	0.028*	Significant Positive Correlation
Indifference to Stigma – Conscientiousness	0.131	0.025*	Significant Positive Correlation
Indifference to Stigma – Neuroticism	-0.128	0.029*	Significant Negative Correlation

**Correlation is significant at the 0.01 level (2-tailed)

*Correlation is significant at the 0.05 level (2-tailed)

Table 5. The correlation analysis between personality factors and attitudes toward mental health services reveals several noteworthy relationships. Psychological Openness shows a significant positive correlation with Conscientiousness ($r = .155, p < .01$) and a significant negative correlation with Neuroticism ($r = -.209, p < .01$). This suggests that individuals who are more conscientious tend to be more open to acknowledging and discussing psychological problems, while those with higher neuroticism are less psychologically open. Help-Seeking Propensity is also seen to be significantly positively correlated with Extraversion ($r = .128, p < .05$), indicating that individuals who are more sociable and assertive are somewhat more likely to seek professional psychological help. Hence, this result suggests that extraversion uniquely facilitates the willingness to seek mental health services.

Meanwhile, Indifference to Stigma is positively correlated with Conscientiousness ($r = .131, p < .05$) and negatively correlated with Neuroticism ($r = -.128, p < .05$). This suggests that more conscientious individuals tend to be less sensitive to stigma, with greater self-discipline or trust; whereas those with higher neuroticism are being affected by stigma, potentially due to increased anxiety or fear of negative judgment.

The findings support relevant hypotheses that higher levels of conscientiousness and extraversion traits associates with positive attitude on seeking mental health services, specifically acknowledging their psychological concerns and seeking relevant support from significant others and professionals. Whereas higher levels of neuroticism trait imply lesser psychological openness hindering reduction of anxiety and fear of judgment or stigma.

Discussion

This study provides valuable insights into the relationship between personality traits and attitudes toward mental health service utilization among selected adult Filipino respondents.

Attitudes Toward Mental Health Services

The results revealed a generally positive orientation toward seeking psychological help, alongside a distinct pattern of five personality traits that appear to underpin these attitudes. Specifically, a strong *Help-Seeking Propensity* and a moderate *Psychological Openness* among respondents are evident. This suggests a readiness and willingness to acknowledge and discuss psychological problems, which are critical precursors to actual help-seeking behavior (Carvalho et al., [2024](#)). This positive orientation aligns with the broader understanding that help-seeking is an adaptive coping process essential for managing psychological distress (De Leon, [2025](#)), particularly in collectivist cultures such as the Philippines where family and community bonds may influence openness to psychological help (Martinez et al., [2020](#)).

A noteworthy finding is the low levels of *Indifference to Stigma*, which implies a decreased sensitivity to the social stigma associated with mental health issues. This contradicts extensive literature that consistently identifies mental health stigma as a significant barrier to help-seeking globally (Henderson et al., [2013](#)). The fear of being judged or labeled is a common deterrent, especially among young people (Lannin & Bible, [2022](#)). However, a related finding by Reyes ([2024](#)) showed that experience of public stigma did not have a significant direct effect on help-seeking intentions of Filipinos. In relevant context, public stigma is characterized by negative societal attitudes and self-stigma which involves internalizing negative perceptions which are known to lead to reluctance, avoidance, and delays in seeking necessary treatment (Alnassar et al., [2024](#)). The current finding suggests that for these specific adult Filipino respondents, the pervasive influence of stigma can be mitigated, allowing a positive help-seeking attitude to emerge. This adherence to reduction of sensitivity to stigma is supported by important findings of this research by focusing on means to manage negative affectivity (neuroticism) and self-capacitation of thought reconstruction (conscientiousness).

Personality Traits on Explaining Attitudes Towards Help-Seeking

A compelling explanation for the observed attitudes in terms of the measure of the big five personality factors relates to the attitude of the respondents to seek mental help. Agreeableness emerged as the highest scoring trait, indicative of tendencies to be cooperative, compassionate, and trusting to certain individuals. This aligns to the study of Murphy and Mackenzie ([2023](#)) which consistently associates high agreeableness with positive help-seeking attitudes and

behaviors. Agreeable individuals are generally more inclined to seek support from others due to their trusting nature and positive approach to social interactions (Kalra & Gautam, [2024](#)). These internal states of compassion and willingness to engage with others directly contribute to a reduced experience or expression of stigma, providing a strong basis for the "low sensitivity to stigma" observed in the study.

Openness to Experience among the respondents is generally receptive to new ideas. This trait is often positively associated with seeking help for personal and emotional problems ¹ and greater engagement in psychotherapy (Samuel et al., [2018](#)). Higher openness is strongly and negatively associated with mental illness stigma (Yelpaze & Ceyhan, [2020](#)). This directly underpins the "Psychological Openness" observed in the findings, as individuals with this trait are inherently more receptive to acknowledging and discussing psychological problems.

Conscientiousness reflects a tendency toward responsibility and self-discipline. This trait is significantly associated with a higher intention to seek mental health help (Shabrina et al., [2022](#)). Conscientious individuals are known to be more compliant with health regimens (Tokarek et al., [2023](#)) and tend to seek order when faced with stressful situations. This supports the notion that conscientiousness is responsive to a proactive, responsible approach to well-being, where seeking professional help is viewed as a discipline strategy for maintaining mental health.

Extraversion is indicative of average sociability and assertiveness. The relationship between extraversion and help-seeking is complex in the literature, with some studies suggesting it is protective regarding help-seeking intentions and positively associated with seeking social support (Szücs et al., [2025](#)). The moderate result of extraversion trait suggests a degree of sociability that would facilitate discussing mental health concerns and pursuing help, reinforcing an individual's overall positive orientation.

Neuroticism showed an insightful finding. With the results showing as the lowest trait, this suggests relatively lower levels of emotional instability and negative affect among the respondents. High neuroticism is often characterized by anxiety, moodiness, and emotional instability and is frequently linked with increased mental health challenges (Mostowik et al., [2022](#); Widiger & Oltmanns, [2017](#)), its relationship with help-seeking is complex. The low Neuroticism score in the study is a significant protective factor. It implies that individuals with low levels of neuroticism are less prone to chronic stress, negative thought patterns, and the emotional instability often associated with high neuroticism. This emotional stability likely reduces the *need* for distress-driven help-seeking, allowing proactive and open help-seeking driven by other positive traits like Agreeableness and Conscientiousness to dominate. This also contributes to "low sensitivity to stigma" by reducing the self-doubt and fear of judgment often associated with high neuroticism.

Relationship of Personality Factors to Seeking Mental Health Services

The significant relationship between Psychological Openness and Conscientiousness aligns with the understanding that conscientiousness, characterized by responsibility, self-discipline, and a goal-directed approach, may predispose individuals to a proactive attitude toward their well-being (Shabrina et al., 2022; Bogg & Roberts, 2014). Seeking mental health assistance can be viewed as a responsible and disciplined behavior aimed at maintaining mental well-being and developing effective coping skills (De Leon, 2025). Hence, a conscientious individual's commitment to order and self-improvement could naturally extend to a greater willingness to confront and discuss their internal psychological state.

Conversely, the study also revealed a significant negative correlation between Psychological Openness and Neuroticism, indicating that individuals with higher neuroticism are less psychologically open. Neuroticism is characterized by a propensity for emotional instability and negative affect, often leading to excessive worry and self-doubt. Individuals high in neuroticism may struggle with negative thought patterns and emotional distress, which can create internal barriers to acknowledging and discussing psychological problems. Meta-analyses consistently report negative associations between neuroticism and help-seeking attitudes (Szücs et al., 2025), reinforcing that emotional vulnerability can hinder openness to addressing mental health concerns.

A significant relationship between Help-Seeking Propensity and Extraversion indicates that individuals who are more sociable and assertive are somewhat more likely to seek professional psychological help. This result is consistent with research indicating that extraverted individuals, due to their propensity for seeking social interactions, may be more inclined to seek support (Çekici, 2019; Kalra & Gautam, 2024). The social comfort and assertiveness inherent in extraversion likely facilitate the act of reaching out for professional assistance, making the interpersonal step of seeking help less difficult.

Moreover, while direct literature on conscientiousness and stigma sensitivity is limited, conscientiousness is associated with responsibility, self-discipline, and proactive health behaviors. A disciplined approach to one's well-being, coupled with a focus on goal attainment, might reduce the impact of perceived social judgment surrounding mental health concerns. Seeking help is viewed as a responsible action, hence, the external perception of stigma can be lessened for conscientious individuals. Conversely, a significant negative correlation between Indifference to Stigma and Neuroticism denotes those with higher levels of neuroticism are more affected by self-stigma, potentially due to increased anxiety or fear of negative judgment. This aligns strongly with existing literature, which consistently links higher neuroticism to

experiencing more stigma (Tomas Smigura, [2020](#)). This heightened emotional vulnerability amplifies the impact of negative perception, making it a more significant barrier to help-seeking.

This study offers a nuanced understanding of personality traits and their relation to attitudes towards mental health services. By focusing on Filipino adults, the research fills an important gap, particularly in a region where cultural factors significantly shape mental health attitudes. The findings provide actionable insights for developing more targeted and culturally sensitive mental health interventions and public awareness campaigns to improve access to and utilization of mental healthcare. In terms of personality profile findings, specifics such as neuroticism trait acts as a protective factor, while traits like agreeableness and conscientiousness promote positive help-seeking attitudes. These findings can provide meaningful insights for mental health interventions aimed at enhancing psychoeducational efforts of emotional regulation practices and dynamics to improve the status of mental healthcare systems. Meanwhile, this cross sectional study is limited to infer causality between personality traits and help-seeking attitudes. It is recommended to conduct longitudinal studies to establish sequential relationships and observe changes over time. Also, to further inquire the accuracy of self-report measures, an explanatory qualitative research will be necessary to provide accuracy and evidenced findings. In summary, this study is a valuable contribution to understand findings focused on global mental health system and efforts.

Conclusion

The study investigated the profound influence of personality factors on an individual's attitudes toward mental health service utilization. The unique personality profile characterized by high Agreeableness, Openness to Experience, Conscientiousness, and low Neuroticism, collectively responds to a proactive, receptive, and less stigmatized approach to seeking mental health support. In addition, conscientiousness and extraversion serve as facilitating factors for psychological openness and help-seeking propensity, while neuroticism consistently acts as a barrier, diminishing openness and imposing sensitivity to stigma. These findings contribute to a better understanding of individual differences in mental health engagement and highlight the importance of considering personality profiles when developing targeted interventions to promote help-seeking and reduce the pervasive impact of stigma around mental health.

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