AN ABSTRACT OF THE THESIS OF

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TITLE: CAUSAL ATTRIBUTIONS, HELP-SEEKING ATTITUDES, AND CULTURAL MISTRUST ON INTENTIONS TO SEEK COUNSELING IN BLACK COLLEGE STUDENTS

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Researchers have shown that racial and ethnic groups minorities utilize mental health services at a rate lower than their non-minority counterparts. This disparity still exists when matched for other demographic variables such as access, SES, and level of education (Alegría et al., 2002; Alvidrez, 1999). This study is aimed at determining how levels of cultural mistrust, causal attributions of mental illness, and beliefs about treatment efficacy affect attitudes toward help-seeking, specifically among Black American college students. Results from this study are two-fold and will provide information on correlates of attitudes toward mental-health help-seeking. In addition, understanding the reasons for the low rates at which African Americans seek services may provide insight into this phenomenon in other racial and ethnic minority groups. This study’s ultimate goal is to supply outreach strategies and furnish training practices to better serve these populations.