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**MEN'S SEEKING PROFESSIONAL PSYCHOLOGICAL HELP:
RELATIONSHIP WITH PERSONALITY TRAITS**

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GENERAL DESCRIPTION OF THE RESEARCH

Relevance of the study. In the modern world, more and more attention is paid to the mental health of the population. Every year in Russia, professional psychological help (PPH) becomes more accessible to the population, services for the selection of counseling psychologists and psychotherapists appear (for example, “Meta”, “Alter”, “Yasno”). Almost immediately after the start of the special military operation in Donbass (Ukraine) in February and March 2022, many professional psychologists united in projects to provide free professional psychological help to all those in need. However, according to sociological research, the number of people seeking PPH is still small. For example, in Russia in 2018, out of 1600 people, 9.2% (5.7% of men and 12.0% of women) sought PPH; 59.0% of men and 71.0% of women, to friends - 34.0% of men and 27.0% of women [VTsIOM, 2018]. From these data, it can be seen that men are less likely than women to seek PPH. Foreign studies also show that men are less likely than women to seek PPH [Hammer et al., 2013].

In domestic psychology, there have been few studies of men’s seeking PPH: in one study, it was found that men seek PPH less often than women and have a more negative attitude towards seeking PPH compared to women [Shapovalov and Kolpachnikov, 2017], and in another study it was not found significant differences between men and women in relation to seeking PPH [Weinshtein et al., 2015]. Recently, researchers have conducted a theoretical (survey) study of seeking PPH [Kazantseva et al., 2019] and an empirical study through the prism of social psychology, according to which young men sought PPH less often than women and had more negative attitudes compared to women [Erityan et al., 2021]. Another work was devoted to a qualitative study of the barriers and facilitators of seeking psychological help in the general education system: the main facilitator of seeking psychological help was identified by experts as factors related to the availability and acceptability of psychological help [Antonova et al., 2022].

Existing foreign and domestic works mainly explore seeking PPH from the position of social psychology, focusing in general on the problems of rare seeking help in the field of mental health.

Most of the foreign research on PPH is based on three socio-psychological models: the Planned Behavior Model [Ajzen, 1991]; Health Belief Model [Rosenstock, 1966]; Model of health service use [Andersen, 1973]. In this regard, a huge amount of research has been accumulated through the prism of social and gender psychology. The most frequently studied associations of seeking PPH are with masculinity [Shepherd et al., 2012], male gender role [Berger et al., 2005], stigma [Vogel et al., 2011], attitudes toward PPH seeking [Levant et al., 2013], barriers [Lynch et al., 2018], and facilitators [Gulliver et al., 2012b] in seeking PPH. There are only a few studies of men's seeking PPH are made in the field of personality psychology: the association of men's seeking PPH with personality traits [Itzick, 2019] and personality factors [Vogel et al., 2007] has been investigated. Despite the emerging studies in Russia of seeking PPH, the problem of rare men seeking PPH, which has been discovered for many years, has remained outside the focus of psychological research. In our opinion, studies of seeking PPH on the general sample of men and women strongly shift the focus towards a generalized portrait of the person seeking PPH, and therefore leads away from the problem of infrequent men's seeking. In this regard, in Russia there is a need to obtain new relevant and reliable knowledge about men's seeking PPH. Firstly, this need exists among the professional communities of practicing psychologists, who in their work observe rare men's seeking PPH. Secondly, the need to obtain new scientific knowledge is relevant for ordinary people living in Russia. People see their loved ones experiencing psychological difficulties, but do not seek help from mental health professionals. In these cases, there is a need to understand and describe the men's seeking PPH. We believe that a number of issues are topical here: what can be done to make men's seeking PPH when it can be useful to them? What can be done to make men seek to professionals for psychological help? However, in a situation where sound scientific evidence is scarce, it is first necessary to understand which men seek PPH? Here, the exact specification of this question is necessary, because it can be answered from the standpoint of different areas of science: for example, men seeking PPH are younger (demography), richer (economics), less masculine (gender psychology), with a positive attitude (social psychology), etc.

The psychology of personality, which is the fundamental basis of our study, allows us to concretize and problematize this question: men with what personality traits seek PPH? On the one hand, personality traits are relatively stable personality characteristics that manifest themselves in a variety of behaviors and develop to achieve a more adaptive state. The situations in which men's seeking PPH implies that they have a maladaptive psychological state, and therefore the question arises: what basic personality traits are most pronounced in men's seeking PPH? On the other hand, according to models of personality traits, a number of basic personality traits are expressed to one degree or another in every person. The study of the relationship of men's seeking PPH with their personality traits will make it possible to understand what men with what personality traits seeking PPH. The range of these questions formulates the problem of our study. Solving the research problem will provide new and relevant knowledge about men's seeking PPH and subsequently may contribute to an increase in the number of seeking PPH.

The purpose of the study: to explore the relationship of men's seeking professional psychological help with their basic personality traits.

Study objectives:

1. To carry out a theoretical analysis of the available scientific literature on the problem of men's seeking professional psychological help.
2. Create a working definition of the concept of "seeking" based on the available scientific literature to develop theoretical models of seeking.
3. To develop theoretical models of seeking as a basis for analyzing the men's seeking professional psychological help.
4. To reveal the specifics of men's seeking professional psychological help based on the available scientific literature on the phenomena of help, helping behavior, psychological help, and issues of professionalization of help and helping behavior.
5. Consider existing models of personality traits for a possible relationship of men's seeking professional psychological help with their basic personality traits.
6. Conduct an empirical study of the relationship of men's seeking professional psychological help with their basic personality traits.

7. To reveal the stereotypical ideas of people and, in particular, practicing psychologists in society about what kind of men seek professional psychological help in Russia, which will demonstrate the nature of the non-triviality (surprise) of the results obtained from the point of view of everyday consciousness.

Object of study: seeking professional psychological help.

Subject of study: the relationship of men's seeking professional psychological help with their basic personality traits.

The general hypothesis of the study: men's seeking professional psychological help is positively associated with their basic personality traits.

Theoretical and methodological base of the study: The work was based on theoretical and methodological provisions: cultural-activity approach (L.S. Vygotsky, S.L. Rubinshtein, A.N. Leontiev, etc.); attitude psychology (A.F. Lazursky, V.N. Myasishchev, E.B. Starovoitenko); psychology of seeking (In Russian *'обращение'*) (T.F. Mikhailov); the principle of reflected subjectivity (V.A. Petrovsky); models of personality traits (G. Allport, L.R. Goldberg, P.T. Costa, R.R. McCrae, K. Soto, O. John, S.A. Schebetenko); help-seeking behaviour (I. Aizen, I. Rosenstock, R. Anderesen); professional psychological help (E.P. Ilyin, A.F. Bondarenko); non-triviality of the research results (V.A. Petrovsky).

Research methods and methodic:

The main methodic of the dissertation research was the Big Five Inventory-2 (Russian version) [Shchebetenko et al., 2020], which was used in Studies 1 and 2.

To study the experience of seeking, the participants of Study 1 were asked the question: "Do you have an experience of receiving professional psychological help from a counseling psychologist or psychotherapist at moments in your life when you needed such help most?" Answer options: "yes" or "no".

Participants in Study 2 were asked the question: "Did you seek professional psychological help from a counseling psychologist or psychotherapist at moments in your life when you needed such help most?" Answer options: "yes, and will seek again if necessary", "yes, but will not seek again even if necessary", "no, but will seek if necessary", "no, and will not seek even if necessary".

In Study 3, the nontriviality of the results obtained in Studies 1 and 2 was assessed using the method of assessing the nontriviality of Petrovsky V.A. [Petrovsky, 2009]. Participants in Study 3 assessed the likelihood of men and women seeking PPH, depending on the personality trait and its aspect. For example, participants answered the question “What percentage of men who seek professional psychological help are extroverts?” In total, 80 such questions were asked: for each personality trait and its aspect regarding men and women who seek and do not seek PPH. The results of Study 3 were then compared with those of Studies 1 and 2.

Empirical base of the study. Study 1 included 327 participants (age Mean = 32.99; SD = 10.51), of whom 156 were men (age Mean = 33.72; SD = 10.49) and 171 were women (age Mean = 32.33; SD = 10.51). Study 2 included 1128 participants (age Mean = 24.43; SD = 6.38), of whom 364 were men (age Mean = 24.68; SD = 6.65) and 764 were women (age Mean = 24.31; SD = 6.25). Study 3 included 178 participants (age Mean = 27.02; SD = 9.13), of whom 25 were men (age Mean = 25.84; SD = 7.01) and 153 women (age Mean = 27.22; SD = 9.43). Thus, the total sample of the dissertation research was **1633** participants.

Research novelty.

1. The scientific community is offered the developed concept of “seeking” (In Russian “*обращение*”), defined as an attitude (In Russian “*отношение*”).

2. For the first time, theoretical models of seeking have been developed: a model of a personality’s seeking, a model of a personality’s seeking to the Other, a model of a personality’s seeking professional psychological help, a model of a men’s seeking professional psychological help, a model of the relationship of men’s seeking professional psychological help with their personality traits.

3. For the first time, using the “Big Five-2” methodology in domestic psychology, the relationship of men’s seeking professional psychological help with their basic personality traits was studied.

4. For the first time, a comparison was made of the stereotypical perceptions of the Russian population with empirical data on men’s seeking professional psychological help.

Theoretical significance.

1. The concept of “seeking” is considered in relationship with the most important psychological categories, thereby expanding the field for further psychological research.

2. The concept of “seeking” is considered through the prism of personality psychology and therefore makes a significant contribution to the field of research on men’s seeking professional psychological help and to the field of research on help-seeking behavior, since most of the research on this phenomenon lies in the field of social and gender psychology.

3. The study made up for the lack of psychological studies of men’s seeking professional psychological help in Russia.

4. The proposed theoretical models generally expand the field for further research into personality seeking in various spheres of human life.

Practical significance.

For practicing psychologists and administrators of mental health institutions, the results of the study can be implemented as practical recommendations for men’s seeking PPH. The results obtained can also be useful for changing the strategy to attract men who have not sought PPH, but who need this help.

The picture of stereotypical views of experts (psychologists and non-psychologists) about the specifics of men’s seeking PPH differs from the empirical picture, which can be used to reorient (change) attitudes and perceptions of practicing psychologists in contacts with consulted men.

Reliability of the obtained results. The reliability and validity of the results of the dissertation research is ensured by a corpus of three empirical studies, a statistical verification of the factor structure and the reliability-consistency test of the Big Five-2 methodology, a comprehensive statistical analysis of the data, including corrections for multiple comparisons, regression analysis, and a check for the non-triviality of the obtained results. The data were mathematically processed in MS Excel, IBM SPSS V23.0, Jamovi 2.2.5, GPower 3.1.

Principles for the defense:

1. The men's professional psychological help is an expressed attitude towards a professional psychologist, mediated by their ideas about the essence of the activity and personality characteristics of a professional psychologist (psychotherapist).

2. Men purposefully seek help from a psychotherapist or counseling psychologist in conditions of subjective impossibility to cope with psychological difficulties on their own.

3. Men's seeking professional psychological help is positively associated with Negative Emotionality and Agreeableness and has no significant association with Extraversion, Conscientiousness and Open-Mindedness.

Approbation of the study. The main results of the study were discussed at the international scientific conferences of students, graduate students and young scientists "Lomonosov" (Moscow, 2021, 2018, 2016), at the 13th International conference of the world society of a person-centered approach (Vienna, 2018), at the Final International congress "Possibilities of psychotherapy, psychology and counseling in the preservation and development of the health and well-being of a person, family, society" (Moscow, 2017), at the international scientific conference of young scientists "Psychology of the XXI century" (St. Petersburg, 2016). The results of the study are reflected in 7 publications, 3 of which are included in the list of journals approved for defense at the National Research University Higher School of Economics.

The structure of the dissertation reflects the logic of the work and contains an introduction, two chapters, a conclusion, a list of references consisting of 131 sources, 68 of them in a foreign language, and 2 appendices. The results of the study are presented in 5 figures and 40 tables. The general text of the dissertation is 177 pages.

THE MAIN CONTENT OF THE RESEARCH

The introduction substantiates the relevance of the study, formulates the research problem, sets the goal and objectives of the study, identifies the object and subject of the study, puts forward research hypothesis, describes the theoretical and methodological basis of the study, methods and techniques, empirical base, scientific novelty, theoretical significance, practical significance of the study, the reliability of the results, the principles submitted for defense, the structure of the study is given.

The first chapter is devoted to a theoretical analysis of the problem of men's seeking professional psychological help (PPH) and reveals the content of the main concepts of the dissertation research.

In paragraph "1.1. Seeking: Definition of a Concept" an attempt is made to give a general definition of the concept of "seeking", since this concept, on the one hand, does not have a single definition in psychological science, and on the other hand, it is used in everyday life as a phenomenon that can be reduced only to action, which is actually incorrect. The paragraph discusses the concept of "seeking" in the context of psychological science in relation to various psychological approaches and categories (L.S. Vygotsky, S.L. Rubinshtein, A.N. Leontiev, F. Lazursky, V.N. Myasishchev, E.B. Starovoitenko, T.F. Mikhailov, etc.), and on the basis of this, a model of the personality's seeking and a model of the personality's seeking to the Other are proposed.

In paragraph "1.2. Personality's seeking help" considers the phenomena of "help" and "helping behavior" in general terms from the point of view of psychological science (E.P. Ilyin). Types and forms of helps are shown. The objective and subjective reasons why people do not seek help are described. As a new direction in domestic science, edology is considered as a science of helping activities (M.R. Arpentyeva). The difference between helping behaviour and helping activity, which is very closely related to the psychology of professional activity, is revealed and problematized [Arpentyeva, 2019]. In view of the fact that "seeking help" has not been practically studied in domestic science, this paragraph contains the foreign term help-seeking behavior, which is translated as "behavior associated with seeking help". Moreover, the fundamental difference between seeking help (in order to receive help) and receiving help (which is

possible without seeking help) is revealed. At the end of the paragraph, a definition of “seeking help” is given, based on foreign literature. The paragraph ends with a listing of three socio-psychological models of behavior that underlie most studies of seeking help (I. Ajzen, I. Rosenstock, R. Andersen).

At the beginning of **paragraph “1.3. Professional and non-professional psychological help”** describes the historical prerequisites for the emergence of seeking psychological help on the example of people seeking to gods, priests, clergymen, sages, elders, etc. Based on this, the separation of professional and non-professional psychological help is built and problematized. A number of domestic studies devoted to non-professional (everyday, household) psychological help (E.V. Sheryagina, L.G. Shermazanyan) are given. The paragraph also shows how non-professional psychological help is institutionalized and professionalized, becoming professional psychological help. The following is a definition of professional psychological help as emotional support to a person in difficult moments of personal or social life [Bondarenko, 2001]. In addition, it is shown that professional psychological help has a number of problems in understanding the boundaries of such help between psychotherapy and psychological counseling. The paragraph gives a general definition that professional psychological assistance is psychological assistance provided by professional psychologists, consultants, and psychotherapists. At the end of the paragraph, the specifics of a personality’s seeking professional psychological help are given, in contrast to the seeking non-professional psychological help. The paragraph ends with a discussion of the constructed model of a personality’s seeking professional psychological help.

Paragraph “1.4. Men’s seeking professional psychological help” begins with a description of the papers that show the need to study the men’s seeking professional psychological help (PPH). In addition, the most common reasons why men do not seek PPH are given. In addition, the questionnaires and scales most frequently used in studies of men’s seeking PPH are given. The paragraph gives an argument why the dissertation research on the relationship of men’s seeking PPH with their personality traits bypasses the field of gender psychology, concentrating on the field of personality psychology. At the end of the paragraph, a model of men seeking professional psychological help is

proposed, which demonstrates the situation when men seek professional psychological help, and when they seek non-professional psychological help.

Paragraph “1.5. The men’s seeking professional psychological help and the relationship with their personality traits” begins with a consideration of the close connection between the seeking and the personality’s attitude. Based on this, an argumentation is given for considering the relationship of men’s seeking professional psychological help with their personality traits. The following is a brief description of the history of the tradition of considering personality as a certain psychological structure (Hippocrates, W. Sheldon, E. Kretschmer, W. James, Z. Freud, C. Jung, A. Adler, E. Bern, F. L. Lazursky, B. G. Ananiev, A. N. Leontiev, A. G. Asmolov and others). The definition of personality traits and their characteristics is given as G. Allport understood it [Allport, 1961]. Then the history of generalization of definitions of personality and the creation on their basis of factors - stable personality traits is revealed [Cattell, 1946]. In addition, H. Eysenck’s biological approach is given, according to which personality traits are genetically predetermined and manifest as brain reactions in response to environmental influences [Eysenck, 1967].

Then, a brief history of the emergence of the Big Five methodology is given [Goldberg, 1981], the further development of the methodology and the identification of aspects of personality traits by researchers Costa and McCrae [Costa & McCrae, 1992] are shown, domestic studies of the 5-factor personality model are mentioned [Kalugin and others, 2021; Shchebetenko, 2017; Osin et al., 2015; Kornilova et al., 2015; Akhmetova et al., 2006; Shchebetenko et al., 2020; Shmelev & Pokhilko, 1993].

A separate place is occupied by the description of the work of Soto and John, who developed a new version of the “Big Five” methodology and gave it the name “Big Five-2” [Soto & John, 2017]. The peculiarity of this version is the brevity, clarity and focus of the statements and definitions of the questionnaire. The authors proposed a 5-factor personality structure: 5 traits and 3 aspects for each trait. In Russian psychology, this modern version of the questionnaire was adapted by S. A. Shchebetenko [Shchebetenko et al., 2020].

Based on the consideration of models of personality traits, the understanding of personality traits as personal relationships of a person is discussed, followed by a detailed consideration of the possible links between specific basic personality traits and men seeking professional psychological help. As a result of this consideration, specific empirical hypotheses are built.

At the end of the paragraph, a model of the relationship of men's seeking professional psychological help with their personality traits is presented, in which possible relationships of men's seeking PPH with their personality traits are discussed and shown.

The conclusions on the theoretical part reflect the generalized content of all paragraphs of the first chapter.

The second chapter contains the results of three empirical studies conducted to test the hypotheses of the dissertation research.

In paragraph “2.1. Study 1” a study conducted in 2020 is described in detail. In total, the final sample included 156 men (age Mean = 33.72; SD = 10.49) and 171 women (age Mean = 32.33; SD = 10.51) from different cities of Russia (place of residence was not specified). A total of 327 people (age Mean = 32.99; SD = 10.51). The Big Five Inventory-2 methodology (Russian version) is described in detail [Shchebetenko et al., 2020]. To collect information about the experience of seeking, the participants were asked the question: “Do you have experience of seeking professional psychological help from a counseling psychologist or psychotherapist at moments in your life when you needed such help most?” Answer options: “yes” or “no”.

The paragraph demonstrates the results of checking the factor structure, the results of the reliability-consistency test, descriptive statistics of the Big Five-2 questionnaire. To test the hypotheses, a statistical method of non-parametric testing was applied using the Kruskal-Wallis H test, adjusted for multiple comparisons by Dunn's test (post hoc Dunn's test). Four groups were compared with each other: 1) men who sought PPH; 2) men who did not seek PPH; 3) women who sought PPH; 4) women who did not seek PPH.

The results of Study 1 show a positive association of men's seeking PPH with Negative Emotionality, Anxiety, Depression, Open-Mindedness, Intellectual Curiosity, and a negative association with Extraversion.

The results obtained are discussed in detail in the "*Discussion*" section. It is shown that, despite the good results of the factor structure and the reliability-consistency test, the size of the subsample of men with experience of seeking PPH ($n = 32$) is critically small for the credibility of the results of the dissertation research. Another limitation of the study concerns the question: "Do you have experience of receiving professional psychological help from a counseling psychologist or psychotherapist at moments in your life when you needed such help most?" For the next study, it was recommended to replace "receiving" with "seeking", emphasizing the activity, subjectivity, awareness of the process of seeking PPH. These and other limitations are discussed in detail in the "*Limitations*" section.

In paragraph "2.2. Study 2" details Study 2, which was conducted in March 2022, subject to the limitations of Study 1. Study 2 included 1128 participants (age Mean = 24.43; SD = 6.38), of which 364 were men (age Mean = 24.68; SD = 6.65) and 764 women (age Mean = 24.31; SD = 6.25). The study follows the design and method of Study 1 but contains some changes and additional types of statistical analysis. Firstly, the question regarding the experience of seeking PPH was replaced: "Did you seek from a counseling psychologist or psychotherapist for professional psychological help at moments in your life when you needed such help most?". Secondly, to explore the variability of the experience of seeking, questions were added regarding the readiness to seek PPH: 1) Yes, and will seek again if necessary; 2) Yes, but will not seek again even if necessary; 3) No, but will seek if necessary; 4) No, and will not seek you even if necessary. Thirdly, relevant statistical studies were carried out for these 4 groups without gender and for 8 groups with gender.

The results of the study repeat the logic of Study 1 but demonstrate a slightly better factor structure and more valid indicators of the reliability-consistency test for the Big Five-2 methodology. Detailed descriptive statistics and median values for each personality trait and their aspects are provided for each subsample. In addition, a

regression analysis was conducted, and the sizes of the effects were calculated to obtain more reliable results on the relationship between men's seeking PPH and their personality traits.

The main results of Study 2 show a positive association of men's seeking PPH with Negative Emotionality, Anxiety, Depression, Emotional Volatility, Agreeableness, Compassion and do not show significant associations with Extraversion, Conscientiousness, Open-Mindedness.

Study 2 discusses the results and limitations of the study in detail. An assumption is made about the influence of sampling and context on the results of the study. In this regard, it is recommended for the following studies to include as many people as possible who are not active Internet users. Another limitation concerns the question about the experience of seeking professional psychological help: "Did you seek professional psychological help from a counseling psychologist or psychotherapist at moments in your life when you needed such help most?". The second part of the question may additionally load the main semantic content of the question, which may affect the answers of the respondents and the validity of the results obtained. It is proposed to shorten the question to "Have you sought for professional psychological help to a counseling psychologist or psychotherapist?". Separately, the need to study the men's seeking PPH in a more calm and stable time for the world is discussed, since Study 2 was conducted during the period of a special military operation in the Donbass (Ukraine), and Study 1 was conducted in the midst of the Covid-19 pandemic.

In paragraph "2.3. Study 3" describes Study 3 conducted in April 2022. This study aims to test the non-triviality of the results of Study 2. Study 3 included 178 people (age Mean = 27.02; SD = 9.13), of which 25 were men (age Mean = 25.84; SD = 7.01) and 153 women (age Mean = 27.22; SD = 9.43).

In the section "*Research Methods*", the methodology of the study is disclosed in detail and step by step: the idea of V.A. Petrovsky [Petrovsky, 2009] about checking the non-triviality of results is being developed in dissertation research. The main idea of V.A. Petrovsky is to compare the arithmetic mean of empirical research and the arithmetic mean of expert research, that is, estimates, forecasts based on ideas, stereotypes, personal

or social experience of experts. If the comparison of the arithmetic means of the results of empirical and expert studies differs significantly, then a conclusion is made about the non-triviality of the results. In the dissertation research, instead of comparing the arithmetic means of the results of expert and empirical studies, it is proposed to compare the results of the significance of pairwise comparison of expert and empirical studies, as well as to compare the size of the effects of the results of expert and empirical studies. For example, if the result of a pairwise comparison is statistically significant in an empirical study, but the forecasts of experts are statistically insignificant, then we can say that the results of the study are non-trivial.

For greater reliability of conclusions about non-triviality, questions to experts are asked in a form that allows comparing answers with empirical results. Accordingly, questions of expert study are given with a detailed description of each personality trait and are posed to the experts in a manner that allows comparison of the average predictions of experts among men who sought and did not seek PPH. For example, a group of four questions for Extraversion allows to find out if there are significant differences in the means among experts' predictions:

- What percentage of men who seek professional psychological help are Extroverts?
- What percentage of men who NOT seek professional psychological help are Extroverts?
- What percentage of women who seek professional psychological help are Extroverts?
- What percentage of women who NOT seek professional psychological help are Extroverts?

Based on the results of pairwise comparison by the non-parametric Friedman's *F* test for dependent samples, adjusted for multiple comparisons by Dunn's test (post hoc Dunn's test), a conclusion is made about the nature of the relationship between men's seeking PPH and their personality traits. Then the results of significant differences in Study 3 are compared with the results of significant differences in Study 2. Based on this comparison, a conclusion is made about the non-triviality of the results of the dissertation research.

In the “Research Results” section, for clarity, the median values of expert forecasts are given. Additionally, a table is provided that reflects the size of the effects among men who sought and not sought according to empirical data and expert forecasts.

The results of the pairwise comparison show that, according to the experts, the men’s seeking PPH:

- positively associated with Compassion, Respectfulness, Anxiety, Open-Mindedness, Intellectual Curiosity;
- negatively associated with Extraversion, Sociability, Assertiveness, Energy Level, Productiveness;
- has no significant association with Agreeableness, Trust; Conscientiousness, Organization, Responsibility; Negative Emotionality, Depression, Emotional Volatility; Aesthetic Sensitivity, Creative Imagination.

According to the results of Study 3, the following results of Study 2 can be considered non-trivial: men’s seeking PPH is positively associated with Negative Emotionality and Agreeableness and has no significant association with Extraversion and Open-Mindedness. A trivial result was the absence of a significant association between men’s seeking PPH and Conscientiousness.

At the end of the paragraph, there is a detailed discussion of these results, and the limitations of the study are described.

The findings reflect the generalized theoretical and empirical results of the dissertation research. Men’s seeking professional psychological help is positively associated with Negative Emotionality and Agreeableness and have no significant association with Extraversion, Conscientiousness and Open-Mindedness.

In the **Conclusion** of the dissertation research, the findings of the theoretical and empirical parts are discussed. For example, the conclusion describes the problem of men’s seeking PPH - a man often needs to aware the problem or need to seek help. Without this awareness, conversion cannot be expressed, realized in the world. Another problem is revealed in the question: even if a man is aware of a problem or a need for seeking psychological help, who exactly should he turn to? Often a man seeks non-professional (everyday) psychological help, because such help is more accessible and understandable

in comparison with professional psychological help. In the final part of the Conclusion, a general discussion of the results of the study is made and prospects for further research are proposed.

The **list of references** and **appendices** complete the dissertation research.

General conclusions based on the results of the study:

1. The men's seeking professional psychological help is an expressed attitude towards a psychotherapist or consultant, characterized by awareness of a psychological problem, the formation of a psychotherapeutic request, purposeful and direct contact with a specialist.

2. The men's seeking professional psychological help occurs in situations of subjective impossibility to overcome psychological difficulties on their own in order to receive professional psychological help and change their psychological state.

3. The men's seeking professional psychological help is associated with basic personality traits, since personality traits develop in men's relationships with other people and the world.

4. The men's seeking professional psychological help is positively associated with Negative Emotionality and Agreeableness. These basic personality traits are clearly manifested in men's seeking professional psychological help, since the more expressed they are, the more likely men will seek professional psychological help from a psychotherapist or counseling psychologist.

5. The men's seeking professional psychological help does not have a significant association with Extraversion, Conscientiousness, Open-Mindedness. These basic personality traits are not clearly expressed in men's seeking professional psychological help, but, perhaps, they are expressed in men's seeking non-professional psychological help and in overcoming psychological difficulties on their own. Confirmation of this assumption requires further careful research.

6. The empirically found positive relationship of men's seeking professional psychological help with Negative emotionality and Agreeableness is a non-trivial (unexpected) result of the study, since expert assessments have shown that there should

be no significant relationship. On the contrary, expert assessments have shown that there should be a positive relationship of men's seeking professional psychological help with Extraversion and Open-Mindedness, however, empirical results did not show a significant relationship, which is also a non-trivial (unexpected) result of the study. The absence of a significant relationship of men's seeking professional psychological help with Conscientiousness coincides with expert assessments, which, on the one hand, indicates the triviality of this result, and, on the other hand, strengthens the conclusion that there is no significant relationship in the empirical study.

Dissertation thesis was carried out at the Center for Fundamental and Consulting Personology of the National Research University Higher School of Economics.

The main content of the dissertation is published in the following journals:

1. Shapovalov R. A. Psychological factors of men's seeking professional psychological help. *Psikhologicheskie Issledovaniya*, 2022, Vol. 15, No. 81, p. 2. <https://psystudy.ru> (in Russian)
2. Roman A. Shapovalov & Veniamin V. Kolpachnikov. Manifestations of psychological maturity and immaturity in men's attitudes toward seeking professional psychological help // *Person-Centered & Experiential Psychotherapies*. 2022. <https://doi.org/10.1080/14779757.2022.2100811>
3. Shapovalov R. A., Kolpachnikov V. V. The problem of men's attitude toward psychological help // *World of Psychology. Scientific and methodical journal*. 2019. V. 97. No. 1. pp. 152–164. (in Russian)

Other publications:

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