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## **Masculinity, Self-efficacy and Men's Likelihood to Seek Help**

### **Abstract:**

The aim of this research was to increase understanding into why men fail to seek help from health professionals and significant others.

Masculinity and self-efficacy were examined as predictors of men's help seeking. A convenience sample of participants ( $N = 128$  male) were asked to complete the Conformity to Masculine Norms Inventory (CMNI), General Self Efficacy Scale (GSE), and the Help Seeking Behaviour Scale (HSBS).

Multiple regression results supported the hypothesis that there would be a significant relationship between masculinity and likelihood to seek help. However, some variability was revealed in relationships between the subscales of the CMNI and total scores of the HSBS.

Contrary to the second hypothesis, self-efficacy was not significantly related to men's likelihood to seek help. It was concluded that while masculinity may inhibit help seeking behaviour, self-efficacy does not increase this inhibition.