

Table 2 Barriers to seeking help with mental problems reported by people in the 3 groups: the whole sample and those who wanted help with mental health problems

Variable	General population (n = 100)		Parents of children with mental illness (n = 80)		Teachers (n = 100)		P-value ^a (χ^2 -test)
	Whole sample	Wanted help	Whole sample	Wanted help	Whole sample	Wanted help	
	%	%	%	%	%	%	
<i>Any barriers</i>	76.0	100.0	81.3	10	60.0	10	0.004
<i>Any logistic barriers</i>	34.0	44.7	47.5	5	18.0	3	0.001
Help too expensive	18.0	23.7	22.5	27.7	2.0	3.3	0.001
Services too inconvenient	10.0	13.2	18.8	23.1	6.0	10.0	0.02
Services too far away	6.0	7.9	7.5	9.2	1.0	1.7	0.08
Didn't know where to go	8.0	10.5	12.5	15.4	6.0	10.0	2.29
No way to get there	0.0	0.0	0.0	0.0	1.0	1.7	0.41
Long wait for appointment	12.0	15.8	7.5	9.2	8.0	13.3	0.53
<i>Any barriers related to perceptions of mental health problem</i>	23.0	30.3	26.3	3	19.0	3	0.51
Thought problem not serious	30.0	39.5	30.0	36.9	20.0	33.3	0.19
Decided to handle problem on own	32.0	42.1	36.3	44.6	27.0	45.0	0.40
<i>Any barriers related to perceptions of mental health services</i>	46.0	60.5	50.0	6	34.0	5	0.50
Lacked confidence in person recommending help	5.0	6.6	3.8	4	4.0	6	0.90
Had negative experience with professionals	2.0	2.6	0.0	0	2.0	3	0.44
Afraid of what family/friends would say	4.0	5.3	13.8	16.9	4.0	6.7	0.01
Thought treatment would not help	5.0	6.6	6.3	7.7	2.0	3.3	0.34
People trusted most did not recommend help	2.0	2.6	3.8	4	2.0	3	0.69
Didn't know who to trust	6.0	7.9	3.8	4.6	3.0	5.0	0.55
Didn't want to go	14.0	18.4	6.3	7.7	8.0	13.3	0.17

^aComparing the 3 groups (whole sample).
n = total number of respondents.