

## **An Analysis of the Relation between Need for Psychological Help and Psychological Symptoms**

**Authors :** İsmail Ay

**Abstract :** In this study, it was aimed to determine the relations between need for psychological help and psychological symptoms. The sample of the study consists of 530 university students getting educated in University of Atatürk in 2015-2016 academic years. Need for Psychological Help Scale and Brief Symptom Inventory were used to collect data in the study. In data analysis, correlation analysis and structural equation model with latent variables were used. Normality and homogeneity analyses were used to analyze the basic conditions of parametric tests. The findings obtained from the study show that as the psychological symptoms increase, need for psychological help also increases. The findings obtained through the study were approached according to the literature.

**Keywords :** psychological symptoms, need for psychological help, structural equation model, correlation

**Conference Title :** ICCSP 2016 : International Conference on Cognitive Science and Psychology

**Conference Location :** Amsterdam, Netherlands

**Conference Dates :** May 12-13, 2016