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Counseling and
Human Development
Services

MEN'S PERCEPTOINS OF MEN ATTENDIGN MENTAL HEALTH COUNSELING:
A Q METHODOLOGICAL STUDY (223 pp.)

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The study utilized Q methodology to explore men's perceptions of men attending mental health counseling. The concourse was obtained from a combination of an incomplete sentence task and relevant scholarship. Forty-three men from different areas of the United States sorted a P sample of 48 statements. The sorts were factor analyzed using an unrotated principle components analysis solution. One common factor emerged with three specificities that reflected four perceptions of men attending mental health counseling.

Interpretation of the factors was aided by post-sort responses provided by participants about their perceptions. These factors were titled (a) Counseling Helps Men, (b) Caution, (c) Emergent Openness, and (d) Problem Solving. The results suggested that the participants were on the whole supportive of men attending mental health counseling, as depicted in the common factor. The specificities reflected a more nuanced support for men attending mental health counseling. First, Caution put an emphasis on the stigma attached to men attending mental health counseling. Second, Emergent Openness reflected a growing acceptance of men attending mental health counseling. Finally, Problem Solving approved of men attending mental health counseling only if the problem was sufficiently large to offset the stigma.

The results suggest that men's perceptions of mental health counseling attendance are more diverse than some theorists have suggested. The findings have implications for those working in mental health, researchers in men's issues, and counselor educators. The limitations of the study are considered and future lines of inquiry elucidated.