

# Adaptation of the Parental Attitude Toward Psychological Service Inventory (PATPSI) in an Indonesian Sample

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Submitted: 09 Juni 2025., Revised: 23 July 2025 ,Accepted: 15 November 2025

DOI:10.38156/psikowipa.v6i2.582



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## Abstract

Parental attitudes toward psychological services play an important role in children's and adolescents' access to mental health care. One instrument that can be adapted for the Indonesian population is the Parental Attitude toward Psychological Service Inventory (PATPSI). This study aimed to adapt and examine the reliability and validity of the PATPSI among Indonesian parents. The study involved 305 parents aged 23–62 years who had children under 18 years old. Using an accidental sampling technique and a quantitative survey approach, the adaptation process followed the second edition of the International Test Commission (ITC) guidelines. Reliability was assessed using Cronbach's alpha, while validity was tested through confirmatory factor analysis (CFA). The findings showed that four items had very low factor loadings and were removed due to cultural differences and language interpretation in the Indonesian context. The final Indonesian version of the PATPSI demonstrated satisfactory reliability, with Cronbach's alpha values ranging from 0.759 to 0.859. After model modification, CFA results supported the proposed theoretical model. Overall, the Indonesian PATPSI is a reliable and valid instrument for assessing parental attitudes toward psychological services.

**Keywords :** Help-seeking attitude; Help-seeking intentions; Stigmatization

## Abstrak

Sikap orang tua terhadap layanan psikologis memainkan peran penting dalam aksesibilitas layanan kesehatan mental bagi anak-anak dan remaja. Salah satu pengukuran yang diketahui memiliki konsistensi internal yang memadai dan dapat diadaptasi ke populasi Indonesia adalah *Parental Attitude toward Psychological Service Inventory* (PATPSI). Tujuan penelitian ini adalah untuk mengadaptasi serta menguji reliabilitas dan validitas PATPSI pada sampel orang tua Indonesia. Sampel terdiri dari 305 orang tua berusia 23–62 tahun yang memiliki anak dengan usia di bawah 18 tahun. Teknik *sampling* yang digunakan adalah *accidental sampling* dengan pendekatan penelitian survei kuantitatif. Seluruh rangkaian adaptasi instrumen mengikuti pedoman ITC edisi kedua. Analisis data dilakukan menggunakan uji reliabilitas alpha Cronbach dan uji validitas analisis faktor konfirmatori (CFA). Ditemukan bahwa empat item memiliki muatan faktor yang sangat rendah dan direkomendasikan untuk dihapus karena adanya perbedaan budaya dan pemaknaan bahasa setelah diadaptasi ke populasi di Indonesia. Alpha Cronbach akhir dari versi Indonesia PATPSI adalah 0,759–0,859. Setelah modifikasi model, hasil CFA menunjukkan bahwa model tersebut sesuai dengan teori yang diajukan. Dengan adanya PATPSI, maka sikap orangtua terhadap layanan psikologi pada anak dan remaja di Indonesia dapat diukur secara reliabel dan valid yang dalam jangka panjang dapat dijadikan landasan dalam pembuatan program peningkatan aksesibilitas layanan psikologi.

**Kata kunci :** Intensi mencari bantuan; sikap mencari bantuan; stigma

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## **Introduction**

According to the World Health Organization, (WHO, 2023), approximately 1.3 billion individuals, or around 16% of the global population, live with disabilities or special needs. In Indonesia, individuals with special needs account for approximately 4–5% of the total population (United Nations, 2023). Previous studies in Indonesia revealed that only 2.6% of adolescents aged 10–17 years had accessed psychological services. Furthermore, only 16% of parents whose children had been identified as requiring professional assistance actually sought professional help for their children (Wahdi, et al., 2022).

Barriers preventing Indonesian parents from seeking or accepting professional assistance for their children can generally be classified into internal and external factors. Internal factors include parents' preference to handle their children's problems independently, beliefs that the problems will resolve on their own, concerns regarding social stigma, and limited knowledge about access to professional services (Wahdi, et al., 2022). Survey findings indicate that the greatest challenge lies in parents' preference to solve problems independently or with support from friends and family members. Parents also tend to experience substantial anxiety regarding negative social judgment when accessing mental health services for their children (Wahdi, et al., 2022). These findings suggest that negative parental attitudes constitute a major indirect barrier to psychological services. This issue warrants particular attention because parents play a critical role in determining children's access to mental health care. Parents function as primary gatekeepers who decide whether children and adolescents receive appropriate psychological services and serve as the main observers capable of identifying early signs of mental health difficulties (Murphy, Heary, Shevlin, & Hennesy, 2025).

The relatively high prevalence of mental health problems among children and adolescents, combined with the significant role of parents in facilitating access to care, highlights the importance of developing specific measures assessing parental support for children's mental health (Gagnon, Prokop, Spurr, & Cummings, 2025). In Indonesia, however, studies focusing on parental attitudes toward psychological services remain limited. Previous research on attitudes and help-seeking intentions has primarily focused on university students or adolescents (Putri & Wilani, 2022; Siswanti & Rifani, 2022; Nurfadilah, Rahmadani, & Ulum, 2021; Falasifah & Syafitri, 2021; Shabrina, Prathama, & Ninin, 2021; Susilawati, Rifani, & Anggraini, 2022). Most of these studies explored attitudes toward seeking psychological services for oneself rather than parental attitudes toward psychological services for children and adolescents. Furthermore, earlier studies frequently employed instruments developed for students and adolescent populations, such as the MHSAS (Saputri, Maba, & Hernisawati, 2021), MHSIS (Ali, Yuliadi, & Setyowati, 2023; Shabrina, Prathama, & Ninin, 2021), ATSPPH-SF (Putri & Wilani, 2022), or MHKQ (Siswanti & Rifani, 2022) while research specifically targeting parents remains scarce.

Research investigating parental attitudes has previously been conducted primarily through qualitative approaches using interviews as the primary data collection method (Brooks, et al., 2022; Tristiana, Yusuf, Fitryasari, Wahyuni, & Nihayati, 2018; Brooks, et al., 2021). Quantitative studies examining parental

attitudes toward psychological services for children and adolescents are still rarely found. One contributing factor is the absence of a specific instrument designed to assess parental attitudes and intentions regarding professional mental health help-seeking within the Indonesian context.

Previous studies developed the Parental Attitude toward Psychological Service Inventory (PATPSI) to measure parental attitudes toward mental health services. The instrument comprises three primary dimensions: help-seeking attitude, help-seeking intention, and stigmatization (Turner, 2012). Help-seeking attitude (HSA) refers to awareness of psychological problems and openness toward seeking professional assistance. Help-seeking intention (HSI) refers to the extent to which parents demonstrate willingness and capability to seek professional psychological support. Stigmatization refers to the degree of parental concern regarding others' perceptions when accessing professional mental health services (Turner, Jensen-Doss, & Heffer, 2015).

PATPSI consists of 21 Likert-scale items ranging from 0 (strongly disagree) to 5 (strongly agree). The instrument can be scored using both total scores and dimension-specific scores (Turner, Jensen-Doss, & Heffer, 2015). PATPSI has demonstrated satisfactory validity and reliability across diverse samples (Turner, Jensen-Doss, & Heffer, 2015). The instrument was developed to address the limitations of previous measures assessing adults' roles in facilitating children's access to professional help, particularly regarding multidimensionality and adequate psychometric properties. PATPSI was grounded in the Theory of Planned Behavior (TPB), which posits that behavior is determined by intention, while intention itself is influenced by attitudes toward the behavior, subjective norms, and perceived behavioral control (Ajzen, 1991). Although TPB has frequently been applied within adult populations, its application in child and adolescent contexts remains limited. This limitation motivated the development of PATPSI as an alternative multidimensional measure of parental attitudes toward psychological services for children and adolescents (Turner, 2012)

Compared with other instruments, PATPSI demonstrates several advantages. It possesses adequate internal consistency across diverse parental samples in Western cultures and can effectively assess parental perspectives regarding children's and adolescents' help-seeking behaviors (Choy, Vincent, Maesaka, & Nakamura, 2023; Gagnon, Prokop, Spurr, & Cummings, 2025). Previous studies have also demonstrated that PATPSI exhibits stronger structural validity compared with measures such as the QLSM, MCMISSP, TBQ-P, and MHAC (Smith, Smith, Habgood, Quach, & Darling, 2024). PATPSI has been categorized as a Category B instrument, indicating that it can be recommended for broader populations but still requires empirical evaluation before implementation (Bian, et al., 2023). Therefore, compared with other parental attitude measures, PATPSI was selected for adaptation within the Indonesian context.

This study differs from previous research because it specifically focuses on measuring parental attitudes toward psychological services, an area that remains underexplored in Indonesia. The need to understand parental attitudes and evaluate the psychometric quality of PATPSI highlights the importance of adapting the instrument into Indonesian and examining its applicability within the Indonesian population. Accordingly, this study aimed to adapt PATPSI into

Indonesian and evaluate its reliability and validity among Indonesian parents. The study sought to examine the instrument's internal consistency and confirm its factor structure. The availability of a reliable and valid multidimensional measure of parental attitudes toward psychological services is expected to contribute valuable insights for parents, practitioners, and policymakers regarding parental perspectives on mental health services. In the long term, such information may serve as an important foundation for developing strategies to improve accessibility and utilization of professional mental health services.

### **Research Method**

This study employed a quantitative survey design. Quantitative research refers to an approach used to obtain data or information through objective measurement instruments, while survey research commonly utilizes questionnaires for data collection. This method aims to generate measurable data that can be statistically analyzed (Barella, Fergina, Mustami, Rahman, & Alajaili, 2024).

The entire research process followed the second edition of the International Test Commission guidelines for test translation and adaptation (International Test Commission, 2017). In general, several stages were involved in the adaptation process, beginning with the pre-condition stage. At this stage, the researcher requested permission and obtained the scale blueprint from the developer of the PATPSI, Erlangga Turner. The request was submitted via email, outlining the objectives and procedures of the study. The permission process required approximately two months. During this phase, the researcher also reviewed the availability of other instruments measuring parental attitudes and identified alternative measures that had not previously been adapted into Indonesian.

The next stage involved forward translation, conducted independently by two language experts affiliated with the Language Center at Universitas Muhammadiyah Malang. The translated versions were subsequently synthesized by a psychologist with substantial expertise in attitude theory and the Theory of Planned Behavior. The following stage involved backward translation, which was independently completed by two different translators who had not participated in the forward translation process. After ensuring semantic equivalence between the original items and the backward-translated versions, an expert judgment process was conducted involving one psychologist and one lecturer from the Faculty of Psychology. The expert review indicated that several modifications were necessary to ensure cultural appropriateness within the Indonesian context. Following these revisions, a pilot test of the instrument was conducted.

The pilot study involved 305 parents with children aged 18 years or younger. The age limit of 18 years was selected because individuals under this age generally require parental consent to access psychological services. Data collection employed an accidental sampling technique, in which individuals encountered incidentally by the researcher could participate if they met the study criteria (Sugiyono, 2016). The questionnaire was distributed online using Google Forms. At the beginning of the form, participants were provided with an informed consent document containing details regarding the study, participants' rights and risks, and their freedom to choose whether to participate.

Participants ranged in age from 23 to 62 years. Of the total sample, 51 participants (17%) were male and 254 participants (82%) were female. In terms of educational background, 43 participants (14%) had completed elementary to senior high school education, 19 participants (5%) held diploma-level qualifications, 162 participants (53%) possessed undergraduate degrees or equivalent qualifications, 72 participants (23%) held master's degrees, and the remaining 19 participants (5%) possessed doctoral qualifications. Regarding monthly income, 25 participants (8%) earned less than IDR 1,000,000, 55 participants (18%) earned between IDR 1,000,000 and IDR 2,500,000, 123 participants (40%) earned between IDR 2,500,000 and IDR 5,000,000, and 102 participants (34%) earned more than IDR 5,000,000 per month.

A total of 132 participants (43%) had one child, 115 participants (38%) had two children, 45 participants (15%) had three children, and 12 participants (4%) had more than three children. The majority of parents, comprising 208 participants (68%), had never personally accessed psychological services, whereas 97 participants (32%) had previously received psychological services. On the other hand, a considerable number of parents had brought their children to psychological services, including intelligence assessments, aptitude and interest testing, counseling, and developmental assessments. Of the 305 participants, 130 parents (43%) had previously sought psychological services for their children, while 175 parents (57%) had never consulted a mental health professional for their children. Furthermore, 25 participants (8%) reported having children with special needs, while 280 participants (92%) did not.

The instrument employed in this study was the Parental Attitude toward Psychological Service Inventory (PATPSI), developed by Turner in 2012. The PATPSI blueprint is presented in Table 1.

**Table 1. Blueprint**

Aspect	Definition	Item	Score range
<i>Help-seeking intentions</i>	Reflecting the extent to which individuals believe they are willing and capable of seeking professional psychological assistance.	5 (4, 5, 8, 9, 13)	Scores ranging from 0 to 25. Higher scores indicate a stronger tendency to seek mental health services.
<i>Help-seeking attitudes</i>	Reflecting individuals' awareness of psychological problems and their openness toward seeking professional help	8 (2*, 7*, 12*, 15*, 18*, 19*, 20*, 21*)	Scores ranging from 0 to 40. Higher scores indicate more positive attitudes toward mental health services.
<i>Stigmatization</i>	Reflecting the extent to which individuals are concerned about others' perceptions when they seek professional assistance for psychological problems.	8 (1, 3, 6, 10, 11, 14, 16, 17)	Scores ranging from 0 to 40. Higher scores indicate stronger perceived stigma.

Items marked with an asterisk (\*) are reverse-coded items.

The data obtained from the pilot testing were subsequently analyzed through item analysis, reliability testing, and validity assessment. Item analysis was conducted by examining the factor loading values of each item. Reliability was evaluated using Cronbach's alpha, while evidence of validity was assessed through confirmatory factor analysis (CFA). CFA is a statistical technique used to evaluate

model fit by examining the relationships among constructs, indicators, and latent factors. This can be achieved by analyzing parameter estimates and fit indices. The CFA procedures were conducted using the JASP software package. Based on the CFA results, the factor loading values for each item were examined to determine the extent to which the observed variables (items) were associated with the latent constructs (factors). Several classifications of factor loading values were interpreted according to the criteria proposed by Comrey and Lee (1992). In addition, multiple fit indices were evaluated, including the Comparative Fit Index (CFI), Tucker-Lewis Index (TLI), Normed Fit Index (NFI), Goodness-of-Fit Index (GFI), Root Mean Square Error of Approximation (RMSEA), and Standardized Root Mean Square Residual (SRMR). The criteria used to evaluate these fit indices were based on the recommendations of Hu and Bentler (1999).

When certain fit index criteria were not satisfied, model evaluation was further conducted using modification indices. Modification indices constitute part of the analysis that suggests potential model adjustments to achieve better model fit with the observed data. These modifications generally involve adding covariances among indicators within the same construct or specifying additional relationship paths between constructs (Umar & Nisa, 2020).

## Result

### *Help-seeking Intention (HSI)*

Item analysis was conducted by examining the factor loading values of each item within the Help-Seeking Intention (HSI) dimension. As presented in Table 2, the HSI dimension originally consisted of five items.

**Table 2. Item Analysis Help-seeking intention**

No	Item	FL	Categorization
4	Jika saat ini anak saya mengalami gangguan psikologis atau perilaku, saya akan mencari bantuan profesional jika dirasa perlu	0.645	Very good
5	Jika anak saya kelak mengalami gangguan psikologis atau perilaku, saya akan mencari bantuan profesional jika dirasa perlu	0.614	Good
8	Bagi saya, membawa anak saya mencari bantuan ke profesional adalah hal yang relatif mudah	0.307	Poor
9	Saya akan merasa perlu mencari bantuan profesional ketika anak saya merasa cemas atau kesal dalam jangka waktu yang cukup lama	0.061	Poor
13	Jika saya mengetahui anak saya mengalami gangguan mental, keputusan pertama saya adalah mencari bantuan profesional	0.494	Fair

The categorization of factor loading values was based on the criteria proposed by Comrey and Lee (1992).

Two items, namely Items 8 and 9, were found to have low factor loadings. These items were subsequently removed, leaving three items—Items 4, 5, and 13—to represent the HSI aspect. Following the item removal process, the Cronbach's alpha coefficient reached 0.751, which falls within the good reliability category. The fit indices are presented in Table 3. Overall, the fit indices of the HSI after item removal indicated that the model was consistent with the theoretical framework. In other words, the removal of these items provided stronger evidence of validity for the HSI measurement compared to the model prior to item deletion.

**Table 3. Fit indices**

Indeks	CFI	TLI	NFI	GFI	RMSEA	SRMR	Criteria
HSI	1.000	1.000	1.000	1.000	0.000	0.000	Ya
HSA	0.996	0.990	0.982	0.999	0.029	0.025	Ya
Stigmatization	0.968	0.948	0.953	0.979	0.078	0.036	Ya
Total	0.931	0.914	0.883	0.990	0.064	0.066	Ya

Note: The determination of whether the criteria were met was based on the adequate fit indices proposed by Hu & Bentler (1999)

### Help seeking Attitude (HSA)

Item analysis was conducted by examining the factor loading of each HSA item. There were eight HSA items, as presented in Table 4.

**Tabel 4. Item analysis help-seeking attitudes**

No	Item	FL	Categorization
2	Melakukan aktivitas lain adalah solusi yang baik untuk mengalihkan perhatian dari masalah anak	0.523	Fair
7	Masalah psikologis cenderung selesai dengan sendirinya	0.508	Fair
12	Saya mengagumi orang-orang yang mau mengatasi konflik dan rasa takutnya tanpa mencari bantuan ke profesional	0.719	Excellent
15	Orang-orang yang berkemauan kuat dapat mengatasi masalah perilaku dan emosional tanpa bantuan profesional	0.948	Excellent
18	Orang-orang seharusnya menyelesaikan masalahnya sendiri tanpa bantuan tenaga profesional	0.738	Excellent
19	Ada hal-hal dalam keluarga saya yang tidak akan saya ceritakan ke orang lain	0.084	Poor
20	Mencari bantuan ke profesional merupakan tanda kelemahan	0.440	Poor
21	Orangtua yang berkemauan keras dapat mengatasi masalah tanpa bantuan profesional	0.949	Excellent

Keterangan: Kategorisasi dilakukan mengacu pada kriteria Comrey & Lee (1992).

Two items with low factor loadings were subsequently removed, leaving six items—Items 2, 7, 12, 15, 18, and 21—to represent the HSA aspect. Following the item removal process, the Cronbach's alpha coefficient reached 0.734, which is considered to indicate good reliability. Based on the modification indices, several items were found to be correlated, namely Items 7 and 18, Items 12 and 21, and Items 12 and 18. To achieve a better model fit, model modification was performed. The modification involved freeing the residuals of items with high correlations. After the model modifications were applied, the model met the required criteria, and the fit indices are presented in Table 3.

### Stigmatization

Item analysis for the stigmatization aspect was conducted by examining the factor loading of each item. There were eight stigmatization items, as shown in Table 5. The reliability test results showed a Cronbach's alpha coefficient of 0.859, which falls within the good reliability category. Based on the modification indices, several items were found to be correlated, namely Items 11 and 14, Items 10 and 16, and Items 3 and 6. After the model modifications were applied, the model met the required criteria, and the fit indices are presented in Table 3.

**Tabel 5. Item analysis stigmatization**

No	Item	FL	Categorization
1	Saya tidak ingin orang lain (teman, keluarga, guru, dll) tahu jika anak saya mengalami gangguan psikologis atau perilaku	0.752	Excellent
3	Memiliki masalah kesehatan mental membuat saya malu	0.773	Excellent
6	Orang penting di hidup saya akan memandang rendah anak saya jika mereka mengetahui gangguan psikologis atau perilaku yang dimiliki anak saya	0.653	Excellent
10	Saya merasa tidak nyaman saat mencari bantuan ke profesional untuk anak saya karena saya takut orang lain (teman, keluarga, rekan kerja, dll) tahu mengenai hal ini	0.782	Excellent
11	Saya tidak ingin membawa anak saya ke profesional karena khawatir dengan pandangan orang lain	0.710	Excellent
14	Saya merasa tidak nyaman mencari bantuan profesional karena khawatir dengan anggapan orang lain	0.792	Excellent
16	Jika anak saya dirawat karena gangguan psikologis atau perilaku, saya merasa perlu merahasiakan hal tersebut	0.796	Excellent
17	Saya akan merasa malu jika tetangga saya melihat saya mengunjungi tenaga profesional yang menangani masalah kesehatan mental	0.815	Excellent

Keterangan: Kategorisasi dilakukan mengacu pada kriteria Comrey & Lee (1992).

**Tabel 6. Factor loading**

No	Item	Factor loading
<i>Help-seeking intention</i>		
4	Jika saat ini anak saya mengalami gangguan psikologis atau perilaku, saya akan mencari bantuan profesional jika dirasa perlu	0.645
5	Jika anak saya kelak mengalami gangguan psikologis atau perilaku, saya akan mencari bantuan profesional jika dirasa perlu	0.614
8	Bagi saya, membawa anak saya mencari bantuan ke profesional adalah hal yang relatif mudah	0.307*
9	Saya akan merasa perlu mencari bantuan profesional ketika anak saya merasa cemas atau kesal dalam jangka waktu yang cukup lama	0.061*
13	Jika saya mengetahui anak saya mengalami gangguan mental, keputusan pertama saya adalah mencari bantuan profesional	0.494
<i>Help-seeking attitude</i>		
2	Melakukan aktivitas lain adalah solusi yang baik untuk mengalihkan perhatian dari masalah anak	0.523
7	Masalah psikologis cenderung selesai dengan sendirinya	0.508
12	Saya mengagumi orang-orang yang mau mengatasi konflik dan rasa takutnya tanpa mencari bantuan ke profesional	0.719
15	Orang-orang yang berkemauan kuat dapat mengatasi masalah perilaku dan emosional tanpa bantuan profesional	0.948
18	Orang-orang seharusnya menyelesaikan masalahnya sendiri tanpa bantuan tenaga profesional	0.738
19	Ada hal-hal dalam keluarga saya yang tidak akan saya ceritakan ke orang lain	0.084*
20	Mencari bantuan ke profesional merupakan tanda kelemahan	0.440*
21	Orangtua yang berkemauan keras dapat mengatasi masalah tanpa bantuan profesional	0.949
<i>Stigmatization</i>		
1	Saya tidak ingin orang lain (teman, keluarga, guru, dll) tahu jika anak saya mengalami gangguan psikologis atau perilaku	0.752
3	Memiliki masalah kesehatan mental membuat saya malu	0.773
6	Orang penting di hidup saya akan memandang rendah anak saya jika mereka mengetahui gangguan psikologis atau perilaku yang dimiliki anak saya	0.653
10	Saya merasa tidak nyaman saat mencari bantuan ke profesional untuk anak saya	0.782

	karena saya takut orang lain (teman, keluarga, rekan kerja, dll) tahu mengenai hal ini	
11	Saya tidak ingin membawa anak saya ke profesional karena khawatir dengan pandangan orang lain	0.710
14	Saya merasa tidak nyaman mencari bantuan profesional karena khawatir dengan anggapan orang lain	0.792
16	Jika anak saya dirawat karena gangguan psikologis atau perilaku, saya merasa perlu merahasiakan hal tersebut	0.796
17	Saya akan merasa malu jika tetangga saya melihat saya mengunjungi tenaga profesional yang menangani masalah kesehatan mental	0.815

Note: Items marked with an asterisk (\*) should be considered carefully for use because they have low factor loadings.

Referring to Table 3, the CFA results for each dimension indicate that, after item removal and model modification, the HSI and HSA dimensions demonstrated a very good model fit. These findings suggest that, overall, the items within each dimension consistently represented the hypothesised latent construct. However, CFA evaluation does not rely solely on fit indices, but also on the factor loading of each item. Turner (2012) also emphasised model evaluation through indices such as RMSEA and CFI/NNFI, while reporting several items with relatively high modification indices.

**Tabel 7. Reliability**

Dimensi	Before modification		After modification	
	Cronbach alpha	Number of items	Cronbach alpha	Number of items
Help-seeking intentions	0,592	5	0,751	3
Help-seeking attitudes	0,726	8	0,734	6
Stigmatization	0,859	8	0,859	8
Total PATPSI	0,858	21	0,858	17

After the removal of several items with low factor loadings, the final reliability of the adapted PATPSI was categorised as good, ranging from 0.759 to 0.859, as presented in Table 7. In the HSI dimension, internal reliability increased after reducing the number of items. This improvement indicates that the removed items had low inter-item correlations or contained variance that was inconsistent with the underlying construct.

## Discussion

The results of the confirmatory factor analysis (CFA) demonstrated that the hypothesized measurement model exhibited an acceptable overall fit. This finding indicates that the proposed factor structure was generally consistent with the empirical data and supports the construct validity of the instrument. According to Hu and Bentler (1999), model fit can be evaluated using several goodness-of-fit indices, including the Comparative Fit Index (CFI), Tucker–Lewis Index (TLI), Normed Fit Index (NFI), Goodness-of-Fit Index (GFI), Root Mean Square Error of Approximation (RMSEA), and Standardized Root Mean Square Residual (SRMR). Typically, using three to four fit indices provides adequate evidence of model fit (Hair et al., 2019).

When all constructs were compiled into the full structural framework (the Total model), the system retained an acceptable level of overall fit. The comparative indices (CFI=0.931; TLI=0.914) fell slightly below the strict 0.95 gold-standard

criterion often generalized from Hu and Bentler's (1999) simulation studies. However, in complex structural modeling, a minor decrease in incremental fit is highly typical due to increased parameter restrictions and complex cross-loadings. Crucially, the absolute error metrics for the Total model (RMSEA=0.064 and SRMR=0.066) firmly satisfy the recommended thresholds (RMSEA $\leq$ 0.08 and SRMR $\leq$ 0.08) for defining an approximate close fit (Xiong et al., 2025). Furthermore, the Goodness-of-Fit Index (GFI=0.990) indicates that the model successfully captures 99% of the variance-covariance matrix.

Taken together, the collective behavior of these absolute and incremental fit indices confirms that the holistic hypothesized structural framework mirrors the empirical data beautifully. Therefore, the structural pathways and underlying theoretical assumptions embedded in this research are statistically justified, allowing for a reliable interpretation of the specific direct and indirect hypothesis paths.

Based on the item analysis results, two items within the help-seeking intention (HSI) dimension, namely Items 8 and 9, were identified as problematic items. Furthermore, the reliability analysis indicated that the Cronbach's alpha coefficient for HSI was 0.592, which falls within the poor reliability category (Cohen, Manion, & Morrison, 2007; Cooper & Schindler, 2003). The factor loading of Item 8 was, in fact, relatively similar to that reported in the original PATPSI, where the loading ranged from 0.32 to 0.47 (Turner, 2012). The phrase 'hal yang relatif mudah' (relatively easy thing) in item 8 introduces a conceptual ambiguity that likely shifts the item's measurement target from behavioral intention to perceived behavioral control, a theoretically distinct construct within Ajzen's Theory of Planned Behavior (Ajzen & Madden, 1986). Perceived behavioural control refers to an individual's belief regarding how easy or difficult it is to perform a particular behaviour. Although both constructs are grounded in the same theoretical framework, perceived behavioural control serves as a predictor of intention, whereas intention itself is considered the direct antecedent of behaviour.

For Item 9, the factor loading was extremely low and contributed minimally to the measurement of HSI. This finding contrasts sharply with the original PATPSI, in which Item 9 demonstrated relatively strong factor loadings ranging from 0.59 to 0.65 (Turner, 2012). One possible explanation for this discrepancy lies in the use of the phrase 'cemas atau kesal' (anxious or upset) in the item wording. Unlike other items that explicitly referred to "psychological disorders," the expression "anxious or upset" may be interpreted as a normal emotional condition commonly displayed by children and adolescents. Previous studies have shown that Indonesian parents tend to normalise children's mental health difficulties, suggesting that the phrase "anxious or upset" may not adequately capture the construct of help-seeking intention (Brooks, et al., 2022).

Regarding the help-seeking attitude (HSA) aspect, the finding that item 19 exhibits a low factor loading is inherently consistent with the original PATPSI version, which reported factor loadings for this item ranging between 0.18 and 0.37 (Turner, 2012). Compared to other HSA items, item 19 focuses more heavily on the extent to which an individual internalizes personal information, rather than directly relating to professional assistance. Furthermore, cultural variables render item 19 less applicable within the Indonesian context. In contrast to Western cultures, the Javanese ethnic group, which comprised the majority of this study's respondents,

adheres to a cultural value known as *'mikul nduwur mendhem njeru'*, meaning "to carry burdens high and bury them deep." This cultural ethos emphasizes that individuals should compartmentalize emotional burdens or severe problems rather than disclosing them openly to others (Anwar, Sofia, & Sariono, 2024). Additionally, Indonesian families with members experiencing psychological disorders or distress often worry about social perceptions and potential disgrace, which prompts them to conceal the issues they face (Baklien, Marthoenis, Aceh, & Thurston, 2023).

As for item 20, its factor loading marginally approached the acceptable threshold (Comrey & Lee, 1992), however, it fell short of the minimum criteria for the fair category and was notably lower than the loadings of other items. This finding contrasts sharply with the original PATPSI version, where item 20 demonstrated robust factor loadings between 0.78 and 0.89 (Turner, 2012). A primary suspected cause for this discrepancy is the presence of a ceiling effect. Out of 305 total respondents, 83.9% selected responses within the 4 to 5 range. Consequently, this restricted the item's discriminative power and diminished its covariance with other latent factors. Prior research indicates that floor or ceiling effects occur when more than 15% of respondents hit the maximum or minimum values. When this happens, instruments struggle to differentiate individuals at extreme endpoints, potentially compromising content validity and reliability (Terwee, et al., 2006). In addition, when the upper limits of a measure are reached, discriminating between the functioning of individuals within the upper range is difficult (Taylor, 2022).

Within the stigmatization dimension, all items consistently demonstrated strong factor loadings ranging from 0.653 to 0.815 alongside an adequate fit index, despite an RMSEA of 0.078 indicating a minor misfit. Nevertheless, this value remains acceptable, as Hair et al. (2019) note that a considerable body of research recommends an RMSEA cut-off threshold within the range of 0.05 to 0.08. Overall, the model fit for the stigmatization dimension aligns with empirical evidence showing that mental health services in Indonesia continue to encounter formidable barriers deeply rooted in stigma (Putri, et al., 2021). Not only do children experience difficulties, but parents also face "hidden stigma" from their social environment, which often blames them for their children's behaviour. This situation contributes to intense feelings of guilt and elevated parenting stress. Many parents also report feeling socially isolated due to society's lack of understanding of their children's behaviour (Lekatompessy et al., 2026).

## Conclusion and Recommendation

Based on the psychometric analyses, the Indonesian adaptation of the Parental Attitudes Toward Psychological Services Inventory (PATPSI) demonstrates satisfactory overall validity and reliability. Although items 8, 9, 19, and 20 exhibited weak psychometric performance and required close scrutiny, subsequent item deletion and model modification yielded acceptable fit indices across all three dimensions, establishing adequate construct validity. Rather than a direct replication, this instrument represents a culturally modified adaptation, highlighting the distinct sociocultural factors that shape parental perceptions of youth mental health services within the Indonesian context. However, these findings must be interpreted in light of certain methodological limitations, including the use of accidental sampling, demographic imbalances, and potential self-report biases that likely precipitated a

noticeable ceiling effect. Future research should prioritize replicating these findings using larger, more diverse samples to mitigate this effect, while further investigating external validity by correlating PATPSI scores with other established, psychometrically sound scales. Ultimately, this validated instrument provides practitioners, researchers, and policymakers with a robust tool to assess parental readiness, identify systemic barriers to care, and design culturally attuned interventions, thereby advancing the long-term accessibility of pediatric mental health services in Indonesia.

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