

*Original Research*

## **Help-Seeking behaviour for Mental Health Problems: The Bibliometric Analysis Comparing Research Trends from Malaysia and Other Countries**

**Ain Zuraini Zin Aris**

Ph.D. Candidate, School of Business Management,  
College of Business, Universiti Utara Malaysia.  
University Lecturer, Faculty of Business and  
Communication, Universiti Malaysia Perlis, Malaysia.

Corresponding Author:

[ain\\_zuraini\\_zin@oyagsb.uum.edu.my](mailto:ain_zuraini_zin@oyagsb.uum.edu.my),

[ainzuraini@unimap.edu.my](mailto:ainzuraini@unimap.edu.my)

ORCID iD: <https://orcid.org/0000-0002-1908-3243>

**Siti Zubaidah Othman**

Associate Prof., School of Business Management,  
College of Business, Universiti Utara Malaysia.

[zubaidah@uum.edu.my](mailto:zubaidah@uum.edu.my)

ORCID iD: <https://orcid.org/0000-0002-8576-2965>

Received: 27 October 2021

Accepted: 19 April 2022

### **Abstract**

Mental health problems have become one of the global health burdens, according to the reports from World Health Organization in 2020. By realizing the potential increase in mental health problems worldwide, the encouragement of help-seeking behaviour is pivotal to tackling the issue of mental health. Thus, this study aims to present the bibliometric analysis of help-seeking behaviour for mental health problems focusing on employees by using the Scopus database. The specific keywords and terms that fulfill the criteria related to this study were executed. In general, this study found that the research trends in help-seeking behaviour are growing but still lack empirical evidence that can help fully understand the scenario in the work context. Hence, further studies are warranted to improve the apprehensions on the issue.

**Keywords:** Mental Health, Help-Seeking Behavior, Bibliometric Analysis, Malaysia.

### **Introduction**

Mental health issues such as stress, depression and anxiety are common occupational health issues that negatively impact workers' well-being and, as a result, impair organizational performance. Given the prevalence of occupational stress and stressors, no one is resistant to the impact of mental health, regardless of job title, work setting or daily tasks. Furthermore, despite increased attention to this issue from numerous disciplines, mental health problems appear to rise in most organizations. According to the Institute of Health Metrics and Evaluation (2021), depression is a common mental illness in the world, with approximated 3.8% of the population impacted, involving 5.0% among adults and 5.7% among adults aged 60 years above. Proximately 280 million people worldwide have depression (ibid). In fact, since the declaration of the COVID-19 pandemic by World Health Organization in 2020, there has been an increase in mental health prevalence worldwide (Pfefferbaum & North, 2020). Mental health problems are treatable and preventable. However, getting treatment seems inconvenient for

many people (Phillips & Bruckmayer, 2020). Sufficient and effective interventions that encourage help-seeking are essential for prevention, early detection, prompt treatment and recovery from mental health problems (Hom, Stanley, Thomas & Joiner, 2015).

Thus, proper help-seeking from a mental health professional is pivotal to controlling and managing mental health problems among individuals. Nevertheless, many past studies reported that many people are reluctant to seek professional help for mental health problems. For example, Thornicroft (2007) reported that globally, more than 70% of adults and youngsters diagnosed with mental health problems do not get any mental health treatment from a professional. Besides that, Shi, Shen, Wang and Hall (2020) confirmed that most Chinese adults with mental health problems refuse to seek help from a mental health professional for mental health treatment. In another study, McLafferty et al. (2017) found that 22.3% of their respondents with mental health problems were informed that they would not seek help. Acknowledging the exhausting nature of mental health problems and the presence of mental health treatments, the concern for promoting help-seeking behavior is crucial to tackling mental issues in the community. The goal of controlling mental health problems can only be achieved if help recipients and help providers collaborate actively.

The underlying objective of this study is to identify trends in publications on the incidence of mental health and help-seeking behaviour from previous years until 2020. This study aims to emphasize the area of research, most cited documents, the institutions' co-authorship analysis, the keywords co-occurrence analysis, the prolific sources, the authors' co-authorship analysis, and the countries' co-authorship analysis on mental health and help-seeking. This study's findings are intended to provide a brief overview of the prospects of mental health research, allowing researchers and readers to grasp the knowledge that may contribute to their studies. The bibliometric analysis could stimulate significant engagements in existing mental health and help-seeking behaviour research and indirectly bring the proper analysis of its significance for collaborating both aspects to describe the issue in the community.

## Materials and Methods

### Design of the Study and Database Selection

A bibliometric analysis of research trends in mental health and help-seeking behavior is presented in this paper. Bibliometrics is a quantitative study of scientific publications and citations, concentrating on peer-reviewed journal papers. The Scopus database was the primary source for the information gathered using VOSviewer software. Of note, the Scopus database is one of the largest administered citation and abstract data archives, with a broad global and local scope of scientific journals, books and conference proceedings, while ensuring only high-quality data are listed through meticulous content selection and review by an independent Advisory Board and Content Selection committee (Baas Schotten, Plume, Côté & Karimi, 2020).

VOSviewer is a complimentary software developed by Van Eck and Waltman (2010), which effectively functions in co-citation and co-occurrence analysis. The exploration of research publications on mental health and help-seeking behavior, in general, is also focused on the research trends in the workplace context. This paper presents the outcome at multi-levels of aggregation to compare Malaysia's results and those in other parts of the world. The other section of this paper delves into help-seeking behavior for mental health in the Malaysian workplace and identifies active researchers' findings in the field.

### Data Collection

Bibliometric data was first retrieved on January, 14, 2021. The Scopus database was used to compute the keywords search for the terms mental health and help-seeking. This paper also uses general terms to describe mental health, such as psychological stress, depression and anxiety, and words associated with the workplace, such as occupational distress. The keywords “mental health” AND “help seeking” derived from TITLE-ABS-KEY were used to obtain specific search outcomes.

The retrieved data resulted in 343, 272 mental health publications worldwide from 1906 to 2020, of which 257, 244 were articles, 35,331 were review papers, 10,697 were editorial papers, 9270 were notes, 8992 were letters, 7642 were book chapters, 7039 were conference papers, 3587 were short surveys, 2130 were books and 870 were erratum. There were 316, 330 publications written in English, 5609 in French and the remainder in other languages.

Out of 343, 272 mental health publications results, 677 publications were recorded in the Malaysian population in which 581 were articles, 37 were review papers, 28 were conference papers, 9 were editorial documents, 6 were book chapters, 5 were letters, 4 were notes, 3 were books, 2 were data papers and 1 were conference reviews. Six hundred and seventy-five publications were written in English, one in Italian, one in Malay and one in Turkish.

Details appearing as Comma-Separated Values (CSV) and Research Information System (RIS) like authors, article sources, languages, years, the field of study and countries were transmitted to Microsoft Excel and the VOSviewer application for further analysis.

## Results

### Publication Trends

Research on mental health, in general, has been conducted for a long time. According to a Scopus database search, publications relating to “mental health” were available from 1906 to 2020. Since then, the number of studies on mental health has been steadily increasing.

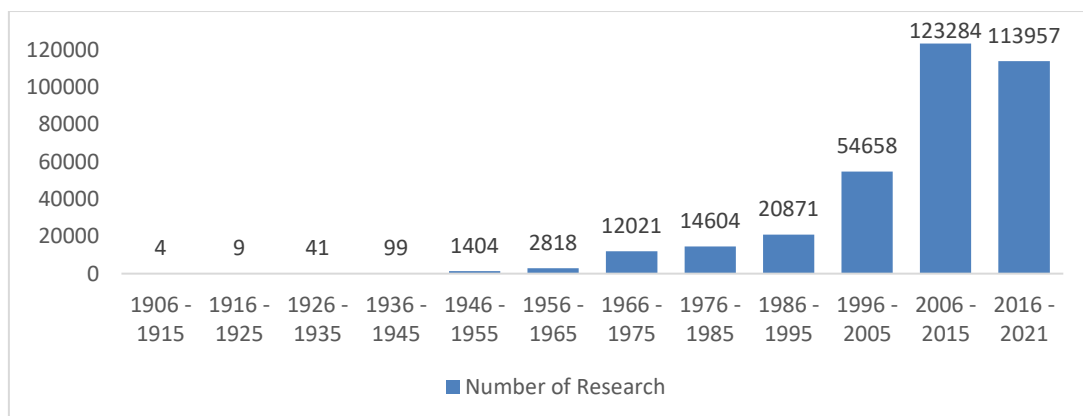


Figure 1: Mental health research's trends in the world

Figures 1 and 2 show that the number of papers on mental health has expanded globally and in Malaysia. Indeed, the proportion of 677 papers on mental health in Malaysia extracted from the Scopus database has increased.

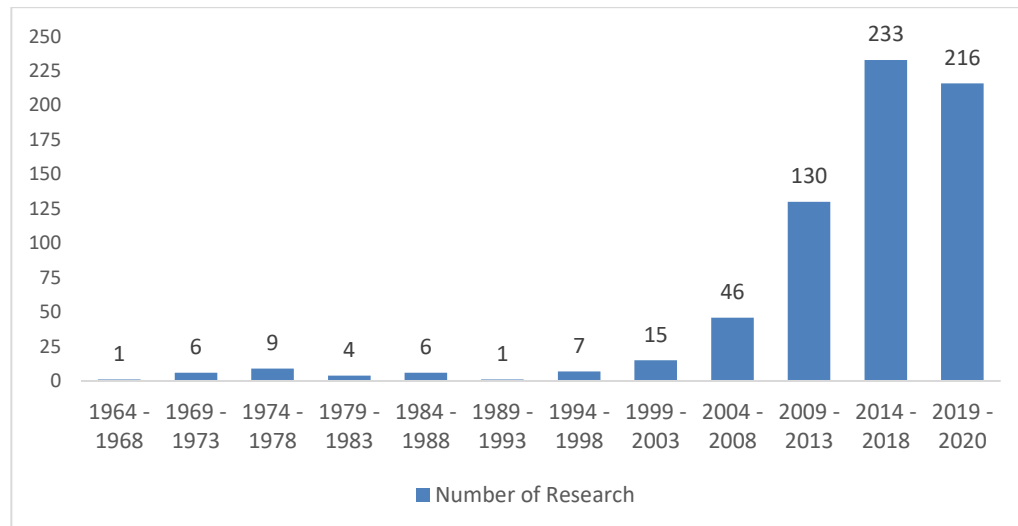


Figure 2: Mental health research's trends in Malaysia

The National Morbidity Health Survey (NHMS) was consistently conducted in Malaysia for at least 5 years to 10 years once since 1996 and reported that 10.7% of Malaysian adults had mental health problems; and continues to be reported in 2006 (11.2%), 2015 (29.2%) and 2019 (half a million Malaysian population). The acceleration of the prevalence of mental health problems was predicted to be the second most serious health problem affecting Malaysians in 2020 (Hassan, Hassan, Kassim & Hamzah, 2018). The mental health issue is expected to be the leading cause of global burden in both developed and developing countries by 2030 (WHO, 2008).

During the COVID-19 pandemic affecting the entire world, it is widely assumed that mental health problems will worsen more than expected, and in Malaysia, in particular, this was one of the most frequently discussed and emphasized issues. Many people have experienced emotional distress as a result of the pandemic and Movement Control Order (MCO), which has been followed by the impact on the working environment, such as the instruction for workers to work from home, while others have lost jobs and income, eliciting fear of uncertainty (Bernama, 2020). Furthermore, the Malaysian Ministry of Health recorded 465 attempted suicide cases between January and June 2020, which is concerning. As a result of the current burden and its trend, it is clear that this research topic is relevant and valuable.

The number of researches on help-seeking behavior around the globe from the database is 18, 645 documents by using the advanced search of TITLE-ABS-KEY (“help seeking”) OR (“help-seeking”) OR (“help-seeking behavior”). The figure was lower when compared to mental health. Meanwhile, research patterns of help-seeking behavior in Malaysia revealed that the area is fluctuating but increasing compared to previous decades. There are 101 published articles for help-seeking behavior research in Malaysia, as shown in Figure 3. It is limited when compared to international data.

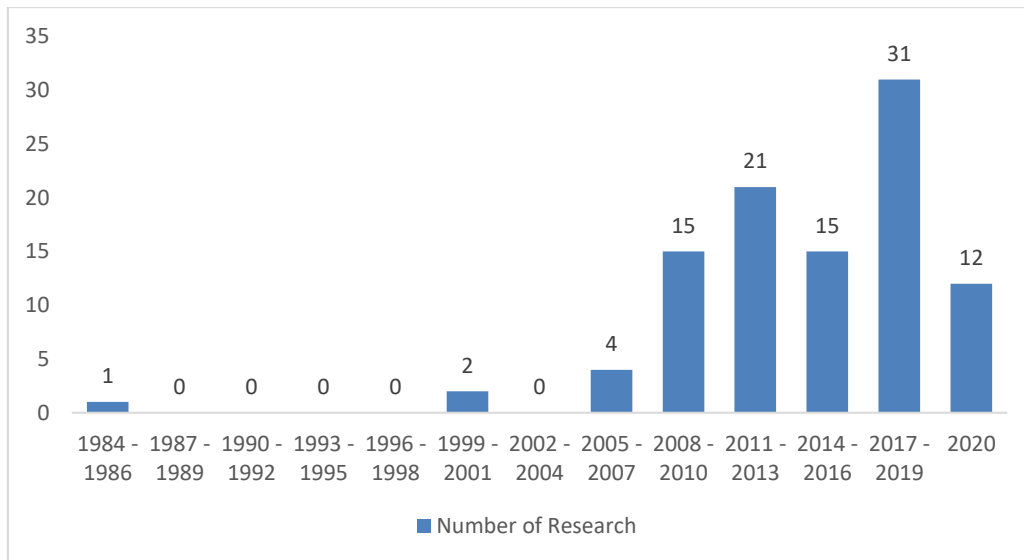


Figure 3: Help-seeking behavior research’s trends in Malaysia

Additional data is presented to analyze the research patterns for help-seeking behavior for mental health worldwide. According to the Scopus database analysis, 3192 documents are indexed. According to Figure 4, it is implied that the subject is of interest from year to year and keeps rose to date.

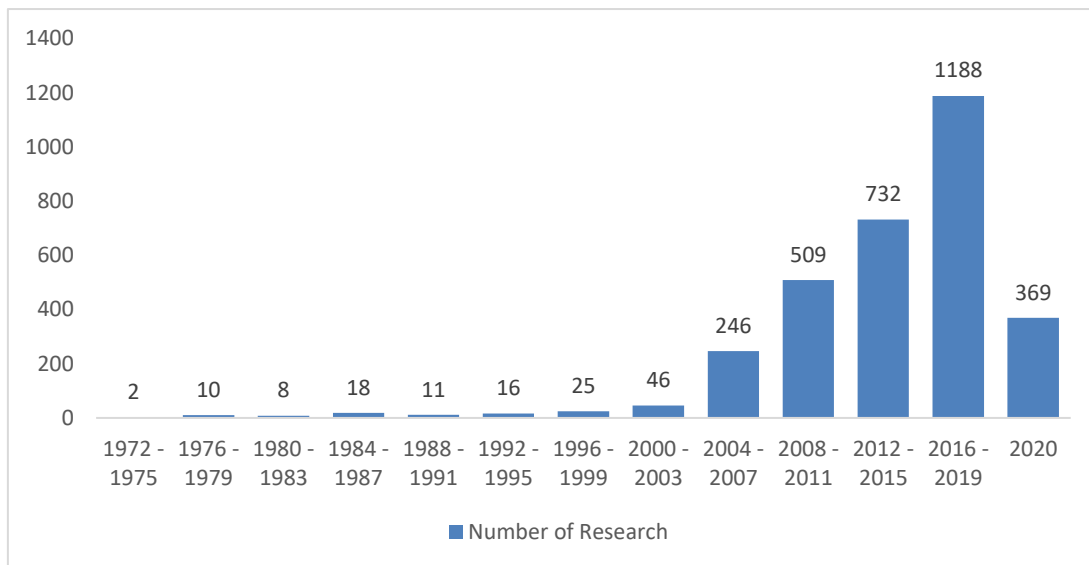


Figure 4: Help-seeking behavior research’s trends around the world

Compared to Malaysia, only 14 (Figure 5) out of a total of 101 (Figure 4) focus on research on help-seeking for mental health in Malaysia. As a result, more study is required to fill in the gap.

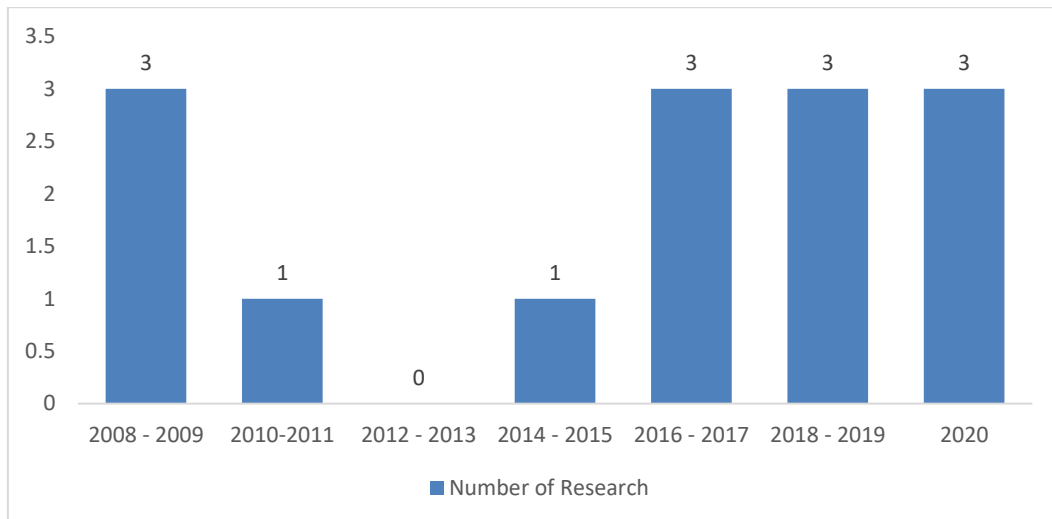


Figure 5: Help-seeking behavior for mental health Research's Trends in Malaysia

These research patterns of mental health, help-seeking behavior, and a combination of both assist in understanding the loop of knowledge, evidence and empirical gaps that require further investigation. Even though the subject of mental health has revealed the highest number of research both globally and in Malaysia, it is questionable that the area of help-seeking is understudied, although encouraging people to seek help is one of the most critical criteria in tackling the mental health issue. The question now is whether or not people are willing to seek help. Hence, exploring the factors leading to seeking mental health help is important and relevant to comprehending the entire issue.

Help-seeking is necessary to curb mental health issues effectively. The help-seeker is not reacting passively; instead, the behavior of seeking help is intentional by actively seeking help. Thus, simply comprehending the mental health issues would not suffice to resolve the entire issue. Early intervention to encourage help-seeking behaviour and treatment is associated with a long-term impact on mental health problems (McGorry, 2008). Furthermore, many people with common mental health problems, such as anxiety or depression, do not seek help immediately (Roness, Mykletun & Dahl, 2005). Hence, it is expected that research development in help-seeking behaviour will likely rise pertinent to what is happening today as a result of the new normal that people need help more than they may realize.

#### Analysis of Research Areas

The field of mental health and help-seeking behavior is wide. It is specified that medical contributions are the primary focus of mental health research, with psychology, social science and other disciplines following suit, as shown in Table 1. This means that the research topic under consideration in this review is also relevant from the standpoint of social sciences, which focuses on organizational behavior, occupational safety and health, and human resource management. The aspect articulates related theoretical issues that may influence or modify the consequences of mental health on overall work performance.

Table 1

*Top research area in mental health*

<i>Rank</i>	<i>Subject Area</i>	<i>Number of Publications</i>
1	Medicine	255, 208
2	Psychology	76, 799
3	Social Sciences	53, 200
4	Nursing	36, 643
5	Neuroscience	16, 343
6	Art and Humanities	15, 414

**Prolific Sources**

Table 2 shows a list of source titles rated based on the number of publications. Early Intervention in Psychiatry is reported to be the most prominent source title in help-seeking for mental health, with 92 publications. Other requisite sources include Psychiatric Services and BMC Psychiatry, which rank second and third with 81 and 79 publications, respectively. According to Table 2, the publications have provided relevant knowledge, allowing future researchers to rely on them as competent references in the field. Nevertheless, the findings indicate that help-seeking for mental health research has been widely published in various documents.

Table 2

*Top ten sources' titles for help-seeking behavior for mental health*

<i>Source Titles</i>	<i>Number of Publications</i>
Early Intervention in Psychiatry	92
Psychiatric Services	81
BMC Psychiatry	79
Australian and New Zealand Journal of Psychiatry	65
Social Psychiatry and Psychiatric Epidemiology	57
Psychiatry Research	50
Journal of Affective Disorders	49
Plos One	47
Asian Journal of Psychiatry	42
International Journal of Environmental Research and Public Health	41

**Most Cited Documents**

The top five most-cited documents in help-seeking for mental health research are listed in table 3. According to Aksnes et al. (2019), citations consider aspects reflected on scientific outcome and relevance with crucial limitations, however, they do not necessarily impact research quality. According to Table 3, Gulliver, Griffiths & Christensen (2010) paper is the most cited to date, with 1059 citations for the article "Perceived barriers and facilitators to mental health help-seeking in young people: A systematic review" published by BMC Psychiatry. Insel (2010) paper ranked second in the field in terms of citations, with 983 citations to date for an article titled "Rethinking schizophrenia". According to Table 3, the top three citations were from 2010, and the top five most cited documents for the subject show that help-

seeking for mental health has become more prevalent in recent decades. Globally, we discovered more research on the young population, women and schizophrenia, as evidenced by increased citations in articles in these fields.

*Table 3*

*Top five most cited documents in help-seeking behavior for mental health research in the world*

<i>Rank</i>	<i>Cites</i>	<i>Cites per Year</i>	<i>Authors</i>	<i>Year</i>	<i>Title</i>	<i>Source</i>
1	1059	96.27	Gulliver, A. et al.	2010	Perceived barriers and facilitators to mental health help-seeking in young people: A systematic review	BMC Psychiatry
2	983	89.36	Insel, T.	2010	Rethinking schizophrenia	Nature
3	706	64.18	Hunt, J.	2010	Mental health problems and help-seeking behavior among college students	Journal of Adolescent Health
4	556	46.33	Slade, T.	2009	2007 National Survey of Mental Health and Wellbeing: Methods and key findings	Australian and New Zealand Journal of Psychiatry
5	554	42.62	Vesga-Lopez, O.	2008	Psychiatric disorders in pregnant and postpartum women in the United States	Achieves of General Psychiatry

From the perspective of Malaysia, the top cited documents in help-seeking for mental health research belong to Hanafiah and Van Bortel (2015), who published an article titled “A qualitative exploration of the perspectives of mental health professionals on stigma and discrimination of mental illness in Malaysia” in the International Journal of Mental Health Systems, which has received 31 citations to date. Yeap and Low (2009), with a paper titled “Mental health knowledge, attitude and help-seeking tendency: A Malaysian context”, is the most-cited document on the topic in Malaysia, with 27 citations published by Singapore Medical Journal. Similar to the global trend, the focus was on schizophrenia in Malaysia, focusing on general populations. The trends also revealed that mental health and help-seeking research became a hot topic after the pandemic.



Table 4

*Top five most cited documents in help-seeking behavior for mental health research in Malaysia*

Rank	Cites	Cites per Year	Authors	Year	Title	Source
1	31	5.17	Hanafiah, A. N & Van Bortel, T.	2015	A qualitative exploration of the perspectives of mental health professionals on stigma and discrimination of mental illness in Malaysia	International Journal of Mental Health Systems
2	27	2.25	Yeap, R. & Low, W.	2009	Mental health knowledge, attitude and help-seeking tendency: A Malaysian context	Singapore Medical Journal
3	24	1.85	Swami, V.	2008	Beliefs about schizophrenia and its treatment in Kota Kinabalu, Malaysia	International Journal of Social Psychiatry
4	6	6.00	Yau, E. K. B.	2020	The behaviour changes in response to COVID-19 pandemic within Malaysia	Malaysian Journal of Medical Sciences
5	5	1.25	Ab Razak, A.	2017	Cultural construction of psychiatric illness in Malaysia	Malaysian Journal of Medical Sciences

Table 5 lists the top six authors who have published documents on help-seeking for mental health at the international level. Jorm has the most publications followed by Schomerus (25 publications), Thornicroft (25 publications), Christensen (23 publications), Lubman (21 publications) and Greenberg (19 publications). So far, Australia and the United Kingdom have dominated research in this area.

Table 5

*Status of authors published help-seeking for mental health research in the world*

Rank	Author	Articles	H-index	Affiliation	Country
1	Jorm, A. F.	49	104	Melbourne School of Population and Global Health, Centre for Mental Health	Australia
2	Schomerus, G.	25	30	Universitätsklinikum Leipzig und Medizinische Fakultät, Klinik und Poliklinik für Psychiatrie und Psychotherapie, Leipzig	Germany
3	Thornicroft, G.	25	91	King's College London	United Kingdom
4	Christensen, H.	23	96	UNSW Sydney	Australia
5	Lubman, D. I.	21	54	Eastern Health, Turning Point, Australia Faculty of Medicine, Clayton	Australia
6	Greenberg, N.	19	43	King's College London	United Kingdom

### Authors Co-authorship Analysis

Correlative research has a positive relationship with the number of publications and the impact of the publications (Scarazzati & Wang, 2019). One of the most well-known types of collaborative networks is co-authorship. Figure 6 presented a network visualization of co-authorship in help-seeking for mental health research. Every circle represents the author, and the size of the circle represents the number of publications. The line connecting the circles represents the authors 'cooperative connection, and the lines' width represents the collaboration's strength.

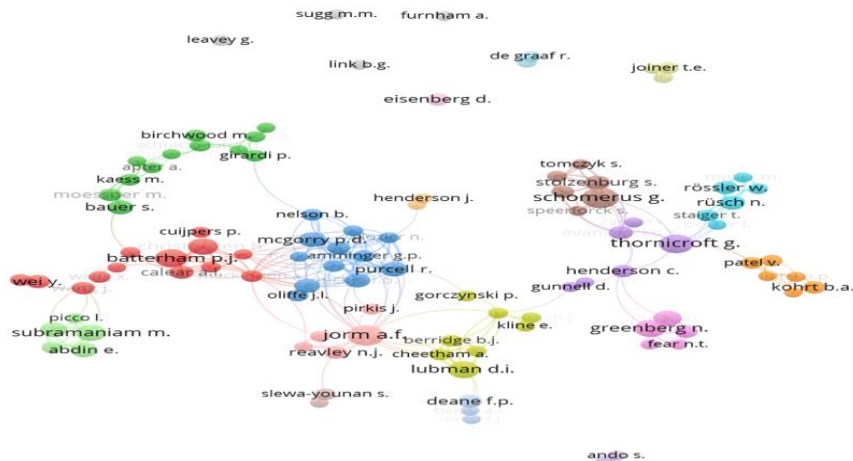


Figure 6: Network of authors' co-authorship

In the co-authorship analysis using VOSviewer, a total of 22 clusters were discovered. Thirteen authors obtained at least three networks related to each other out of 103 authors of related research on help-seeking for mental health through the Scopus database. Batterham had the largest cluster, which included 13 different authors in the network. Apter and Ammiger are ranked second and third, respectively, with 12 authors in the network. At the same time, the next in line is Berridge, B. J. (8 authors), Evans-Lacko, S. (6 authors), Becker, T. (6 authors), Jordans, M. J. D. (6 authors), Muehlan, H. (6 authors), Fear, N. T. (5 authors), Hart, L. M. (5 authors), Abdin, E. (5 authors), Baker, A. L. (3 authors), Hom, M. A. (3 authors), Ando, S. (2 authors), de Graaf, R. (2 authors), Henderson, J. (2 authors), Guajardo, M. G. U. (2 authors). So far, Eisenberg, D., Furnham, A., Leavey, G., Link, B. G., and Sugg. M. M. has been identified as a cluster with no collaborative network.

### Countries Co-authorship Analysis

The co-authorship network is divided into seven clusters based on the countries involved in the research. Figure 7 shows the top ten countries for co-authorship networks in mental health help-seeking. According to Table 6, the United States is the leading country in the number of publications (1225). Australia comes in second with 532 publications, followed by the United Kingdom (512), Canada (268), Germany (159), the Netherlands (129), India (85), Italy (74), Switzerland (74) and China (68). According to the findings, Malaysia is classified as part of the third cluster, which includes China, Hong Kong, Japan, Kenya, Pakistan, Singapore, Taiwan, and Vietnam.

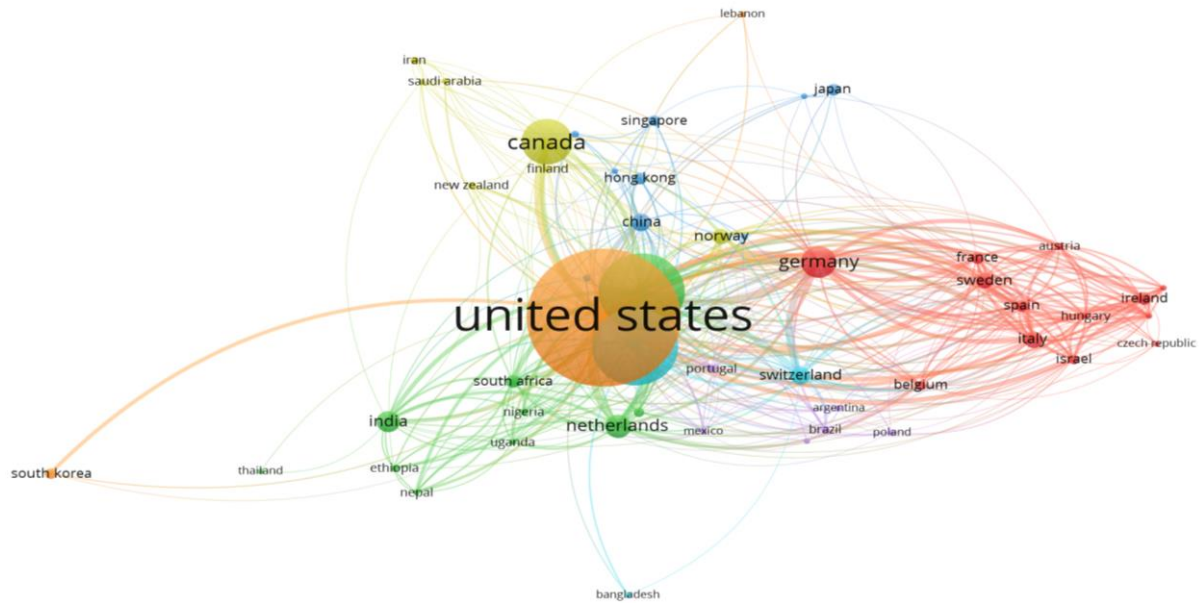


Figure 7: Network of countries co-authorship

Table 6  
Status of the top ten countries

Rank	Countries	Publications	Percentage (%)
1	United States	1225	39.18
2	Australia	532	17.01
3	United Kingdom	512	16.38
4	Canada	268	8.57
5	Germany	159	5.09
6	Netherlands	129	4.13
7	India	85	2.72
8	Italy	74	2.37
9	Switzerland	74	2.37
10	China	68	2.18

**Keywords Co-Occurrence Analysis**

Figure 9 represents a network of the co-occurrence of the author's keywords. There are 244 keywords reported in the findings, with 13 clusters. “Mental health” is the overarching theme of all research in this field. Other commonly used keywords include stigma, help-seeking behaviour, adolescents, barriers, and anxiety. This figure suggests that research on help-seeking behaviour for mental health has an integrative approach across various subjects, including medicine, psychology, and social sciences.



review” published in BMC Psychiatry ranks as the top cited publication. This article presents a summary to understand the issue of mental health help-seeking among youngsters by focusing on the potential barriers and factors behind it by referring to 22 published studies. The findings of this article gave a great contribution to other researchers to look forward to developing another related research for extending the knowledge on this issue. This article concluded that perceived stigma and embarrassment, preference for self-reliance, and problems at recognizing symptoms as the most significant barriers to help-seeking. The interesting outcome of this study stated that though the barriers were acknowledged; however, the factors behind how and why the youngsters refuse to seek mental health help are under-studied.

On the other hand, an article by Hanafiah and Van Bortel (2015) ranks as the current top research paper on help-seeking behavior for mental health in Malaysia. The title itself brings a hint at what is happening in Malaysia in regard to help-seeking and mental health. The article is providing qualitative research by reporting in-depth interview outcomes of 15 mental health professionals from the government and private sectors. Based on the reviews of the mental health professionals, they declared that there is an urgent requirement to deal with the stigma of mental health issues and problems or mental illness and its effects, particularly by increasing mental health and well-being knowledge and literacy in Malaysia. The perspective of mental health professionals reported in this article helps other future interested researchers to take into account their views in discussing the issue that happens to individuals that need mental health help.

Through a review of the top leading studies in worldwide ranks and in Malaysia, the exploration of these studies is varied to different groups of respondents or research targets but the inputs are valuable to understand the issue of help-seeking for mental health problems. It can be seen that the top studies worldwide rank published within the year 2008 – 2010 while in Malaysia, the publication of these top studies is within the year 2008 – 2020. This shows that Malaysia is currently moving forward and is interested to study on that matter. The research trends of help-seeking reported in Malaysia is indicated that the issue is growingly demand and needs further exploration for better understanding and knowledge to manage mental health problems in the country.

While we recognize the limitations and cautions in using bibliometrics to assess research volume and impact, we may draw few broad conclusions and make some tentative policy recommendations. These results are descriptive in nature, in the sense that they reflect what happened in mental health and help-seeking behaviour research up to 2021 but do not and cannot explain why those patterns occurred. However, we may deduce a number of emerging policy findings that might be worth investigating more in the future. This is discussed next.

- i. The comparative analysis showed that number of publications was high in developed countries such as United Kingdom, Australia or Canada, while developing countries have lower rate of publications. This suggests that relatively developing countries that are underperforming in terms of number of publications in mental health and help-seeking behaviour should specialize more if they want to improve their worldwide effect. Clearly, they have concluded that mental health research is not a strategic priority, and their resources may have been diverted to other areas such as chronic diseases.
- ii. The disproportionate increase in mental health research papers in the field of medicine is one of the most remarkable findings of this study. One of the driving

forces behind this could be because of an increase in research funding. Due to the diversity and diverse arrangements of funding in different nations, it is notoriously difficult to determine the amount of funding going into different fields of medicine. In United States and United Kingdom as well as Australia, there are national level survey assessing the mental health of the population indicating more focus have been placed in this area and hence may increase the budget allocations for researchers to conduct research in this field. This was also observable in Malaysian setting.

- iii. The research on help-seeking behaviour needs to be enhanced as this subject matter is impactful to discuss people's readiness and preferences for managing mental health. As mental health problems can happen to anyone, the expansion of help-seeking behaviour's research to a specific or certain group of people such as children, teenagers, young adults, old adults in general, men versus women, or employees and unemployed people will be beneficial. Focusing on those that are at risk of mental health issues is a good start to targeting the respondent for the help-seeking behaviour study. The findings of these studies will give broader ideas on help-seeking behaviour in works of literature.
- iv. To the best of the researcher's knowledge, there is very scarce literature on bibliometric analysis for help-seeking behaviour related to mental health. Thus, this paper hopes to bring insights into the importance of enriching the subject matter for tackling mental health issues.

One of the most common criticisms of mental health research is that it has not been adequately translated from the bench to the bedside. That's have been the main focus in this study to evaluate the help-seeking behaviors among patients. The low prevalence of help-seeking behaviors reflects the lack of basic scientific understanding of mental health unlikely to other chronic disease condition. However, it is worth noting that the output of basic research increased at a quicker rate than that of clinical research over the period studied. Clearly, more research is needed to better comprehend the link between basic and clinical research in mental health and help-seeking behavior as current publications on this topic with higher impacts focused more on general population, young population and post-partum women. The topic of whether the mental health translation gap is attributable to financial policies or a lack of scientific tractability still remain unsolved. Researchers, especially those who focus on mental health, must undergo a comparable effort to assess the impact of research funding as they strive to justify and gain more resources to fund an existing and growing array of scientific prospects. As a result, an evidence base will be able to be built that will drive future funding strategy, policy, and processes.

### Conclusions

According to the bibliometric analysis in this paper, the number of help-seeking behavior for mental health research is increasing year by year, with the highest number of publications being 369 in 2020 worldwide. Although the research field is still relatively new in Malaysia, the number of publications is growing. More research in Malaysia is required to expand the research findings to understand the behavior of Malaysians in dealing with mental health problems. As a result, the conclusive analysis can be further investigated to determine the factors that lead to help-seeking behavior when dealing with mental health problems. In this



regard, bibliometric analysis has been useful in describing the nature of mental health and help-seeking behaviors research and quantifying its volume and impact.

### References

- Aksnes, D. W., Langfeldt, L. & Wouters, P. (2019). Citations, citation indicators, and research quality: An overview of basic concepts and theories. *SAGE Open*, 9(1). <https://doi.org/10.1177/2158244019829575>
- Baas, J., Schotten, M., Plume, A., Côté, G. & Karimi, R. (2020). Scopus as a curated, high-quality bibliometric data source for academic research in quantitative science studies. *Quantitative Science Studies*, 1(1), 377-386. [https://doi.org/10.1162/qss\\_a\\_00019](https://doi.org/10.1162/qss_a_00019)
- Bernama (2020). *Nearly 500,000 M'sians experiencing symptoms of depression*. Retrieved from <https://www.dailyexpress.com.my/news/159718/nearly-500-000-m-sians-experiencing-symptoms-of-depression/>
- Gulliver, A., Griffiths, K. M. & Christensen, H. (2010). Perceived barriers and facilitators to mental health help-seeking in young people: A systematic review. *BMC psychiatry* 10, 113. <https://doi.org/10.1186/1471-244X-10-113>
- Hanafiah, A. N. & Van Bortel, T. (2015). A qualitative exploration of the perspectives of mental health professionals on stigma and discrimination of mental illness in Malaysia. *International Journal of Mental Health Systems*, 9, 10. <https://doi.org/10.1186/s13033-015-0002-1>
- Hassan, M. F., Hassan, N. M., Kassim, E. S. & Hamzah, M. I. (2018). Issues and challenges of mental health in Malaysia. *International Journal of Academic Research in Business and Social Sciences*, 8(12), 1685-1696. <https://doi.org/10.6007/IJARBS/v8-i12/5288>
- Hom, M., Stanley, I., Thomas, E. & Joiner, J. (2015). Evaluating factors and interventions that influence help-seeking and mental health service utilization among suicidal individuals: A review of the literature. *Clinical Psychological Review*, 40, 28-39. <https://doi.org/10.1016/j.cpr.2015.05.006>
- Insel, T.R. (2010). Rethinking schizophrenia. *Nature* 468, 187-193. <https://doi.org/10.1038/nature09552>
- Institute of Health Metrics and Evaluation (2021). Global Health Data Exchange (GHDx). Retrieved from <http://ghdx.healthdata.org/gbd-results-tool?params=gbd-api-2019-permalink/d780dffbe8a381b25e1416884959e88b>
- McGorry, P. D. (2008). Is early intervention in the major psychiatric disorders justified? Yes. *BMJ*, 337, a695. <https://doi.org/10.1136/bmj.a695>
- McLafferty, M., Lapsley, C. R., Ennis, E., Armour, C., Murphy, S., Bunting, B. P., Bjourson, A. J., Murray, E. K. & O'Neill, S. M. (2017). Mental health, behavioural problems and treatment seeking among students commencing university in Northern Ireland. *PLOS ONE*, 12(12) e0188785. <https://doi.org/10.1371/journal.pone.0188785>
- Pfefferbaum, B. & North, C. S. (2020). Mental health and the Covid-19 pandemic. *The New England Journal of Medicine*. 383(6), 510 - 512. <https://doi.org/10.1056/NEJMp2008017>
- Phillips, W. & Bruckmayer, M. (2020). *Children and mental health: Preventive approaches to anxiety and depression*. Publications Office of the European Union <https://doi.org/10.2767/760847>

- Roness, A., Mykletun, A. & Dahl, A. A. (2005). Help seeking behavior in patients with anxiety disorder and depression. *Acta Psychiatrica Scandinavica*, 111 (1), 51-58. <https://doi.org/10.1111/j.1600-0447.2004.00433.x>
- Scarazzati, S. & Wang, L. (2019). The effect of collaborations on scientific research output: The case of nanoscience in Chinese regions. *Scientometrics*, 121(2), 839-868. <https://doi.org/10.1007/s11192-019-03220-x>
- Shi, W., Shen, Z., Wang, S. & Hall, B. J. (2020). Barriers to professional mental health help-seeking among Chinese adults: A systematic review. *Frontiers in Psychiatry*, 11, 442. <https://doi.org/10.3389/fpsyt.2020.00442>
- Thornicroft, G. (2007). Most people with mental illness are not treated. *Lancet*, 370(9590), 807-808. [https://doi.org/10.1016/S0140-6736\(07\)61392-0](https://doi.org/10.1016/S0140-6736(07)61392-0)
- Van Eck, N. J. & Waltman, L. (2010). Software survey: VOSviewer, a computer program for bibliometric mapping. *Scientometrics*, 84(2), 523-538. <https://doi.org/10.1007/s11192-009-0146-3>
- WHO (2008). *The Global Burden of Disease Report: 2004 Update*. Geneva: WHO. [http://www.who.int/healthinfo/global\\_burden\\_disease/GBD\\_report\\_2004update\\_full.pdf](http://www.who.int/healthinfo/global_burden_disease/GBD_report_2004update_full.pdf)
- Yeap, R. & Low, W. (2009). Mental health knowledge, attitude and help-seeking tendency: A Malaysian context. *Singapore Medical Journal*, 50(12), 1169-1176.