

## Gender Differences in Adolescents' Help-Seeking Behaviours and Intentions During Psychosocial Incidents

The current Infographic is based on an Honours project that used UPLOADS data, and a structured survey to investigate whether there are gender differences in adolescents' help-seeking behaviour and intentions for psychosocial problems in led outdoor activities (LOAs). Psychosocial problems pose a significant threat to the well-being of adolescents, who are especially susceptible to such challenges. Help-seeking behaviours and intentions are influenced by a range of factors (e.g., social norms), and differ by gender.

- Psychosocial problems refer to emotional or psychological challenges, causing difficulties in personal or social functioning, which can negatively impact mental health.
- Help-seeking intentions refer to the conscious planning to communicate about a problem, emotional pain, or psychological issue, to obtain support or advice.
- Help-seeking behaviour refers to active communication to seek assistance.

The study was conducted over two phases.

Phase 1 utilised existing, de-identified psychosocial incident data from UPLOADS to investigate the following research question: **Are there gender differences in adolescents' help-seeking behaviour for psychosocial problems in led outdoor activities?** The analysis included 174 psychosocial incidents from participants aged between 13–17 years (102 females, 72 males), captured between the years 2018–2022. A specific focus of the analysis was to differentiate between those who actively sought help and those who were observed by others as needing help for psychosocial problems.

In Phase 2, an online questionnaire was used to investigate the following research question: **Are there gender differences in adolescents' help-seeking intentions for psychosocial problems in led outdoor activities?** Two secondary analyses were also conducted in Phase 2 to explore whether (i) there are gender differences in adolescents' intentions to seek help from an adult LOA supervisor, and (ii) whether past help-seeking behaviour influenced adolescents' current help-seeking intentions. A total of 22 adolescents aged between 13–17 years old completed the survey (10 females, 12 males).

Adolescents' not identifying as female or male, which was less than (<1%), were not included in this study. Results of the study are presented in the Infographic.