**Supplementary Appendix**

**Appendix Table 1**. Three-class model: Estimated probabilities by latent class membership

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **#** | **Help-seeking preference indicators (Total n=815)** | **Population proportion****(Total n = 815)**  | **Class 1 [Multiple source]****(n=137, 17%)** | **Class 2 [Non-seekers]****(n=251, 31%)** | **Class 3 [MHPCP]****(n=427,52%)** |
| 1 | Friends | 0.799 | 0.968 | 0.606 | 0.859 |
| 2 | Intimate partners (e.g. girlfriend/boyfriend and husband/wife) | 0.737 | 0.919 | 0.548 | 0.792 |
| 3 | Family | 0.731 | 0.929 | 0.515 | 0.797 |
| 4 | Mental health professionals (e.g. psychologist, social worker, counselor, psychiatrist) | 0.690 | 0.994 | 0.093 | 0.943 |
| 5 | Classmates | 0.507 | 0.848 | 0.339 | 0.495 |
| 6 | School counselors in the Student Counseling Center, University of Macau | 0.492 | 0.970 | 0.034 | 0.611 |
| 7 | Phone helpline | 0.355 | 0.868 | 0.020 | 0.387 |
| 8 | Other helpers in Mental Health Organization in Macao (e.g. Sheng Kung Hui Macau, Caritas, Education, and Youth Affairs Bureau) | 0.331 | 0.878 | 0.000 | 0.351 |
| 9 | General medical practitioners | 0.309 | 0.888 | 0.012 | 0.297 |
| 10 | Colleagues | 0.293 | 0.735 | 0.121 | 0.251 |
| 11 | Teachers | 0.282 | 0.884 | 0.030 | 0.235 |
| 12 | Religious leaders (e.g. Priest, Rabbi, Chaplain, monk) | 0.168 | 0.527 | 0.035 | 0.130 |
| 13 | Traditional Chinese medicine (TCM) doctors | 0.160 | 0.609 | 0.024 | 0.092 |
| 14 | Fortune-tellers  | 0.095 | 0.341 | 0.023 | 0.056 |

*Note*: MHPCP = mental health professionals and close people

**Appendix Table 2.** Multicollinearity diagnostic test results

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Variables(correlation matrix of coefficients) | VIF | Self-stigma | Public stigma | Losing face concern | Perceived social support | Depression | Anxiety | Stress | PTSD |
| Self-stigma | 3.36 | 1.000 |  |  |  |  |  |  |  |
| Public stigma | 2.92 | -0.557 | 1.000 |  |  |  |  |  |  |
| Losing face concern | 2.84 | -0.026 | -0.153 | 1.000 |  |  |  |  |  |
| Perceived social support | 1.67 | 0.050 | 0.156 | -0.238 | 1.000 |  |  |  |  |
| Depression | 1.61 | -0.053 | 0.010 | -0.119 | 0.207 | 1.000 |  |  |  |
| Anxiety | 1.27 | 0.022 | -0.028 | -0.060 | -0.059 | -0.275 | 1.000 |  |  |
| Stress | 1.20 | -0.005 | -0.027 | 0.016 | -0.037 | -0.464 | -0.491 | 1.000 |  |
| PTSD | 1.14 | -0.081 | -0.015 | 0.092 | 0.095 | -0.022 | -0.182 | -0.076 | 1.000 |

*Note*: this table displayed the VIF (variance inflation factor) and correlation matrix of coefficients between main variables.

**Appendix Table 3** Correlations and covariance between help-seeking preferences indicators

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| # | Help-seeking preferences indicators [r (covariance)] | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 1 | Intimate partners (e.g. girlfriend/boyfriend and husband/wife) | 1.000(0.194) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | Friends | 0.424(0.075) \*\* | 1.000(.160932) |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | Family | 0.242(0.047) \*\* | 0.262(0.047) \*\* | 1.000(0.197) |  |  |  |  |  |  |  |  |  |  |  |
| 4 | Mental health professionals (e.g. psychologist, social worker, counselor, psychiatrist) | 0.245(0.050) \*\* | 0.280(0.052) \*\* | 0.305(0.063) \*\* | 1.000(0.216) |  |  |  |  |  |  |  |  |  |  |
| 5 | Phone helpline | 0.198(0.042) \*\* | 0.193(0.037) \*\* | 0.230(0.049) \*\* | 0.457(0.102) \*\* | 1.000(0.229) |  |  |  |  |  |  |  |  |  |
| 6 | General medical practitioners | 0.133(0.027) \*\*  | 0.144(0.027) \*\* | 0.184(0.038) \*\* | 0.384(0.083) \*\* | 0.420(0.093) \*\* | 1.000(0.214) |  |  |  |  |  |  |  |  |
| 7 | Teachers | 0.164(0.032) \*\* | 0.206(0.037) \*\* | 0.202(0.040) \*\* | 0.348(0.073) \*\* | 0.310(0.067) \*\* | 0.483(0.101) \*\* | 1.000(0.203) |  |  |  |  |  |  |  |
| 8 | Religious leaders (e.g. Priest, Rabbi, Chaplain, monk) | 0.060(0.010) | 0.095(0.014) \* | 0.080(0.013) \* | 0.233(0.041) \*\* | 0.250(0.045) \*\* | 0.303(0.052) \*\* | 0.352(0.059) \*\* | 1.000(0.140) |  |  |  |  |  |  |
| 9 | Traditional Chinese medicine (TCM) doctors | 0.146(0.024) \*\* | 0.143(0.021) \*\* | 0.143(0.023) \*\* | 0.237(0.040) \*\* | 0.322(0.056) \*\* | 0.405(0.069) \*\* | 0.352(0.058) \*\* | 0.324(0.044) \*\* | 1.000(0.134) |  |  |  |  |  |
| 10 | Fortune-tellers | 0.097(0.013) \* | 0.058(0.007) | 0.044(0.006) | 0.1553(0.021) \*\* | 0.217(0.030) \*\* | 0.229(0.031) \*\* | 0.264(0.035) \*\* | 0.304(0.033) \*\* | 0.341(0.037) \*\* | 1.000(0.086) |  |  |  |  |
| 11 | School counselors in the Student Counseling Center, University of Macau | 0.242(0.053) \*\* | 0.280(0.056) \*\* | 0.187(0.041) \*\* | 0.560(0.130) \*\* | 0.409(0.098) \*\* | 0.351(0.081) \*\* | 0.354(0.080) \*\* | 0.214(0.040) \*\* | 0.295(0.054) \*\* | 0.211(0.031) \*\* | 1.000(0.250) |  |  |  |
| 12 | Other helpers in Mental Health Organization in Macao (e.g. Sheng Kung Hui Macau, Caritas, Education, and Youth Affairs Bureau) | 0.207(0.043) \*\* | 0.191(0.036) \*\* | 0.215(0.045) \*\* | 0.448(0.098) \*\* | 0.481(.108) \*\* | 0.392 (0.085) \*\* | 0.375(0.080) \*\* | 0.290(0.051) \*\* | 0.356(0.061) \*\* | 0.201 (0.028) \*\* | 0.585(0.138) \*\* | 1.000(0.222) |  |  |
| 13 | Colleagues | 0.231(0.046) \*\* | 0.229(0.042) \*\* | 0.159(0.032) \*\* | 0.215(0.098) \*\* | 0.210(0.046) \*\* | 0.275(0.058) \*\* | 0.375(0.077) \*\* | 0.215(0.037) \*\* | 0.294(0.049) \*\* | 0.216(0.029) \*\* | 0.207(0.047) \*\* | 0.240(0.051) \*\* | 1.000(0.208) |  |
| 14 | Classmates | 0.2367(0.052) \*\* | 0.380(0.076) \*\* | 0.260(0.058) \*\* | 0.189(0.044) \*\* | 0.131(0.031) \*\* | 0.150(0.035) \*\* | 0.324(0.073) \*\* | 0.142(0.027) \*\* | 0.148(0.027) \*\* | 0.101(0.015) \* | 0.161(0.040) \*\* | 0.168(0.040) \*\* | 0.533(0.121) \*\* | 1.000(0.250) |

*Note*: \**p*< .05; \*\* *p*< .001, r = magnitude of the correlation coefficient



**Appendix Figure 1**: Estimated indicator probabilities for the five-class model in the help-seeking preferences