

**Self-concealment, depressive symptoms, and seeking professional help:
Evidence of an invariance model** (pp. 541-561)

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This study examines the relationship structure between self-concealment, depressive symptoms, and professional help-seeking, and evaluates its invariance by gender in a sample of 500 Chilean university students. Multi-group structural equation models were used to examine invariance and the relationship structure between variables. The hypothesized model showed a good fit to the data, $\chi^2(132) = 189.793, p < .050$, CFI = .993, TLI = .991, RMSEA = .030 [.020, .039], SRMR = .052, and achieved strict (residual) invariance. For both groups, self-concealment is directly and significantly related to depressive symptoms. In female there is a significant inverse relationship between self-concealment and professional help-seeking, while in male self-concealment has an indirect relationship with professional help-seeking, mediated by depressive symptoms. These results underscore the hindering role of self-concealment and the importance of considering gender differences in understanding professional help-seeking for mental health.

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