

Identifying barriers to help-seeking from mental health professionals in the general population and mental disorders

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mental disorder, fear of burden for families and reliance on self are the main barriers in mental disorders population.

Declarations

Conflict of Interest

Authors declare that they have no conflicts of interest.

Ethics approval and consent to participate

Ethical approval was issued by *Ethics Committee* of Shiraz University of Medical Sciences with the code of IR.SUMS.REC.1401.263 and IR.SUMS.REC.1401.264. The study was run consistent with the specifications of the Helsinki Declaration. All participants provided informed consent.

Data availability

The datasets of this article are available from the corresponding author on reasonable request.

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Author contributions

Esmail Soltani, Amir Bazrafshan, Fereshte Bahreini and Somayeh Zaremohazabiyeh contributed to the study conception and design. Material preparation and data collection were performed by Fereshte Bahreini and Somayeh Zaremohazabiyeh. Analyses of data were performed by Esmail Soltani. Esmail Soltani wrote the first draft of the manuscript. Esmail Soltani, Amir Bazrafshan, Fereshte Bahreini and Somayeh Zaremohazabiyeh read and approved the final manuscript. All authors commented on the manuscript draft.

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