Expressed Emotion as Moderator Between Openness to Experience and Help-Seeking Attitude Towards Telepsychology of Filipino Generation Zoomers

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Abstract: This study aimed to explore whether expressed emotion moderates Generation Z's openness to experience and help-seeking attitude toward telepsychology and the extent to which the expressed emotion modifies that relationship. A total of 395 people belonging to the said generation participated in an online survey accomplished through Google Forms. The study used a correlational research method that focused on moderation to examine the relationship between Generation Z's openness to experience and their attitude toward telepsychology. Hence, this study sought to increase Generation Z's knowledge of mental health, including Philippine mental health conditions, as they develop a sense of responsibility, reduce ambiguity through telepsychology platforms, and improve their communication skills, which are crucial for ideal emotional socialization. Results have shown that expressed emotion does not seem to have a noticeable effect on Generation Z's attitudes toward seeking help through telepsychology. Nevertheless, there was a favorable correlation between being open to new experiences and having a willingness to seek help through telepsychology. The study adds to the growing body of knowledge on the mental health dynamics of Filipino Generation Z, and it offers beneficial information for the generation, professionals in mental healthcare, educators, and policymakers looking for enhanced support systems and interventions that meet the specific psychological needs of Filipino Generation Zoomers.

Keywords: expressed emotion; generation z; help-seeking attitude; openness to experience; telepsychology

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Introduction

Although there are many resources promoting mental health awareness in the Philippines, mental health stigma is very evident in the country. Filipinos are skeptical when it comes to mental health (Martinez et al., 2020). Stigma against those suffering from mental diseases is widespread and there appears to be a lack of sensitivity while discussing mental health issues. At home, school, work, and healthcare settings, stigmatizing attitudes and discriminatory acts are evident. Moreover, aside from the stigma that continually arises, other concerns that are being faced by the Filipinos when it comes to mental health is seeking help (Rivera & Antonio, 2017). Also, many Filipinos are hesitant to seek professional help as they believe that other people may find out about their condition and they are afraid to be labeled "crazy" or "weak". Also, the high costs for availing mental health care services are their concern as well (Subingsubing, 2023).

Nonetheless, telepsychology has become beneficial in different aspects. 70 percent of countries have utilized telemedicine to overcome face-to-face service outages, however its utilization varies. Telepsychology addressed mental health disparities in over 80 percent of high- income nations and less than 50 percent of low-income ones. Due to the stigma of seeing a mental health professional, notes that many individuals prefer virtual consultations. Family members who have mental illness face criticism. Rather than being supported, they are discouraged rather than comforted (Chiauzzi et al., 2020).

More open individuals are more likely to seek help when required because they are more eager to discuss their feelings and emotions with others and trust that others would support them. Furthermore, it is discovered that obtaining external mental health care is a detailed adaptive coping strategy. Moreover, mentally ill individuals choose family and friends above professional care (Samari et al., 2022).

Moreover, family members may also convince them that mental illness does not exist, therapy is futile, and it wastes time and money. Many who need help are refusing to reach out for it, adding to their stress (Orcena, 2021). Thus, it is stated that strongly expressed emotion might cause a bad mood, anxiety, sadness, and mental health condition relapses (Sugiarto, 2016).

At present, Generation Zoomers are particularly vulnerable to stress. Even with modern forms of communication and seeking help, this generation still faces challenges that prevent them from fully recovering. Generation Z demands mental health treatment as they have become the social media naive of today (Bethune, 2019). Depression and anxiety climbed by 25 percent globally in 2020, and 70 percent of Generation Z reported peers were depressed and anxious (Schatzberg, 2022). Additionally, individuals under the age of 18 lack psychological maturity, which is important to consider in this research. People under the age of 18 are likely to have the needed intellectual skills to make informed decisions about mental health, but they may lack the necessary psychological and emotional maturity. When discussing mental health, this is an important factor to consider. While some may argue that people under the age of 18 have the right to make decisions about their own lives and bodies, it is important to recognize that psychological and emotional factors can have a significant impact on one's ability to make an informed decision (Icenogle et al., 2019).

In line with this, openness to experience and help-seeking behavior in more diverse populations, particularly those in which emotional control is highly valued (e.g., some Asian cultures), and the relationship between the variables above among Generation Zoomers in the Philippines, remain unexplored. The researchers also acknowledged Generation Z's growing population and mental health challenges. Thus, this study sought to increase Generation Z's knowledge of mental health, including the Philippine mental health conditions as they develop a sense of responsibility, reduce ambiguity through platforms like telepsychology, and improve their communication skills, which are crucial for ideal emotional socialization. Thus, this investigation may fill the literature gaps. With the expansion of telepsychology, the researchers aimed to provide the institution with current and relevant information. The researchers studied expressed emotion as a moderator between Generation Z's openness to experience and telepsychology help- seeking in the Philippines.

The following are the research hypotheses of this study: Ho1: Expressed emotion does not significantly moderate the relationship between openness to experience and help-seeking attitude towards telepsychology among Generation Zoomers.

Method

This study used quantitative research methodology, specifically, a correlational research design that focused on moderation. The research design examined the relationship between the individual's openness to telepsychology and their help-seeking attitude towards telepsychology expressed emotion moderated that relationship. Moreover, due to the unavailability of the Ethics Review Board within the university for this academic year, the researcher consulted the thesis adviser, technical critic, and a panel of professors to seek help on potential ethical concerns that may develop and most effective approaches to handle them. This proactive strategy guarantees that ethical considerations are comprehensively assessed and incorporated into every stage of the research process.

Moderation analysis is used to uncover the boundary conditions of an association between two variables. Generally constructed by testing for linear interactions between the dependent and moderating variable (Hayes & Aut, 2018). In this study, it was used for determining if openness to experience predicts the help-seeking attitude towards telepsychology and in determining expressed emotion as a moderator of openness to experience and help-seeking attitude towards telepsychology. This helped in quantifying and describing the contingent nature of the association by estimating the predictor variable's effect on the outcome variable at various values of the moderator. Moderation analysis was calculated using statistical software (MedMod module in Jamovi version 2.3.24.), provided that all the assumptions were met.

The study gathered a total of 395 respondents. Inclusion criteria for the respondents were as follows: (a) situated in the Philippines (b) 18-28 years old, c) belong to Generation Zoomers. These restrictions were set in relation to the generated gaps in previous literature about the variables of interest. Specifically, the chosen age range of the respondents was from this age group because individuals younger than 18 lack psychological maturity (Icenogle et al., 2019). Moreover, Generation Z is more likely to engage in telehealth services rather than in-person consultation, with 41%, the highest percentage among other age groups (Blaisdell, 2021). Furthermore, generation Z (27%) is

more likely than those of other generations, such as millennials (15%) and Gen Xers (13%), to report mental health issues (Bethune, 2019).

Convenience sampling was employed in which data were gathered from conveniently available respondents in the digital space. Specifically, various social media platforms (i.e., Facebook, Twitter, and Instagram) were maximized in scouting potential pool of respondents who will fit in the previously stated criteria. Publication material was posted online to reach potential respondents. Questionnaires were provided via Google Forms including the informed consent written both in Filipino and English.

In assessing the respondents' expressed emotion, the researchers used the modified Level of Expressed Emotion (LEE) scale by Cole and Kazarian (1988). This instrument has been developed to provide an estimate of the perceived emotional climate in a person's influential relationships such as family. Cole and Kazarian's initial LEE questionnaire has been revised, the current LEE is a 38-item questionnaire comprising four factors. The LEE that was used in this study includes these factors: perceived lack of emotional support (pLES: 19 items), perceived intrusiveness (pIN: seven items), perceived irritation (pIR: seven items), and perceived criticism (pC: five items) (Ranjan, 2021). With the support of the Level of Expressed Emotion, the researchers found that the expressed emotion towards telepsychology of generation zoomers accumulated 0.87 for the Cronbach's α and 0.88 for the McDonald's ω. Hence, the scale has attained a high score, indicating that its internal consistency is adequate. Some of the item found on the questionnaires includes, my family is sympathetic towards me when I'm unwell or upset, my family is inconsiderate when I'm unwell or upset, my family tries to listen to my sentiments, and my family accuses me of exaggerating when I say I'm unwell, My family says I just want attention when I say I'm not well.

In quantifying the attitude to help-seeking of the respondents, the Attitudes Toward Seeking Professional Psychological Help Scale-Short Form (ATSPPH-SF) are then adapted and modified and utilized to score the data gathered from the online survey questionnaire. Hence, the researchers found that with the help of this scale, the help-seeking attitude towards telepsychology of generation zoomers accumulated 0.69 for the Cronbach's α and 0.73 for the McDonald's ω. This suggests that the scale is reliable in measuring the help-seeking attitude towards telepsychology among generation zoomers. This scale was developed in 1995 by Fishcer and Farina to ascertain the participants' attitudes toward seeking professional psychological help. It consisted of questions regarding openness to seeking professional help for emotional problems (items 1, 3, 5, 6, 7) with item scores ranging from 0 (disagree) to 3 (agree); value and need in seeking professional help (items 2, 4, 8, 9, 10) with items scored in reverse (0 = agree and 3 = disagree) (Chen et al., 2020). Some of the items includes if I believe I was having a mental breakdown, my first inclination would be to get online professional attention, I am willing to get online psychological help if I am worried or upset for a long period of time, and I believe that personal and emotional troubles, like many things, work out by themselves.

Lastly, the Big Five Inventory Scale by (John et al., 1991) was used to measure the respondents' openness to experience. The test was intended to evaluate the most general personality domains in adults, known as the Big Five trait domains: extraversion, agreeableness, conscientiousness,

neuroticism, and openness to experiences. To ascertain the reliability of Big Five Inventory Scale, Cronbach's alpha and McDonald's omega was utilized. BFI has a Cronbach's alpha value of 0.77 and McDonald's omega value of 0.77. Therefore, the scale has acquired a high score to have an acceptable internal consistency.The openness to experience subscale includes test items that assess one's willingness to try new things and engage in inventive and intellectual activities. A sample of the items used were is original, and comes up with new ideas, is curious about many different things and is ingenious, and a deep thinker.

Result

Table 1 summarizes the distribution of openness to experience among n = 395 respondents. The majority of respondents (79.75%) exhibited a high level of openness to experience, with 19.49 percent falling into the moderate category, and only 0.76 percent having a low level of openness. In general, Generation Zoomers in the context of this study exhibited a high level of openness to experience (Mdn = 23.00).

Table 1
Descriptive Statistics Showing The Level of Openness to Experience Among Generation Zoomers (N = 395)

Openness To Experience	Frequency	Percentage
High	315	79.75
Moderate	77	19.49
Low	3	0.76
TOTAL	395	100.00
Median	23.00	
Median Absolute Deviation	2.00	
Verbal Interpretation	High	

Legend: 21 – 28 High
14 – 20 Moderate
7 – 13 Low

Table 2 shows the distribution of help-seeking attitudes towards telepsychology among n = 395 respondents with the majority (78.48%) exhibiting neutral help-seeking attitudes, 15.19 percent having positive help-seeking attitudes, and 6.33 percent having negative help-seeking attitudes. Generally, the data reveals that the Generation Zoomers in this study exhibit a moderate help-seeking attitude towards telepsychology (Mdn = 25.00) indicating that these respondents may have some awareness of mental health services but may still require further information and encouragement to become more enthusiastic about mental health care and services.

The results presented in Table 3 illustrate the level of expressed emotion among n = 395 Generation Zoomers. The data indicates that a substantial proportion of respondents, constituting 64.05 percent of the sample, exhibit a moderate level of expressed emotion. A smaller percentage, approximately 30.89 percent, falls into the low category, indicating a tendency towards more reserved emotional expression. In contrast, a minority, around 5.06 percent, display a high level of

expressed emotion. Overall, the study's results indicate that Generation Zoomers, on the whole, exhibit a moderate level of expressed emotion (Mdn = 70.00).

Table 2

Descriptive Statistics Showing The Level of Help-Seeking Attitude Towards Telepsychology Among Generation Zoomers (N = 395)

Help-seeking attitude towards telepsychology	Frequency	Percentage	
High	60	15.19	
Moderate	310	78.48	
Low	25	6.33	
TOTAL	395		100.00
Median	25.00		
Median Absolute Deviation	3.00		
Verbal Interpretation	High		

Legend: 30 – 28 High
      20 – 29 Moderate
      10 – 19 Low

Table 3

Descriptive Statistics Showing The Level of Expressed Emotion Among Generation Zoomers (N=395)

Expressed Emotion	Frequency	Percentage	
High	20	5.06	
Moderate	253	64.05	
Low	122	30.89	
TOTAL	395		100.00
Median	70.00		
Median Absolute Deviation	8.00		
Verbal Interpretation	Moderate		

Legend: 96 – 128 High
      64 – 95 Moderate
      32 – 63 Low

A bootstrapped moderation analysis with 10,000 bootstrapped samples was performed to evaluate the moderating effect of expressed emotion in the relationship between openness to experience and a help-seeking attitude towards telepsychology. The results (See Table 4) of the analysis revealed that openness to experience has a direct relationship with help-seeking attitude towards telepsychology (B = 0.21, z = 3.70, p < .001, 95% CI [0.10, 0.32]). In practical terms, this means that individuals with higher levels of openness to experience are more likely to have a positive attitude and be inclined to seek help through telepsychology.

On the other hand, a non-significant relationship was revealed between expressed emotion and help-seeking attitude towards telepsychology (B = -0.01, z = -0.31, p = 0.754, 95% CI [-0.04, 0.03]). This means that expressed emotion, as measured in this study, does not appear to have a discernible impact on individuals' attitudes toward seeking help through telepsychology.

Table 4
Moderation Analysis

Expressed Emotion	Frequency	Percentage
High	20	5.06%
Moderate	253	64.05%
Low	122	30.89%
Total	395	100.00%
Median	70.00	
Median Absolute Deviation	8.00	
Verbal Interpretation	Moderate	

Legend: 96 – 128 High
64 – 95   Moderate
32 – 63   Low

Table 5
Moderation Analysis

Expressed Emotion	95% Confidance Interval					
	Estimate	SE	Lower	Upper	Z	P
Openness	0.21	0.06	0.10	0.32	3.70	<.001
Expressed Emotion	-0.01	-0.04	0.04	0.03	-0.31	0.754
Low	0.00	-0.01	0.01	0.00	0.95	0.343

Note: SE= Standard Error, z= z statistic, p= probability value

In addition, expressed emotion was also found to be not a significant moderator of the association between openness to experience and help-seeking attitude towards telepsychology (B = 0.00, z = -0.951, p = 0.343, 95% CI [-0.01 0.00]) indicating that within the context of this study, expressed emotion does not significantly affect the established positive relationship between openness to experience and a positive attitude towards seeking telepsychology.

Discussion

The advent of telepsychology has caused about a new era of mental health interventions, specifically relevant to the distinct psychosocial environment of Generation Z—a demographic group frequently referred to as 'Generation Zoomers.' This study aims to contribute to the growing body of knowledge on digital mental health interventions and how young adults perceive them. The results could provide light on significant factors that impact the efficiency and accessibility of telepsychology, thereby guiding future approaches to enhance mental health assistance for Generation Zoomers.

Thus, it was concluded that the respondents have a significant inclination towards openness to experience, exhibit a propensity for embracing a diverse array of activities, and exhibit a lack of reluctance when it comes to engaging in unfamiliar pursuits. They generally possess a receptive mindset and are enthusiastic about exploring alternative perspectives when it comes to conceptualizing or executing diverse tasks. Individuals who have attained this level possess an inherent curiosity for their surroundings, exhibit creativity and artistic tendencies, and display a keen interest in a wide spectrum of subjects. Due to their innovative disposition, these individuals are susceptible to generating innovative concepts. Meanwhile,

this claim is corroborated by the research conducted by Toyomoto et al. (2022), which investigated the personality traits and values of Generation Z. The findings showed that Generation Z exhibited a high level of openness to experience and that they also valued more openness to change, self-enhancement, and self- transcendence.

A similar result was obtained in the study conducted by Sriprom et al. (2019), which uncovers a number of factors contributing to Generation Zoomers' heightened openness to new experiences. These factors molded the formation of Generation Z's distinctive and noteworthy qualities. The findings of their study indicate that people who are part of Generation Z are apprehensive about innovation, imperative, engage in multitasking, and are receptive to new ideas and perspectives. These qualities can be attributed to the experiences and challenges that Generation Z individuals have faced growing up.

Further, the continuous exposure of Generation Z to global events, along with the rapid growth of technology, has significantly influenced their attitude and behavior, resulting in their high adaptability and open-mindedness (Rapacon, 2019).

Therefore, Generation Z's high level of openness may indicate that, because they grew up in a world where information is readily accessible, their ability to quickly adapt to new technologies and ideas was fostered. Besides, their exposure to diverse cultures and perspectives through different platforms has broadened their understanding of the world and made them more accepting of different viewpoints.

Moreover, Filipino Generation Zoomers are aware of mental health issues and psychological services, but they are not conforming enough and seem reserved to use psychological services or seek professional mental health treatment (McLeod, 2021). Moreover, the result may suggest that seeking help directly from a mental health professional is not always a first option for them and prefers to seek help from peers and family (Martinez et al., 2020). These findings vary from the existing study of (Vejano et al., 2021) regarding the attitude and help-seeking behavior of Gen Z towards mental health wherein the result showed that Generation Zoomers have high intention to seek help when it comes to mental health concerns as well as in other areas such as interpersonal and academic.

A similar result was acquired in the study of (Dodok et al., 2022) about the behavioral differences in seeking help for mental health among Gen Z. The findings have acquired a "high" level of help- seeking attitudes towards mental health concerns. Based on the difference between the researchers' findings and those of previous studies, it appears that Generation Zoomers' attitude towards seeking help may vary depending on their familiarity of using telepsychology as well as the influences and obstacles they face. One of the factors that influence Gen Z's utilization of cyber counseling is the perceived ease of use while stigma is one of the external factors (Wang et al., 2022).

Aside from the stigma, another possible concern that affects Gen Z s help-seeking attitude is financial constraints or the perceived affordability of mental health care services (Austin, 2023). Moreover, as a result of the technological advancements today, most of the mental health facilities have adopted and offer virtual psychological services. The fact that Generation Zoomers are known as digital natives as they were born during the emergence of the internet and have become reliant with it (Wang et al., 2022); (Mastroianni, 2016), the adoption and application of telepsychology from their point of view may suggest that telepsychology use could also be influenced on what they perceived about the significance of mental health as emphasized in online spaces. Both advantages and disadvantages might arise from having a

moderate help-seeking attitude. One advantage is that it can assist people in realizing their limitations and obtaining assistance when required (Doll et al., 2021). But a moderate attitude towards seeking professional help can also lead to a delay in seeking help which can make mental health issues worse and produce more severe symptoms.

Furthermore, the results demonstrate that their caregivers are not outwardly hostile or dominant but rather exhibit minimum engagement as well as real interest in the daily routines of the people they care for. The caregivers appear to maintain an emotional distance from the persons for whom they provide care, and they would probably prefer not to be immediately identified with the difficulties that the individuals are experiencing, as they may feel uncomfortable or unsure about how to provide the necessary support. This can result in a lack of emotional connection and a potential barrier to effective caregiving, ultimately impacting the individual's overall well-being and quality of life. The moderate level of expressed emotion can be associated with the prevailing negative attitudes of Filipinos towards people with mental health concerns (Tanaka et al., 2018). Furthermore, Filipino cultural traits such as perceiving mental health problems as a disease of the family ((Abdullah & Brown, 2011) as cited by (Chan & Litam, 2021)) and the tendency to underestimate the severity of the mental health problem and its impact on their life also exacerbates the existing stigma about mental health in the country. Hence, Generation Zoomers, who are considered as psychologically vulnerable individuals (Vultaggio et al., 2021), will more likely experience indifference in their attempt to share their emotional struggles towards their family. Moreover, there is a prevailing assumption among Filipinos that mental health concerns are not real and are merely creations of the imagination (Tanaka et al., 2018). Hence, the moderate level of expressed emotion may indicate that Filipino families fail to adequately recognize and address the mental health issues of family members when they are experiencing emotional distress.

The moderate level of expressed emotion can be associated with the prevailing negative attitudes of Filipinos towards people with mental health concerns (Tanaka et al., 2018). Furthermore, Filipino cultural traits such as perceiving mental health problems as a disease of the family (Chan & Litam, 2021) and the tendency to underestimate the severity of the mental health problem and its impact on their life also exacerbates the existing stigma about mental health in the country. Hence, Generation Zoomers, who are considered as psychologically vulnerable individuals (Vultaggio et al., 2021), will more likely experience indifference in their attempt to share their emotional struggles towards their family.

Moreover, there is a prevailing assumption among Filipinos that mental health concerns are not real and are merely creations of the imagination (Tanaka et al., 2018). Hence, the moderate level of expressed emotion may indicate that Filipino families fail to adequately recognize and address the mental health issues of family members when they are experiencing emotional distress.

In addition, it was revealed that individual's level of expressed emotion has no effect on the association between being open to new experiences and the desire to seek help through telepsychology. Regardless of the level of expressed emotion of the respondents, an increase in openness to experience tends to be associated with a positive or high help-seeking attitude towards telepsychology. This is comparable to those from the previous study by (Sora et al., 2021) that are concerning the openness to experience and help-seeking attitude toward telepsychology. Thus, a positive relationship was found between the perceived value or usefulness of telepsychology and the willingness to use it, and this relationship was backed by

significant results. In other terms, individuals who considered telepsychology beneficial were more inclined to express an intention to use it, underscoring Generation Z's recognition of the value of digital mental health support. Despite the presence of expressed emotion, the positive attitude toward telepsychology among members of Generation Z suggests a resilient and forward-thinking approach to addressing their mental health needs.

However, a study conducted by (Samuel & Kamenetsky, 2022) explores the relationship between social support and attitudes towards seeking mental health services. It indicates that individuals who concurrently experience negative emotions and have a strong social support system are more likely to exhibit positive attitudes toward seeking mental health services in general which contradict the findings of this study. Moreover, since this generation are digital natives (Wang et al., 2022), they become reliant with it and used it as their means of discussing mental health that has become normalized wherein the internet was being associated with reducing stigma among Gen Zs (Cuncic, 2021). Thus, Gen Zs have become exposed to various matters including mental health that influence their attitude, behaviors, and open-mindedness (Rapacon, 2019).

Therefore, based on the difference on the findings of this study and those of the earlier researches, the attitudes of Generation Z towards telepsychology may not solely rely on their caregiver's expressed emotion measured through the Level of Expressed Emotion of Cole and Kazarian as they may depend on their perception of the benefits and accessibility of such services emphasized in various advocacies about mental health and services in online platforms. Moreover, Gen Z's exposure and utilization of the internet have influenced their decision (American Student Assistance, 2021) and helped them proactively address their concerns with mental health (Coe, 2023). Furthermore, the stigma and cultural beliefs surrounding mental health and seeking professional help have decreased as this generation has grown more aware and knowledgeable of it. Thus, the moderating effect of expressed emotion may be lessened or overridden by their positive perceptions, awareness about mental health issues, and self-autonomy. As a result, regardless of the level of their expressed emotion, Generation Zoomers' high openness to experience mostly influences their decision to seek professional care.

This study have limitations that extend beyond the scope of the research that it was designed to investigate, such as the fact that it did not cover unrelated topics that are irrelevant to the objectives of the paper, such as the Physiological Health consultation, impact of social media to their decision in telepsychology consultation, destigmatizing the general public perception towards seeking help for their mental health, the pandemic's effect to the client's capability to choose consultation through an online platform, establishing causal link between the variables utilized in the study and generalization of results. Furthermore, the purpose of this study was limited to determining the respondents' openness to experience and help-seeking behavior as moderated by expressed emotion because it only attempted to determine the relationship between the aforementioned variables. It did not cover any possible correlation between openness to experience, expressed emotion, and help-seeking since its significance has already been found in diverse research. The researchers delved into the whole Philippines in search of as many members of Generation Z as they could discover upon considering the specific number of respondents of the study. This, in turn, led to collecting a sizable number of respondents. In addition, at the end of this paper, the the researchers encourage proactive conversations about seeking professional help, acknowledge the lack of

awareness among Generation Z about telepsychology, understand the availability and convenience of online therapy, create an environment that encourages open mental health conversation, implement psychoeducational initiatives to reinforce awareness of telepsychology, tailor therapeutic interventions based on individual's openness to experience and expressed emotion, implement technology-based tools or platforms for self-expression and communication, highlight the importance of family involvement in mental health and for future researchers, consider employing qualitative research methodologies like mixed methods research. This approach combines inductive and deductive reasoning, enhancing the comprehensibility of quantitative results and uncovering wider applicability of qualitative findings.

Conclusions

The study's findings suggest that Filipino Generation Zoomers have the capacity to embrace and utilize telepsychology. This implies that they are open minded not just in experiencing new things but also being open and knowledgeable about various matters in the society such as mental health. Furthermore, based on the findings of this study, it can be concluded that Filipino Generation Zoomers are exhibiting sufficient knowledge and understanding in seeking help from a professional mental health care provider but are still reserved regarding it. This can be attributed to the stigma associated with mental health, which holds that getting professional assistance is not always essential. Instead, Filipinos prefer to ask their friends or family for support since they feel more at ease disclosing their issues to them. Furthermore, whether or not individuals receive mental health care depends on how serious their mental health problem is. Consequently, the study's respondents displayed moderate level of expressed emotion. On the other hand, this could also imply that Filipino Generation Zoomers are optimistic, resilient, or have developed a positive coping mechanism when having difficulties. Moreover, a moderate amount of expressed emotion among the Filipino Generation Zoomers. The result may indicate that their parents or family are not particularly supportive and may have influenced Gen Z's decisions on certain scenarios but also do not pay much attention to the individual or demonstrate genuine interest in their daily functioning enabling them to make their own judgements while considering their family's advice. Thus, Filipino Generation Zoomers make decisions depending on their own preferences or insights about certain situations and are not always influenced by others, especially by their parents or primary caregivers.

Overall, it may be concluded that Filipino Generation Zoomers exhibit a strong sense of independence and self-reliance when it comes to decision-making, prioritizing their own judgment over external influences. This propensity suggests a shift in traditional values and a growing emphasis on individual autonomy among this generation.

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