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**Abstract**

Development of a scale to measure implied help-seeking

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In this study, indirect or non-verbal help-seeking was examined under the rubric of implied help-seeking and a scale to measure it was developed. In Study 1, we asked the participants whether they had ever utilized implied help-seeking and if they had, to describe the specific ways. In Study 2, the validity of the scale was examined through its relationship with other scales, such as direct help-seeking intentions, the dependence drive, social skills, and narcissistic amae. The results indicated that the implied help-seeking scale had the expected relationships with variables. Moreover, the implied help-seeking and direct help-seeking intentions showed different patterns of correlation with the variables. Study 3 confirmed the test-retest reliability of the scale. The scale had sufficient internal consistency and validity. This study showed that implied help-seeking was qualitatively different from direct help-seeking as a means of help-seeking.

**Keywords:** implied help-seeking, help-seeking, help-seeking preference

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