

ers." As research has confirmed the importance of social support networks in help-seeking behavior for alleviating depressed mood states, future research should emphasize how to increase the social support networks among the older individuals living in the community. Furthermore, the opportunities for cross-cultural benefits from future comparative studies and program modification should be considered.

In conclusion, this study confirms that social support networks are important sources for help-seeking among elderly community residents. The importance of family support, i.e., perceived children's filial piety, has been justified to some extent in this study. Since these social factors may be more amenable to change than is the physical health status, it is suggested that further studies be conducted to identify effective intervention strategies for the elderly to enhance their social support and promote their mental health. It is important to strengthen family communication in this population. Particularly with the Chinese elderly, who tend to emphasize collective/family activities over individual activities, outreach strategies in a community approach should be considered. More aggressive outreach may be needed, especially for those hard-to-reach subgroups (such as the poor, the illiterate, and the disabled).

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