

Table 6.16A Serious Psychological Distress in the Past Year among Persons Aged 18 or Older, by Receipt of Past Year Mental Health Treatment/Counseling and Detailed Age Category: Numbers in Thousands, 2003 and 2004

Age Category	Total ¹		MENTAL HEALTH TREATMENT/COUNSELING ²			
			Received		Not Received	
	2003	2004	2003	2004	2003	2004
TOTAL	19,588	21,417	9,208	10,289	10,312	11,091
18	644	603	189	169	451	435
19	619	581	194	208	421	373
20	574	608	172	164	402	443
21	544	711	191	*	353	450
22	508	535	186	280	318	252
23	518	415	197	156	320	259
24	545	463	212	*	328	248
25	468	497	194	*	269	260
26-29	1,725	1,826	663	778	1,062	1,035
30-34	1,967	2,406	977	1,157	977	1,249
35-39	2,253	2,004	1,075	1,116	1,168	888
40-44	2,248	2,205	1,148	1,090	1,100	1,106
45-49	2,224	1,967	1,251	1,110	961	857
50-54	1,718	2,132	1,102	*	605	1,127
55-59	991 ^b	1,985	495	*	495	604
60-64	521	734	285	*	236	283
65 or Older	1,521	1,745	675	*	845	1,222

*Low precision; no estimate reported.

NOTE: Estimates in this table are based on a subsample of respondents aged 18 or older. See Section B.4.4 in Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

NOTE: Serious Psychological Distress (SPD), referred to as Serious Mental Illness (SMI) in prior NSDUH reports, is defined as having a score of 13 or higher on the K6 scale. See Section B.4.4 in Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

^a Difference between estimate and 2004 estimate is statistically significant at the 0.05 level.

^b Difference between estimate and 2004 estimate is statistically significant at the 0.01 level.

¹ Estimates in the Total column represent persons aged 18 or older with past year SPD, including those with unknown mental health treatment/counseling information.

² Mental Health Treatment/Counseling is defined as having received inpatient care, outpatient care, or using prescription medication for problems with emotions, nerves, or mental health. Respondents were not to include treatment for drug or alcohol use. Respondents with unknown treatment/counseling information are excluded. Due to revised editing of 2003 and 2004 outpatient mental health treatment/counseling data, these 2003 estimates may differ slightly from 2003 estimates published in prior NSDUH reports. See Section B.5.2 in Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2003 and 2004 (subsample).

Table 6.16B Serious Psychological Distress in the Past Year among Persons Aged 18 or Older, by Receipt of Past Year Mental Health Treatment/Counseling and Detailed Age Category: Percentages, 2003 and 2004

Age Category	Total ¹		MENTAL HEALTH TREATMENT/COUNSELING ²			
			Received		Not Received	
	2003	2004	2003	2004	2003	2004
TOTAL	9.2	9.9	33.0	36.8	5.6	5.9
18	14.0	13.9	39.0	37.7	11.0	11.2
19	15.9	14.5	48.7	47.7	12.1	10.5
20	14.3	15.6	42.9	38.1	11.1	12.8
21	13.9	16.4	41.7	*	10.2	11.9
22	12.6	13.2	41.9	51.0	9.0	7.2
23	12.9	10.6	42.3	45.9	9.1	7.3
24	15.0 ^a	11.3	50.6	*	10.3 ^b	6.8
25	12.9	14.0	44.2	*	8.5	8.5
26-29	11.7	11.8	41.3	43.7	8.1	7.6
30-34	9.7 ^a	12.3	34.3 ^b	46.9	5.7	7.3
35-39	10.8	10.0	36.2	40.4	6.5	5.1
40-44	9.9	9.6	34.3	30.4	5.7	5.7
45-49	10.4	8.9	33.8	33.1	5.4	4.6
50-54	8.6	10.9	34.2	*	3.6	6.8
55-59	6.6 ^b	11.7	21.5	*	3.9	4.4
60-64	4.4	6.2	19.0	*	2.3	2.8
65 or Older	4.4	5.0	23.1	*	2.7	3.8

*Low precision; no estimate reported.

NOTE: Estimates in this table are based on a subsample of respondents aged 18 or older. See Section B.4.4 in Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

NOTE: Serious Psychological Distress (SPD), referred to as Serious Mental Illness (SMI) in prior NSDUH reports, is defined as having a score of 13 or higher on the K6 scale. See Section B.4.4 in Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

^a Difference between estimate and 2004 estimate is statistically significant at the 0.05 level.

^b Difference between estimate and 2004 estimate is statistically significant at the 0.01 level.

¹ Estimates in the Total column represent persons aged 18 or older with past year SPD, including those with unknown mental health treatment/counseling information.

² Mental Health Treatment/Counseling is defined as having received inpatient care, outpatient care, or using prescription medication for problems with emotions, nerves, or mental health. Respondents were not to include treatment for drug or alcohol use. Respondents with unknown treatment/counseling information are excluded. Due to revised editing of 2003 and 2004 outpatient mental health treatment/counseling data, these 2003 estimates may differ slightly from 2003 estimates published in prior NSDUH reports. See Section B.5.2 in Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2003 and 2004 (subsample).

Table 6.17A Serious Psychological Distress in the Past Year among Persons Aged 18 or Older, by Receipt of Past Year Mental Health Treatment/Counseling and Demographic Characteristics: Numbers in Thousands, 2003 and 2004

Demographic Characteristic	Total ¹		MENTAL HEALTH TREATMENT/COUNSELING ²			
			Received		Not Received	
	2003	2004	2003	2004	2003	2004
TOTAL	19,588	21,417	9,208	10,289	10,312	11,091
AGE						
18-25	4,420	4,413	1,535	1,682	2,862	2,721
26-49	10,418	10,408	5,115	5,251	5,269	5,134
50 or Older	4,750 ^a	6,596	2,558	3,356	2,182	3,236
GENDER						
Male	6,887	7,976	2,640	3,238	4,236	4,725
Female	12,702	13,441	6,568	7,051	6,076	6,366
HISPANIC ORIGIN AND RACE						
Not Hispanic or Latino	17,257	18,520	8,526	9,682	8,668	8,802
White	14,308	15,543	7,506	8,558	6,753	6,963
Black or African American	1,992	1,972	723	*	1,256	1,227
American Indian or Alaska Native	96	*	*	*	45	*
Native Hawaiian or Other Pacific Islander	52	*	*	*	44	*
Asian	536	608	*	*	445	402
Two or More Races	273	166	*	*	126	90
Hispanic or Latino	2,331	2,897	682	606	1,644	2,289
EDUCATION						
< High School	4,276	4,635	1,663	1,475	2,610	3,160
High School Graduate	6,360	6,955	2,819	3,391	3,539	3,562
Some College	5,388	5,543	2,711	3,164	2,635	2,369
College Graduate	3,564	4,283	2,015	2,259	1,528	2,000
CURRENT EMPLOYMENT						
Full-Time	9,583	8,986	4,022	3,814	5,520	5,143
Part-Time	2,861	3,003	1,366	1,687	1,487	1,311
Unemployed	1,230	1,526	444	*	775	803
Other ³	5,914 ^a	7,902	3,376	4,067	2,529 ^a	3,835

*Low precision; no estimate reported.

NOTE: Estimates in this table are based on a subsample of respondents aged 18 or older. See Section B.4.4 in Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

NOTE: Serious Psychological Distress (SPD), referred to as Serious Mental Illness (SMI) in prior NSDUH reports, is defined as having a score of 13 or higher on the K6 scale. See Section B.4.4 in Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

^a Difference between estimate and 2004 estimate is statistically significant at the 0.05 level.

^b Difference between estimate and 2004 estimate is statistically significant at the 0.01 level.

¹ Estimates in the Total column represent persons aged 18 or older with past year SPD, including those with unknown mental health treatment/counseling information.

² Mental Health Treatment/Counseling is defined as having received inpatient care, outpatient care, or using prescription medication for problems with emotions, nerves, or mental health. Respondents were not to include treatment for drug or alcohol use. Respondents with unknown treatment/counseling information are excluded. Due to revised editing of 2003 and 2004 outpatient mental health treatment/counseling data, these 2003 estimates may differ slightly from 2003 estimates published in prior NSDUH reports. See Section B.5.2 in Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

³ Retired persons, disabled persons, homemakers, students, or other persons not in the labor force are included in the Other Employment category.

Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2003 and 2004 (subsample).

Table 6.17B Serious Psychological Distress in the Past Year among Persons Aged 18 or Older, by Receipt of Past Year Mental Health Treatment/Counseling and Demographic Characteristics: Percentages, 2003 and 2004

Demographic Characteristic	Total ¹		MENTAL HEALTH TREATMENT/COUNSELING ²			
			Received		Not Received	
	2003	2004	2003	2004	2003	2004
TOTAL	9.2	9.9	33.0	36.8	5.6	5.9
AGE						
18-25	13.9	13.7	43.7	46.3	10.2	9.6
26-49	10.4	10.4	35.3	37.6	6.2	6.0
50 or Older	5.9 ^a	7.9	25.7	32.3	3.1	4.5
GENDER						
Male	6.7	7.7	30.4	35.1	4.5	5.0
Female	11.5	12.0	34.1	37.7	6.7	6.9
HISPANIC ORIGIN AND RACE						
Not Hispanic or Latino	9.2	9.8	32.9 ^a	37.4	5.4	5.4
White	9.5	10.3	32.8 ^a	37.9	5.3	5.4
Black or African American	8.4	8.1	35.8	*	5.8	5.6
American Indian or Alaska Native	8.9	*	*	*	4.7	*
Native Hawaiian or Other Pacific Islander	12.4	*	*	*	12.2	*
Asian	6.1	6.7	*	*	5.4	4.7
Two or More Races	12.6	8.7	*	*	7.1	5.3
Hispanic or Latino	9.0	10.8	33.8	28.8	6.9	9.3
EDUCATION						
< High School	11.3	12.8	42.0	36.3	7.7	9.8
High School Graduate	9.5	10.2	33.7 ^a	43.2	6.0	5.9
Some College	10.3	10.0	35.0	36.7	5.9	5.1
College Graduate	6.5	7.8	25.6	30.4	3.2	4.2
CURRENT EMPLOYMENT						
Full-Time	8.2	7.7	29.2	31.4	5.4	4.9
Part-Time	10.0	11.2	32.9	38.4	6.1	5.9
Unemployed	15.2	19.0	42.6	*	11.1	12.4
Other ³	10.0 ^a	12.5	37.7	41.2	5.1	7.2

*Low precision; no estimate reported.

NOTE: Estimates in this table are based on a subsample of respondents aged 18 or older. See Section B.4.4 in Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

NOTE: Serious Psychological Distress (SPD), referred to as Serious Mental Illness (SMI) in prior NSDUH reports, is defined as having a score of 13 or higher on the K6 scale. See Section B.4.4 in Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

^a Difference between estimate and 2004 estimate is statistically significant at the 0.05 level.

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¹ Estimates in the Total column represent persons aged 18 or older with past year SPD, including those with unknown mental health treatment/counseling information.

² Mental Health Treatment/Counseling is defined as having received inpatient care, outpatient care, or using prescription medication for problems with emotions, nerves, or mental health. Respondents were not to include treatment for drug or alcohol use. Respondents with unknown treatment/counseling information are excluded. Due to revised editing of 2003 and 2004 outpatient mental health treatment/counseling data, these 2003 estimates may differ slightly from 2003 estimates published in prior NSDUH reports. See Section B.5.2 in Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

³ Retired persons, disabled persons, homemakers, students, or other persons not in the labor force are included in the Other Employment category.

Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2003 and 2004 (subsample).

Table 6.18A Serious Psychological Distress in the Past Year among Persons Aged 18 or Older, by Receipt of Past Year Mental Health Treatment/Counseling and Geographic Characteristics: Numbers in Thousands, 2003 and 2004

Geographic Characteristic	Total ¹		MENTAL HEALTH TREATMENT/COUNSELING ²			
			Received		Not Received	
	2003	2004	2003	2004	2003	2004
TOTAL	19,588	21,417	9,208	10,289	10,312	11,091
GEOGRAPHIC DIVISION						
Northeast	3,403	3,978	1,657	1,881	1,732	2,096
New England	949	913	548	*	401	419
Middle Atlantic	2,454	3,064	1,110	1,386	1,330	1,678
Midwest	4,285	4,915	2,218	2,531	2,054	2,376
East North Central	2,944	3,440	1,369	1,670	1,564	1,761
West North Central	1,341	1,475	850	860	490	615
South	7,288	7,415	3,456	3,725	3,812	3,668
South Atlantic	3,641	3,764	1,833	1,914	1,805	1,832
East South Central	1,295	1,448	582	*	713	742
West South Central	2,352	2,203	1,042	1,104	1,295	1,094
West	4,612	5,109	1,876	2,152	2,714	2,951
Mountain	1,475	1,755	710	985	759	767
Pacific	3,137	3,354	1,166	1,167	1,956	2,184
COUNTY TYPE						
Large Metro	9,875	10,056	4,413	4,246	5,421	5,799
Small Metro	6,174 ^a	7,811	3,023 ^b	4,444	3,126	3,343
250K - 1 Mil. Pop.	4,073	4,815	2,040	2,582	2,019	2,215
< 250K Pop.	2,101 ^a	2,996	983 ^b	1,862	1,106	1,128
Nonmetro	3,539	3,550	1,772	1,598	1,765	1,948
Urbanized	1,618	1,590	826	702	790	888
Less Urbanized	1,651	1,731	788	819	863	908
Completely Rural	270	230	*	*	112	*

*Low precision; no estimate reported.

NOTE: Estimates in this table are based on a subsample of respondents aged 18 or older. See Section B.4.4 in Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

NOTE: Serious Psychological Distress (SPD), referred to as Serious Mental Illness (SMI) in prior NSDUH reports, is defined as having a score of 13 or higher on the K6 scale. See Section B.4.4 in Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

^a Difference between estimate and 2004 estimate is statistically significant at the 0.05 level.

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¹ Estimates in the Total column represent persons aged 18 or older with past year SPD, including those with unknown mental health treatment/counseling information.

² Mental Health Treatment/Counseling is defined as having received inpatient care, outpatient care, or using prescription medication for problems with emotions, nerves, or mental health. Respondents were not to include treatment for drug or alcohol use. Respondents with unknown treatment/counseling information are excluded. Due to revised editing of 2003 and 2004 outpatient mental health treatment/counseling data, these 2003 estimates may differ slightly from 2003 estimates published in prior NSDUH reports. See Section B.5.2 in Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2003 and 2004 (subsample).

Table 6.18B Serious Psychological Distress in the Past Year among Persons Aged 18 or Older, by Receipt of Past Year Mental Health Treatment/Counseling and Geographic Characteristics: Percentages, 2003 and 2004

Geographic Characteristic	Total ¹		MENTAL HEALTH TREATMENT/COUNSELING ²			
			Received		Not Received	
	2003	2004	2003	2004	2003	2004
TOTAL	9.2	9.9	33.0	36.8	5.6	5.9
GEOGRAPHIC DIVISION						
Northeast	8.3	9.7	29.8	33.3	4.9	5.9
New England	8.9	8.5	30.1	*	4.5	4.6
Middle Atlantic	8.2	10.1	29.7	35.7	5.1	6.4
Midwest	8.9	10.1	32.4 ^a	39.2	5.0	5.7
East North Central	8.7	10.1	29.9 ^a	37.6	5.4	6.0
West North Central	9.3	10.1	37.5	42.6	4.1	4.9
South	9.6	9.6	35.0	38.3	5.8	5.5
South Atlantic	9.1	9.3	34.2	39.1	5.2	5.1
East South Central	10.1	11.2	34.3	*	6.4	6.7
West South Central	10.2	9.3	37.1	37.7	6.4	5.3
West	9.6	10.5	33.1	35.2	6.4	7.0
Mountain	10.6	12.3	37.3	38.9	6.4	6.6
Pacific	9.2	9.7	30.9	32.5	6.5	7.1
COUNTY TYPE						
Large Metro	8.8	8.9	31.1	31.9	5.5	5.8
Small Metro	9.6 ^a	12.0	34.3 ^b	45.0	5.7	6.1
250K - 1 Mil. Pop.	9.7	11.4	35.6	42.7	5.6	6.2
< 250K Pop.	9.5 ^a	13.0	31.8 ^a	48.5	5.9	5.9
Nonmetro	9.9	9.7	36.0	33.6	5.7	6.1
Urbanized	10.1	10.4	36.1	34.5	5.8	6.7
Less Urbanized	10.2	9.4	36.2	33.7	6.2	5.7
Completely Rural	7.4	7.6	*	*	3.5	*

*Low precision; no estimate reported.

NOTE: Estimates in this table are based on a subsample of respondents aged 18 or older. See Section B.4.4 in Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

NOTE: Serious Psychological Distress (SPD), referred to as Serious Mental Illness (SMI) in prior NSDUH reports, is defined as having a score of 13 or higher on the K6 scale. See Section B.4.4 in Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

^a Difference between estimate and 2004 estimate is statistically significant at the 0.05 level.

^b Difference between estimate and 2004 estimate is statistically significant at the 0.01 level.

¹ Estimates in the Total column represent persons aged 18 or older with past year SPD, including those with unknown mental health treatment/counseling information.

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Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2003 and 2004 (subsample).

Table 6.19A Received Mental Health Treatment/Counseling in the Past Year among Persons Aged 18 or Older, by Past Year Serious Psychological Distress and Detailed Age Category: Numbers in Thousands, 2003 and 2004

Age Category	Total		SERIOUS PSYCHOLOGICAL DISTRESS ¹			
			Yes		No	
	2003	2004	2003	2004	2003	2004
TOTAL	27,939	27,961	9,208	10,289	18,731	17,673
18	484	447	189	169	295	279
19	398	435	194	208	205	227
20	402	431	172	164	230	267
21	458	522	191	*	267	261
22	444	549	186	280	258	269
23	466 ^a	340	197	156	269 ^a	184
24	419	426	212	*	207	217
25	439	480	194	237	245	243
26-29	1,606	1,779	663	778	942	1,001
30-34	2,851	2,464	977	1,157	1,874 ^b	1,308
35-39	2,967	2,766	1,075	1,116	1,892	1,650
40-44	3,351	3,582	1,148	1,090	2,204	2,492
45-49	3,701	3,356	1,251	1,110	2,450	2,246
50-54	3,219	2,942	1,102	*	2,117	1,936
55-59	2,305	3,063	*	*	1,809	1,686
60-64	1,503	1,719	*	*	1,218	1,268
65 or Older	2,926	2,661	*	*	2,251	2,139

*Low precision; no estimate reported.

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^a Difference between estimate and 2004 estimate is statistically significant at the 0.05 level.

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Table 6.19B Received Mental Health Treatment/Counseling in the Past Year among Persons Aged 18 or Older, by Past Year Serious Psychological Distress and Detailed Age Category: Percentages, 2003 and 2004

Age Category	Total		SERIOUS PSYCHOLOGICAL DISTRESS ¹			
			Yes		No	
	2003	2004	2003	2004	2003	2004
TOTAL	13.2	13.0	47.2	48.1	9.7	9.1
18	10.5	10.3	29.5	28.0	7.5	7.5
19	10.3	10.9	31.5	35.8	6.3	6.7
20	10.0	11.1	30.0	27.0	6.7	8.1
21	11.7	12.1	35.1	*	7.9	7.3
22	11.1	13.6	36.9 ^b	52.6	7.4	7.7
23	11.7 ^a	8.7	38.1	37.5	7.8 ^a	5.3
24	11.6	10.5	39.3	*	6.7	6.0
25	12.2	13.5	41.9	47.6	7.8	8.0
26-29	10.9	11.6	38.4	42.9	7.2	7.4
30-34	14.2	12.6	50.0	48.1	10.3 ^a	7.7
35-39	14.2	13.8	47.9	55.7	10.1	9.1
40-44	14.8	15.6	51.1	49.6	10.8	12.0
45-49	17.3	15.3	56.6	56.4	12.8	11.2
50-54	16.2	15.1	64.6	*	11.6	11.1
55-59	15.4	18.1	*	*	13.0	11.3
60-64	12.8	14.5	*	*	10.8	11.4
65 or Older	8.6	7.7	*	*	6.9	6.5

*Low precision; no estimate reported.

NOTE: Estimates in this table are based on a subsample of respondents aged 18 or older. See Section B.4.4 in Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

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¹ Serious Psychological Distress (SPD), referred to as Serious Mental Illness (SMI) in prior NSDUH reports, is defined as having a score of 13 or higher on the K6 scale. See Section B.4.4 of Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2003 and 2004 (subsample).

Table 6.20A Received Mental Health Treatment/Counseling in the Past Year among Persons Aged 18 or Older, by Past Year Serious Psychological Distress and Demographic Characteristics: Numbers in Thousands, 2003 and 2004

Demographic Characteristic	Total		SERIOUS PSYCHOLOGICAL DISTRESS ¹			
			Yes		No	
	2003	2004	2003	2004	2003	2004
TOTAL	27,939	27,961	9,208	10,289	18,731	17,673
AGE						
18-25	3,511	3,630	1,535	1,682	1,975	1,948
26-49	14,476	13,947	5,115	5,251	9,361	8,696
50 or Older	9,952	10,384	2,558	3,356	7,394	7,028
GENDER						
Male	8,689	9,238	2,640	3,238	6,049	6,000
Female	19,250	18,724	6,568	7,051	12,682	11,673
HISPANIC ORIGIN AND RACE						
Not Hispanic or Latino	25,919	25,859	8,526	9,682	17,393	16,176
White	22,914	22,595	7,506	8,558	15,409	14,038
Black or African American	2,021	2,358	723	731	1,298	1,627
American Indian or Alaska Native	136	*	*	*	84	69
Native Hawaiian or Other Pacific Islander	*	*	*	*	*	*
Asian	424	487	91	*	333	281
Two or More Races	373 ^a	215	*	*	226	139
Hispanic or Latino	2,020	2,103	682	606	1,338	1,497
EDUCATION						
< High School	3,962	4,063	1,663	1,475	2,298	2,588
High School Graduate	8,358	7,858	2,819	3,391	5,539 ^a	4,467
Some College	7,737	8,621	2,711	3,164	5,026	5,457
College Graduate	7,883	7,419	2,015	2,259	5,868	5,161
CURRENT EMPLOYMENT						
Full-Time	13,780 ^a	12,157	4,022	3,814	9,759 ^a	8,342
Part-Time	4,153	4,395	1,366	1,687	2,787	2,708
Unemployed	1,043 ^a	1,533	444	*	598	812
Other ²	8,963	9,877	3,376	4,067	5,587	5,810

*Low precision; no estimate reported.

NOTE: Estimates in this table are based on a subsample of respondents aged 18 or older. See Section B.4.4 in Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

NOTE: Mental Health Treatment/Counseling is defined as having received inpatient care, outpatient care, or using prescription medication for problems with emotions, nerves, or mental health. Respondents were not to include treatment for drug or alcohol use. Respondents with unknown treatment/counseling information are excluded. Due to revised editing of 2003 and 2004 outpatient mental health treatment/counseling data, these 2003 estimates may differ slightly from 2003 estimates published in prior NSDUH reports. See Section B.5.2 in Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

^a Difference between estimate and 2004 estimate is statistically significant at the 0.05 level.

^b Difference between estimate and 2004 estimate is statistically significant at the 0.01 level.

¹ Serious Psychological Distress (SPD), referred to as Serious Mental Illness (SMI) in prior NSDUH reports, is defined as having a score of 13 or higher on the K6 scale. See Section B.4.4 of Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

² Retired persons, disabled persons, homemakers, students, or other persons not in the labor force are included in the Other Employment category.

Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2003 and 2004 (subsample).

Table 6.20B Received Mental Health Treatment/Counseling in the Past Year among Persons Aged 18 or Older, by Past Year Serious Psychological Distress and Demographic Characteristics: Percentages, 2003 and 2004

Demographic Characteristic	Total		SERIOUS PSYCHOLOGICAL DISTRESS ¹			
			Yes		No	
	2003	2004	2003	2004	2003	2004
TOTAL	13.2	13.0	47.2	48.1	9.7	9.1
AGE						
18-25	11.1	11.3	34.9	38.2	7.3	7.0
26-49	14.5	14.0	49.3	50.6	10.5	9.7
50 or Older	12.3	12.5	54.0	50.9	9.7	9.2
GENDER						
Male	8.5	8.9	38.4	40.7	6.4	6.3
Female	17.5	16.8	51.9	52.6	13.0	11.9
HISPANIC ORIGIN AND RACE						
Not Hispanic or Latino	13.9	13.7	49.6	52.4	10.3	9.5
White	15.2	14.9	52.6	55.1	11.3	10.3
Black or African American	8.5	9.7	36.5	37.3	6.0	7.3
American Indian or Alaska Native	12.6	*	*	*	8.5	7.1
Native Hawaiian or Other Pacific Islander	*	*	*	*	*	*
Asian	4.9	5.4	17.0	*	4.1	3.3
Two or More Races	17.5	11.2	*	*	12.1	8.0
Hispanic or Latino	7.8	7.9	29.3	20.9	5.7	6.3
EDUCATION						
< High School	10.5	11.2	38.9	31.8	6.9	8.2
High School Graduate	12.5	11.5	44.3	48.8	9.1 ^a	7.3
Some College	14.8	15.5	50.7	57.2	10.7	10.9
College Graduate	14.3	13.5	56.9	53.0	11.4	10.2
CURRENT EMPLOYMENT						
Full-Time	11.8 ^a	10.4	42.1	42.6	9.1 ^b	7.7
Part-Time	14.5	16.5	47.9	56.3	10.8	11.4
Unemployed	13.0 ^a	19.1	36.4	*	8.8	12.5
Other ²	15.2	15.6	57.2	51.5	10.6	10.5

*Low precision; no estimate reported.

NOTE: Estimates in this table are based on a subsample of respondents aged 18 or older. See Section B.4.4 in Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

NOTE: Mental Health Treatment/Counseling is defined as having received inpatient care, outpatient care, or using prescription medication for problems with emotions, nerves, or mental health. Respondents were not to include treatment for drug or alcohol use. Respondents with unknown treatment/counseling information are excluded. Due to revised editing of 2003 and 2004 outpatient mental health treatment/counseling data, these 2003 estimates may differ slightly from 2003 estimates published in prior NSDUH reports. See Section B.5.2 in Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

^a Difference between estimate and 2004 estimate is statistically significant at the 0.05 level.

^b Difference between estimate and 2004 estimate is statistically significant at the 0.01 level.

¹ Serious Psychological Distress (SPD), referred to as Serious Mental Illness (SMI) in prior NSDUH reports, is defined as having a score of 13 or higher on the K6 scale. See Section B.4.4 of Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

² Retired persons, disabled persons, homemakers, students, or other persons not in the labor force are included in the Other Employment category.

Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2003 and 2004 (subsample).

Table 6.21A Received Mental Health Treatment/Counseling in the Past Year among Persons Aged 18 or Older, by Past Year Serious Psychological Distress and Geographic Characteristics: Numbers in Thousands, 2003 and 2004

Geographic Characteristic	Total		SERIOUS PSYCHOLOGICAL DISTRESS ¹			
			Yes		No	
	2003	2004	2003	2004	2003	2004
TOTAL	27,939	27,961	9,208	10,289	18,731	17,673
GEOGRAPHIC DIVISION						
Northeast	5,557	5,644	1,657	1,881	3,900	3,763
New England	1,822	1,763	548	*	1,274	1,269
Middle Atlantic	3,735	3,880	1,110	*	2,626	2,494
Midwest	6,837	6,459	2,218	2,531	4,618 ^a	3,929
East North Central	4,572	4,438	1,369	1,670	3,203	2,768
West North Central	2,265	2,021	850	*	1,415	1,161
South	9,871	9,737	3,456	3,725	6,415	6,013
South Atlantic	5,363	4,898	1,833	1,914	3,531	2,984
East South Central	1,697	1,913	582	*	1,115	1,206
West South Central	2,811	2,927	1,042	1,104	1,769	1,822
West	5,674	6,121	1,876	2,152	3,798	3,969
Mountain	1,905	2,530	710	*	1,195	1,545
Pacific	3,770	3,591	1,166	*	2,603	2,424
COUNTY TYPE						
Large Metro	14,195	13,327	4,413	4,246	9,781	9,081
Small Metro	8,823	9,879	3,023 ^b	4,444	5,800	5,435
250K - 1 Mil. Pop.	5,732	6,039	2,040	2,582	3,692	3,458
< 250K Pop.	3,092	3,839	983	*	2,108	1,977
Nonmetro	4,921	4,755	1,772	1,598	3,150	3,157
Urbanized	2,291	2,033	826	702	1,465	1,332
Less Urbanized	2,174	2,433	788	*	1,386	1,614
Completely Rural	456	289	*	*	299	212

*Low precision; no estimate reported.

NOTE: Estimates in this table are based on a subsample of respondents aged 18 or older. See Section B.4.4 in Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

NOTE: Mental Health Treatment/Counseling is defined as having received inpatient care, outpatient care, or using prescription medication for problems with emotions, nerves, or mental health. Respondents were not to include treatment for drug or alcohol use. Respondents with unknown treatment/counseling information are excluded. Due to revised editing of 2003 and 2004 outpatient mental health treatment/counseling data, these 2003 estimates may differ slightly from 2003 estimates published in prior NSDUH reports. See Section B.5.2 in Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

^a Difference between estimate and 2004 estimate is statistically significant at the 0.05 level.

^b Difference between estimate and 2004 estimate is statistically significant at the 0.01 level.

¹ Serious Psychological Distress (SPD), referred to as Serious Mental Illness (SMI) in prior NSDUH reports, is defined as having a score of 13 or higher on the K6 scale. See Section B.4.4 of Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2003 and 2004 (subsample).

Table 6.21B Received Mental Health Treatment/Counseling in the Past Year among Persons Aged 18 or Older, by Past Year Serious Psychological Distress and Geographic Characteristics: Percentages, 2003 and 2004

Geographic Characteristic	Total		SERIOUS PSYCHOLOGICAL DISTRESS ¹			
			Yes		No	
	2003	2004	2003	2004	2003	2004
TOTAL	13.2	13.0	47.2	48.1	9.7	9.1
GEOGRAPHIC DIVISION						
Northeast	13.7	13.8	48.9	47.3	10.5	10.2
New England	17.1	16.4	57.7	*	13.1	12.9
Middle Atlantic	12.4	12.9	45.5	*	9.5	9.2
Midwest	14.3	13.3	51.9	51.6	10.6 ^a	9.0
East North Central	13.6	13.1	46.7	48.7	10.4	9.1
West North Central	15.8	13.9	63.4	*	10.9	8.9
South	13.0	12.7	47.6	50.4	9.4	8.6
South Atlantic	13.5	12.1	50.4	51.1	9.7	8.1
East South Central	13.3	14.8	44.9	*	9.7	10.5
West South Central	12.2	12.4	44.6	50.2	8.5	8.5
West	11.9	12.6	40.9	42.2	8.8	9.1
Mountain	13.7 ^a	17.8	48.3	*	9.6	12.4
Pacific	11.1	10.5	37.4	*	8.4	7.8
COUNTY TYPE						
Large Metro	12.6	11.8	44.9	42.3	9.5	8.8
Small Metro	13.8	15.2	49.2	57.1	10.1	9.5
250K - 1 Mil. Pop.	13.7	14.4	50.3	53.8	9.8	9.3
< 250K Pop.	14.1	16.7	47.1	*	10.6	9.9
Nonmetro	13.7	13.0	50.1	45.1	9.8	9.5
Urbanized	14.3	13.3	51.1	44.1	10.2	9.7
Less Urbanized	13.4	13.3	47.7	*	9.5	9.7
Completely Rural	12.5	9.6	*	*	8.8	7.6

*Low precision; no estimate reported.

NOTE: Estimates in this table are based on a subsample of respondents aged 18 or older. See Section B.4.4 in Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

NOTE: Mental Health Treatment/Counseling is defined as having received inpatient care, outpatient care, or using prescription medication for problems with emotions, nerves, or mental health. Respondents were not to include treatment for drug or alcohol use. Respondents with unknown treatment/counseling information are excluded. Due to revised editing of 2003 and 2004 outpatient mental health treatment/counseling data, these 2003 estimates may differ slightly from 2003 estimates published in prior NSDUH reports. See Section B.5.2 in Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

^a Difference between estimate and 2004 estimate is statistically significant at the 0.05 level.

^b Difference between estimate and 2004 estimate is statistically significant at the 0.01 level.

¹ Serious Psychological Distress (SPD), referred to as Serious Mental Illness (SMI) in prior NSDUH reports, is defined as having a score of 13 or higher on the K6 scale. See Section B.4.4 of Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2003 and 2004 (subsample).