

Table 6.29A Reasons for Not Receiving Mental Health Treatment/Counseling in the Past Year among Persons Aged 18 or Older with an Unmet Need for Mental Health Treatment and Serious Psychological Distress in the Past Year, by Receipt of Past Year Mental Health Treatment: Numbers in Thousands, 2003 and 2004

Reason Did Not Receive Treatment/Counseling ¹	Total ²		MENTAL HEALTH TREATMENT/COUNSELING ³			
			Received		Not Received	
	2003	2004	2003	2004	2003	2004
TOTAL POPULATION	5,874	6,041	3,329	3,688	2,526	2,340
Cost/Insurance Barriers ⁴	2,947	3,280	1,638	1,965	1,299	1,306
Stigma ⁵	1,481	1,496	800	836	679	649
Did Not Feel Need for Treatment/Could Handle the Problem Without Treatment ⁶	1,646	1,615	817	882	825	727
Treatment Would Not Help	644	569	358	332	280	229
Did Not Have Time	911	789	508	492	404	293
Did Not Know Where to Go for Services	1,304	1,052	593	459	710	586
Fear of Being Committed/Have to Take Medicine	598	602	331	320	265	279
Other Access Barriers ⁷	434	378	329	281	105	97

*Low precision; no estimate reported.

NOTE: Unmet Need for Mental Health Treatment/Counseling is defined as a perceived need for treatment that was not received.

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 Respondents could indicate multiple reasons; thus, these response categories are not mutually exclusive.

² Estimates in the Total column represent reasons for not receiving mental health treatment/counseling for all persons aged 18 or older with an unmet need for treatment, including those with unknown mental health treatment/counseling information.

³ 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*.

⁴ Includes reasons of "Could not afford," "Health insurance does not pay enough," "Health insurance does not cover mental health treatment," and other-specify responses of "No health insurance."

⁵ Includes reasons of "Might cause neighbors/community to have negative opinion," "Might have negative effect on job," "Concerned about confidentiality," "Did not want others to find out," and other-specify responses of "Ashamed/embarrassed/afraid," "Concerned how court system would treat me," and "Concerned how it would affect future insurability."

⁶ Includes reasons of "Did not feel need for treatment," "Could handle problem without treatment," and other-specify responses of "Work on problems with family/friends" and "Work on problems through religion/spirituality."

⁷ Includes reasons of "No transportation/inconvenient" and other-specify responses of "Too much red tape/hassle to get services," "No openings/long waiting lists/delays," "Services unavailable/limited in area," "Attempted to get treatment but unsuccessful in finding help," and "Could not find program/counselor comfortable with."

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

Table 6.29B Reasons for Not Receiving Mental Health Treatment/Counseling in the Past Year among Persons Aged 18 or Older with an Unmet Need for Mental Health Treatment and Serious Psychological Distress in the Past Year, by Receipt of Past Year Mental Health Treatment: Percentages, 2003 and 2004

Reason Did Not Receive Treatment/Counseling ¹	Total ²		MENTAL HEALTH TREATMENT/COUNSELING ³			
			Received		Not Received	
	2003	2004	2003	2004	2003	2004
TOTAL POPULATION	100.0	100.0	100.0	100.0	100.0	100.0
Cost/Insurance Barriers ⁴	50.6	55.3	49.5	53.9	52.1	57.6
Stigma ⁵	25.4	25.2	24.2	22.9	27.3	28.6
Did Not Feel Need for Treatment/Could Handle the Problem Without Treatment ⁶	28.3	27.2	24.7	24.2	33.1	32.1
Treatment Would Not Help	11.1	9.6	10.8	9.1	11.2	10.1
Did Not Have Time	15.7	13.3	15.3	13.5	16.2	12.9
Did Not Know Where to Go for Services	22.4	17.7	17.9	12.6	28.5	25.9
Fear of Being Committed/Have to Take Medicine	10.3	10.2	10.0	8.8	10.7	12.3
Other Access Barriers ⁷	7.5	6.4	9.9	7.7	4.2	4.3

*Low precision; no estimate reported.

NOTE: Unmet Need for Mental Health Treatment/Counseling is defined as a perceived need for treatment that was not received.

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*.

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⁵ Includes reasons of "Might cause neighbors/community to have negative opinion," "Might have negative effect on job," "Concerned about confidentiality," "Did not want others to find out," and other-specify responses of "Ashamed/embarrassed/afraid," "Concerned how court system would treat me," and "Concerned how it would affect future insurability."

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

Table 6.30A Detailed Reasons for Not Receiving Mental Health Treatment/Counseling in the Past Year among Persons Aged 18 or Older with an Unmet Need for Mental Health Treatment and Serious Psychological Distress in the Past Year, by Receipt of Past Year Mental Health Treatment: Numbers in Thousands, 2003 and 2004

Reason Did Not Receive Treatment/Counseling ¹	Total ²		MENTAL HEALTH TREATMENT/COUNSELING ³			
			Received		Not Received	
	2003	2004	2003	2004	2003	2004
TOTAL POPULATION	5,874	6,041	3,329	3,688	2,526	2,340
Could Not Afford Cost	2,510	2,755	1,363	1,534	1,136	1,213
Might Cause Neighbors/Community to Have Negative Opinion	578	628	265	363	310	258
Might Have Negative Effect on Job	448	403	218	246	231	151
Health Insurance Does Not Cover Any Mental Health Treatment/Counseling	327	442	155	306	172	133
Health Insurance Does Not Cover Enough Mental Health Treatment/Counseling	858	669	529	505	329 ^a	161
Did Not Know Where to Go for Services	1,304	1,052	593	459	710	586
Concerned about Confidentiality	581	695	369	313	213	378
Fear of Being Committed/Have to Take Medicine	598	602	331	320	265	279
Did Not Feel Need for Treatment	603 ^b	286	324 ^a	168	276 ^b	115
Could Handle the Problem Without Treatment	1,441	1,543	697	859	741	679
Treatment Would Not Help	644	569	358	332	280	229
Did Not Have Time	911	789	508	492	404	293
Did Not Want Others to Find Out	421	426	186	237	235	186
No Transportation/Inconvenient	267	267	194	177	73	89
Some Other Reason	486	540	345	354	140	179

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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*.

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Table 6.30B Detailed Reasons for Not Receiving Mental Health Treatment/Counseling in the Past Year among Persons Aged 18 or Older with an Unmet Need for Mental Health Treatment and Serious Psychological Distress in the Past Year, by Receipt of Past Year Mental Health Treatment: Percentages, 2003 and 2004

Reason Did Not Receive Treatment/Counseling ¹	Total ²		MENTAL HEALTH TREATMENT/COUNSELING ³			
			Received		Not Received	
	2003	2004	2003	2004	2003	2004
TOTAL POPULATION	100.0	100.0	100.0	100.0	100.0	100.0
Could Not Afford Cost	43.1	46.5	41.2	42.1	45.6	53.5
Might Cause Neighbors/Community to Have Negative Opinion	9.9	10.6	8.0	10.0	12.5	11.4
Might Have Negative Effect on Job	7.7	6.8	6.6	6.8	9.3	6.7
Health Insurance Does Not Cover Any Mental Health Treatment/Counseling	5.6	7.5	4.7	8.4	6.9	5.9
Health Insurance Does Not Cover Enough Mental Health Treatment/Counseling	14.7	11.3	16.0	13.8	13.2	7.1
Did Not Know Where to Go for Services	22.4	17.7	17.9	12.6	28.5	25.9
Concerned about Confidentiality	10.0	11.7	11.1	8.6	8.5 ^a	16.7
Fear of Being Committed/Have to Take Medicine	10.3	10.2	10.0	8.8	10.7	12.3
Did Not Feel Need for Treatment	10.4 ^b	4.8	9.8 ^b	4.6	11.1 ^a	5.1
Could Handle the Problem Without Treatment	24.8	26.0	21.0	23.5	29.7	30.0
Treatment Would Not Help	11.1	9.6	10.8	9.1	11.2	10.1
Did Not Have Time	15.7	13.3	15.3	13.5	16.2	12.9
Did Not Want Others to Find Out	7.2	7.2	5.6	6.5	9.5	8.2
No Transportation/Inconvenient	4.6	4.5	5.9	4.9	2.9	3.9
Some Other Reason	8.4	9.1	10.4	9.7	5.6	7.9

*Low precision; no estimate reported.

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