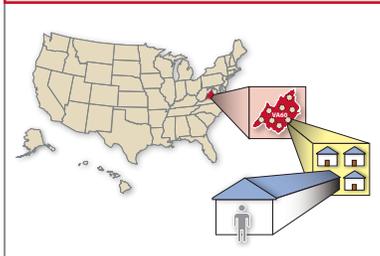


The NSDUH Report

February 20, 2014



More than One Third of Adults with Major Depressive Episode Did Not Talk to a Professional

Every year, about 15.2 million adults experience a major depressive episode (MDE).^{1,2} Combined data from the 2008 to 2012 National Surveys on Drug Use and Health (NSDUHs) show that more than one third of adults with past year MDE (38.3 percent) did not talk to a health or alternative service professional during the past 12 months. Of the adults with MDE, 48.0 percent talked to a health professional only, and 10.7 percent talked to both a health professional and an alternative service professional (Figure 1). Specific types of professionals seen by adults with past year MDE are shown in Figure 2. The most frequently reported health professional seen was a general practitioner or family doctor (37.4 percent).

The large number of adults with MDE who did not talk to a professional suggests the need to promote treatment options more widely. The family doctor is the source of care most frequently mentioned by adults with depression. Therefore, it is important for primary care providers to use screening tools to identify those patients who may require treatment for depression. The Substance Abuse and Mental Health Services Administration (SAMHSA) provides resources for those seeking and those providing mental health care services. For information, please visit <http://www.mentalhealth.gov/index.html>.

- Center for Behavioral Health Statistics and Quality. (2013). *Results from the 2012 National Survey on Drug Use and Health: Mental health findings* (HHS Publication No. SMA 13-4805, NSDUH Series H-47). Rockville, MD: Substance Abuse and Mental Health Services Administration.
- MDE is defined using the diagnostic criteria set forth in the fourth edition of the *Diagnostic and Statistical Manual of Mental Disorders (DSM-IV)*, which specifies a period of 2 weeks or longer during which there is either depressed mood or loss of interest or pleasure and at least four other symptoms that reflect a change in functioning, such as problems with sleep, eating, energy, concentration, and self-image. In assessing MDE, no exclusions were made for MDE caused by medical illness, bereavement, or substance use disorders.

Figure 1. Sources of Help among Adults Aged 18 or Older with Past Year Major Depressive Episode (MDE)*: 2008 to 2012

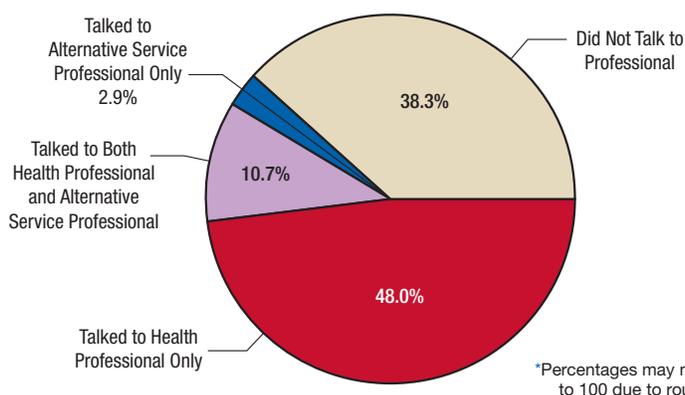


Figure 2. Specific Sources of Help* among Adults Aged 18 or Older with Past Year Major Depressive Episode (MDE): 2008 to 2012



Source: National Surveys on Drug Use and Health (NSDUHs), 2008 to 2010 (revised March 2012) and 2011 to 2012. The survey collects data by administering questionnaires to a representative sample of the population through face-to-face interviews at their places of residence.

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. The **Data Spotlight** may be copied without permission. Citation of the source is appreciated. Find this report and those on similar topics online at <http://www.samhsa.gov/data/>.

