

Table 1.58C Type of Professional Seen among Persons Aged 18 or Older with Major Depressive Episode (MDE) or MDE with Severe Impairment in the Past Year Who Saw or Talked to a Professional about Depression in the Past Year: Standard Errors of Numbers in Thousands, 2010 and 2011

Type of Professional ¹	MDE (2010)	MDE (2011)	MDE with Severe Impairment ² (2010)	MDE with Severe Impairment ² (2011)
TOTAL ³	372	338	299	294
HEALTH PROFESSIONAL	364	329	294	280
General Practitioner or Family Doctor	292	270	244	234
Other Medical Doctor ⁴	112	118	102	91
Psychologist	187	179	163	158
Psychiatrist or Psychotherapist	221	195	191	171
Social Worker	123	114	115	104
Counselor	178	151	144	136
Other Mental Health Professional ⁵	121	78	112	75
Nurse, Occupational Therapist, or Other Health Professional	100	75	93	69
ALTERNATIVE SERVICE PROFESSIONAL	181	180	146	160
Religious or Spiritual Advisor ⁶	165	163	140	146
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	78	89	47	80
OTHER PROFESSIONAL ⁷	72	46	69	41

*Low precision; no estimate reported.

NOTE: Some 2010 estimates may differ from previously published estimates due to updates (see Section B.3 in Appendix B of the *Results from the 2011 National Survey on Drug Use and Health: Mental Health Findings*).

NOTE: Major Depressive Episode (MDE) is defined as in the 4th edition of the *Diagnostic and Statistical Manual of Mental Disorders (DSM-IV)*, which specifies a period of at least 2 weeks when a person experienced a depressed mood or loss of interest or pleasure in daily activities and had a majority of specified depression symptoms.

NOTE: Impairment is based on the Sheehan Disability Scale (SDS) role domains, which measure the impact of a disorder on a person's life. Impairment is defined as the highest severity level of role impairment across four domains: (1) home management, (2) work, (3) close relationships with others, and (4) social life. Ratings ≥ 7 on a 0 to 10 scale were considered Severe Impairment.

NOTE: Respondents with unknown past year MDE data were excluded.

¹ Respondents could indicate multiple professionals; thus, these response categories are not mutually exclusive.

² Respondents with unknown Severe Impairment data were excluded.

³ Estimates in the Total row represent all persons aged 18 or older with past year MDE or past year MDE with severe impairment who saw or talked to a professional about depression in the past year, including those whose response to type of professional seen was unknown.

⁴ Other Medical Doctor includes cardiologists, gynecologists, urologists, and other medical doctors that are not general practitioners or family doctors.

⁵ Other Mental Health Professional includes mental health nurses and other therapists where type is not specified.

⁶ Religious or Spiritual Advisor includes ministers, priests, or rabbis.

⁷ Respondents with unknown or invalid responses to the other-specify question on Other Type of Professionals Seen for Depression were excluded.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2010 and 2011.

Table 1.58D Type of Professional Seen among Persons Aged 18 or Older with Major Depressive Episode (MDE) or MDE with Severe Impairment in the Past Year Who Saw or Talked to a Professional about Depression in the Past Year: Standard Errors of Percentages, 2010 and 2011

Type of Professional ¹	MDE (2010)	MDE (2011)	MDE with Severe Impairment ² (2010)	MDE with Severe Impairment ² (2011)
TOTAL ³	0.00	0.00	0.00	0.00
HEALTH PROFESSIONAL	0.65	0.91	0.66	1.15
General Practitioner or Family Doctor	1.82	1.76	2.07	2.04
Other Medical Doctor ⁴	1.10	1.18	1.43	1.29
Psychologist	1.63	1.57	2.05	1.91
Psychiatrist or Psychotherapist	1.81	1.67	2.21	1.99
Social Worker	1.19	1.11	1.58	1.40
Counselor	1.58	1.46	1.92	1.81
Other Mental Health Professional ⁵	1.17	0.79	1.56	1.05
Nurse, Occupational Therapist, or Other Health Professional	0.99	0.77	1.35	0.99
ALTERNATIVE SERVICE PROFESSIONAL	1.65	1.64	1.94	1.96
Religious or Spiritual Advisor ⁶	1.54	1.52	1.89	1.86
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	0.79	0.91	0.71	1.14
OTHER PROFESSIONAL ⁷	0.74	0.49	1.04	0.61

*Low precision; no estimate reported.

NOTE: Some 2010 estimates may differ from previously published estimates due to updates (see Section B.3 in Appendix B of the *Results from the 2011 National Survey on Drug Use and Health: Mental Health Findings*).

NOTE: Major Depressive Episode (MDE) is defined as in the 4th edition of the *Diagnostic and Statistical Manual of Mental Disorders (DSM-IV)*, which specifies a period of at least 2 weeks when a person experienced a depressed mood or loss of interest or pleasure in daily activities and had a majority of specified depression symptoms.

NOTE: Impairment is based on the Sheehan Disability Scale (SDS) role domains, which measure the impact of a disorder on a person's life. Impairment is defined as the highest severity level of role impairment across four domains: (1) home management, (2) work, (3) close relationships with others, and (4) social life. Ratings ≥ 7 on a 0 to 10 scale were considered Severe Impairment.

NOTE: Respondents with unknown past year MDE data were excluded.

¹ Respondents could indicate multiple professionals; thus, these response categories are not mutually exclusive.

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Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2010 and 2011.

Table 1.58P Type of Professional Seen among Persons Aged 18 or Older with Major Depressive Episode (MDE) or MDE with Severe Impairment in the Past Year Who Saw or Talked to a Professional about Depression in the Past Year: P Values from Tests of Differences of Percentages, 2011 Versus 2010

Type of Professional ¹	MDE (2010)	MDE (2011)	MDE with Severe Impairment ² (2010)	MDE with Severe Impairment ² (2011)
TOTAL ³	N/A		N/A	
HEALTH PROFESSIONAL	0.1066		0.0563	
General Practitioner or Family Doctor	0.9444		0.7832	
Other Medical Doctor ⁴	0.2645		0.6438	
Psychologist	0.1031		0.0963	
Psychiatrist or Psychotherapist	0.4622		0.2883	
Social Worker	0.8227		0.9339	
Counselor	0.3746		0.8748	
Other Mental Health Professional ⁵	0.0687		0.0852	
Nurse, Occupational Therapist, or Other Health Professional	0.4146		0.2653	
ALTERNATIVE SERVICE PROFESSIONAL	0.1966		0.0525	
Religious or Spiritual Advisor ⁶	0.2444		0.1131	
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	0.1671		0.0376	
OTHER PROFESSIONAL ⁷	0.5095		0.5176	

*Low precision; no estimate reported.

N/A: Not applicable.

NOTE: Some 2010 estimates used in the comparisons may differ from previously published estimates due to updates (see Section B.3 in Appendix B of the *Results from the 2011 National Survey on Drug Use and Health: Mental Health Findings*).

NOTE: Major Depressive Episode (MDE) is defined as in the 4th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV), which specifies a period of at least 2 weeks when a person experienced a depressed mood or loss of interest or pleasure in daily activities and had a majority of specified depression symptoms.

NOTE: Impairment is based on the Sheehan Disability Scale (SDS) role domains, which measure the impact of a disorder on a person's life. Impairment is defined as the highest severity level of role impairment across four domains: (1) home management, (2) work, (3) close relationships with others, and (4) social life. Ratings ≥ 7 on a 0 to 10 scale were considered Severe Impairment.

NOTE: Respondents with unknown past year MDE data were excluded.

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Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2010 and 2011.