

Table 2.11A Type of Professional Seen among Persons Aged 12 to 17 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: 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)
TOTAL³	663	720	520	571
HEALTH PROFESSIONAL	622	669	492	535
General Practitioner or Family Doctor	151	162	127	129
Other Medical Doctor ⁴	43	28	36	22
Psychologist	215	242	193	203
Psychiatrist or Psychotherapist	177	183	156	151
Social Worker	98	124	83	102
Counselor	383	424	301	352
Other Mental Health Professional ⁵	52	67	50	61
Nurse, Occupational Therapist, or Other Health Professional	44	62	38	51
ALTERNATIVE SERVICE PROFESSIONAL	101	137	80	105
Religious or Spiritual Advisor ⁶	91	130	71	101
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	13	11	11	8
OTHER PROFESSIONAL⁷	2	9	2	6

*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) chores at home, (2) school or work, (3) close relationships with family, 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.

^a Difference between estimate and 2011 estimate is statistically significant at the 0.05 level.

^b Difference between estimate and 2011 estimate is statistically significant at the 0.01 level.

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 12 to 17 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 2.11B Type of Professional Seen among Persons Aged 12 to 17 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: Percentages, 2010 and 2011

Type of Professional ¹	MDE (2010)	MDE (2011)	MDE with Severe Impairment ² (2010)	MDE with Severe Impairment ² (2011)
TOTAL³	100.0	100.0	100.0	100.0
HEALTH PROFESSIONAL	94.8	94.5	95.8	94.7
General Practitioner or Family Doctor	23.0	22.9	24.7	22.8
Other Medical Doctor ⁴	6.6	4.0	7.0	3.9
Psychologist	32.8	34.2	37.5	35.9
Psychiatrist or Psychotherapist	26.9	25.8	30.4	26.7
Social Worker	14.9	17.6	16.1	18.1
Counselor	58.4	59.9	58.6	62.3
Other Mental Health Professional ⁵	7.9	9.5	9.7	10.9
Nurse, Occupational Therapist, or Other Health Professional	6.7	8.8	7.4	9.1
ALTERNATIVE SERVICE PROFESSIONAL	15.4	19.4	15.5	18.7
Religious or Spiritual Advisor ⁶	13.8	18.4	13.9	17.9
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	2.0	1.6	2.1	1.3
OTHER PROFESSIONAL⁷	0.4	1.3	0.5	1.2

*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) chores at home, (2) school or work, (3) close relationships with family, 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.

^a Difference between estimate and 2011 estimate is statistically significant at the 0.05 level.

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³ Estimates in the Total row represent all persons aged 12 to 17 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.

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