

**Table 2.11C 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: Standard Errors of Numbers in Thousands, 2010 and 2011**

Type of Professional <sup>1</sup>	MDE (2010)	MDE (2011)	MDE with Severe Impairment <sup>2</sup> (2010)	MDE with Severe Impairment <sup>2</sup> (2011)
<b>TOTAL</b> <sup>3</sup>	34	36	30	32
<b>HEALTH PROFESSIONAL</b>	33	34	29	30
General Practitioner or Family Doctor	15	16	14	14
Other Medical Doctor <sup>4</sup>	8	6	8	6
Psychologist	19	21	18	20
Psychiatrist or Psychotherapist	17	17	16	15
Social Worker	14	15	12	13
Counselor	25	27	22	25
Other Mental Health Professional <sup>5</sup>	9	11	9	11
Nurse, Occupational Therapist, or Other Health Professional	9	11	9	11
<b>ALTERNATIVE SERVICE PROFESSIONAL</b>	15	16	12	14
Religious or Spiritual Advisor <sup>6</sup>	14	16	11	14
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	5	4	4	3
<b>OTHER PROFESSIONAL</b> <sup>7</sup>	1	3	1	3

\*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  $\geq 7$  on a 0 to 10 scale were considered Severe Impairment.

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

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

<sup>2</sup> Respondents with unknown Severe Impairment data were excluded.

<sup>3</sup> 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.

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

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

<sup>6</sup> Religious or Spiritual Advisor includes ministers, priests, or rabbis.

<sup>7</sup> 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 2.11D 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: Standard Errors of Percentages, 2010 and 2011**

Type of Professional <sup>1</sup>	MDE (2010)	MDE (2011)	MDE with Severe Impairment <sup>2</sup> (2010)	MDE with Severe Impairment <sup>2</sup> (2011)
<b>TOTAL</b> <sup>3</sup>	0.00	0.00	0.00	0.00
<b>HEALTH PROFESSIONAL</b>	1.55	1.34	1.41	1.56
General Practitioner or Family Doctor	2.10	2.02	2.38	2.24
Other Medical Doctor <sup>4</sup>	1.23	0.87	1.44	1.01
Psychologist	2.37	2.41	2.78	2.74
Psychiatrist or Psychotherapist	2.22	2.12	2.64	2.37
Social Worker	1.98	1.95	2.15	2.15
Counselor	2.52	2.43	2.85	2.78
Other Mental Health Professional <sup>5</sup>	1.30	1.49	1.64	1.89
Nurse, Occupational Therapist, or Other Health Professional	1.33	1.57	1.61	1.82
<b>ALTERNATIVE SERVICE PROFESSIONAL</b>	1.99	2.01	2.09	2.26
Religious or Spiritual Advisor <sup>6</sup>	1.90	1.99	1.99	2.23
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	0.69	0.56	0.85	0.59
<b>OTHER PROFESSIONAL</b> <sup>7</sup>	0.23	0.45	0.29	0.47

\*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  $\geq 7$  on a 0 to 10 scale were considered Severe Impairment.

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

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

<sup>2</sup> Respondents with unknown Severe Impairment data were excluded.

<sup>3</sup> 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.

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

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

<sup>6</sup> Religious or Spiritual Advisor includes ministers, priests, or rabbis.

<sup>7</sup> 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 2.11P 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: P Values from Tests of Differences of Percentages, 2011 Versus 2010**

Type of Professional <sup>1</sup>	MDE (2010)	MDE (2011)	MDE with Severe Impairment <sup>2</sup> (2010)	MDE with Severe Impairment <sup>2</sup> (2011)
<b>TOTAL</b> <sup>3</sup>	N/A		N/A	
<b>HEALTH PROFESSIONAL</b>	0.8673		0.6137	
General Practitioner or Family Doctor	0.9759		0.5590	
Other Medical Doctor <sup>4</sup>	0.0950		0.0812	
Psychologist	0.6715		0.6765	
Psychiatrist or Psychotherapist	0.7236		0.2962	
Social Worker	0.3331		0.4911	
Counselor	0.6671		0.3661	
Other Mental Health Professional <sup>5</sup>	0.4490		0.6521	
Nurse, Occupational Therapist, or Other Health Professional	0.3187		0.4770	
<b>ALTERNATIVE SERVICE PROFESSIONAL</b>	0.1853		0.3306	
Religious or Spiritual Advisor <sup>6</sup>	0.1139		0.2021	
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	0.6818		0.4503	
<b>OTHER PROFESSIONAL</b> <sup>7</sup>	0.0762		0.2169	

\*Low precision; no estimate reported.

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) chores at home, (2) school or work, (3) close relationships with family, and (4) social life. Ratings  $\geq 7$  on a 0 to 10 scale were considered Severe Impairment.

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

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

<sup>2</sup> Respondents with unknown Severe Impairment data were excluded.

<sup>3</sup> 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.

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

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

<sup>6</sup> Religious or Spiritual Advisor includes ministers, priests, or rabbis.

<sup>7</sup> 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.