

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 Medical Doctor or Other Professional about Depression in the Past Year: Standard Errors of Numbers in Thousands, 2009 and 2010

Type of Professional ¹	MDE (2009)	MDE (2010)	MDE with Severe Impairment ² (2009)	MDE with Severe Impairment ² (2010)
TOTAL³	341	372	264	298
General Practitioner or Family Doctor	278	292	209	244
Other Medical Doctor ⁴	96	112	81	102
Psychologist	161	187	140	163
Psychiatrist or Psychotherapist	177	221	149	191
Social Worker	107	123	92	115
Counselor	118	177	107	144
Other Mental Health Professional ⁵	63	120	60	112
Nurse, Occupational Therapist, or Other Health Professional	66	100	55	93
Religious or Spiritual Advisor ⁶	129	165	106	140
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	88	79	78	48
Other ⁷	13	72	10	69

*Low precision; no estimate reported.

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 medical doctor or professional about depression in the past year, including those with unknown type of professional data.

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 (formerly the Office of Applied Studies), National Survey on Drug Use and Health, 2009 and 2010.

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 Medical Doctor or Other Professional about Depression in the Past Year: Standard Errors of Percentages, 2009 and 2010

Type of Professional ¹	MDE (2009)	MDE (2010)	MDE with Severe Impairment ² (2009)	MDE with Severe Impairment ² (2010)
TOTAL ³	0.00	0.00	0.00	0.00
General Practitioner or Family Doctor	1.78	1.83	2.15	2.08
Other Medical Doctor ⁴	1.05	1.11	1.31	1.44
Psychologist	1.58	1.63	2.05	2.06
Psychiatrist or Psychotherapist	1.73	1.82	2.10	2.22
Social Worker	1.14	1.19	1.47	1.59
Counselor	1.24	1.58	1.67	1.92
Other Mental Health Professional ⁵	0.70	1.16	1.01	1.56
Nurse, Occupational Therapist, or Other Health Professional	0.74	0.99	0.92	1.35
Religious or Spiritual Advisor ⁶	1.34	1.55	1.62	1.90
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	0.97	0.80	1.27	0.72
Other ⁷	0.15	0.74	0.18	1.04

*Low precision; no estimate reported.

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 (formerly the Office of Applied Studies), National Survey on Drug Use and Health, 2009 and 2010.

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 Medical Doctor or Other Professional about Depression in the Past Year: P Values from Tests of Differences of Percentages, 2010 Versus 2009

Type of Professional ¹	MDE (2009)	MDE (2010)	MDE with Severe Impairment ² (2009)	MDE with Severe Impairment ² (2010)
TOTAL ³	N/A		N/A	
General Practitioner or Family Doctor	0.4865		0.9234	
Other Medical Doctor ⁴	0.6528		0.8442	
Psychologist	0.8944		0.6486	
Psychiatrist or Psychotherapist	0.6850		0.8843	
Social Worker	0.5250		0.9452	
Counselor	0.0117		0.2693	
Other Mental Health Professional ⁵	0.0126		0.0430	
Nurse, Occupational Therapist, or Other Health Professional	0.5630		0.1427	
Religious or Spiritual Advisor ⁶	0.4733		0.2969	
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	0.0587		0.0077	
Other ⁷	0.0312		0.0796	

*Low precision; no estimate reported.

N/A: Not applicable.

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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