

Table 1.65A 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: Numbers in Thousands, 2011 and 2012

Type of Professional ¹	MDE (2011)	MDE (2012)	MDE with Severe Impairment ² (2011)	MDE with Severe Impairment ² (2012)
TOTAL³	9,427	10,040	6,686	7,026
HEALTH PROFESSIONAL	8,874	9,434	6,314	6,700
General Practitioner or Family Doctor	5,714	5,859	4,078	4,052
Other Medical Doctor ⁴	1,072	1,160	763	890
Psychologist	2,755	2,435	2,176	1,875
Psychiatrist or Psychotherapist	2,940	3,444	2,274	2,692
Social Worker	1,034	1,140	896	959
Counselor	2,122	2,467	1,720	1,908
Other Mental Health Professional ⁵	615	701	552	621
Nurse, Occupational Therapist, or Other Health Professional	579	514	490	400
ALTERNATIVE SERVICE PROFESSIONAL	2,174	2,253	1,678	1,596
Religious or Spiritual Advisor ⁶	1,816	1,900	1,423	1,329
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	587	557	467	451
OTHER PROFESSIONAL⁷	133	57	94	46

*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. Respondents with unknown past year MDE data were excluded.

^a Difference between estimate and 2012 estimate is statistically significant at the 0.05 level.

^b Difference between estimate and 2012 estimate is statistically significant at the 0.01 level.

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

² 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. 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, 2011 and 2012.

Table 1.65B 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: Percentages, 2011 and 2012

Type of Professional ¹	MDE (2011)	MDE (2012)	MDE with Severe Impairment ² (2011)	MDE with Severe Impairment ² (2012)
TOTAL³	100.0	100.0	100.0	100.0
HEALTH PROFESSIONAL	94.2	94.3	94.5	95.7
General Practitioner or Family Doctor	60.7	58.5	61.0	57.9
Other Medical Doctor ⁴	11.4	11.6	11.4	12.7
Psychologist	29.3 ^a	24.3	32.6 ^a	26.8
Psychiatrist or Psychotherapist	31.2	34.4	34.0	38.4
Social Worker	11.0	11.4	13.4	13.7
Counselor	22.5	24.6	25.7	27.2
Other Mental Health Professional ⁵	6.5	7.0	8.3	8.9
Nurse, Occupational Therapist, or Other Health Professional	6.1	5.1	7.3	5.7
ALTERNATIVE SERVICE PROFESSIONAL	23.1	22.5	25.1	22.8
Religious or Spiritual Advisor ⁶	19.3	19.0	21.3	19.0
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	6.2	5.6	7.0	6.4
OTHER PROFESSIONAL⁷	1.4	0.6	1.4	0.7

*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. Respondents with unknown past year MDE data were excluded.

^a Difference between estimate and 2012 estimate is statistically significant at the 0.05 level.

^b Difference between estimate and 2012 estimate is statistically significant at the 0.01 level.

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

² 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. 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, 2011 and 2012.