

Table 1.65C 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, 2011 and 2012

Type of Professional ¹	MDE (2011)	MDE (2012)	MDE with Severe Impairment ² (2011)	MDE with Severe Impairment ² (2012)
TOTAL ³	338	363	294	303
HEALTH PROFESSIONAL	329	351	280	298
General Practitioner or Family Doctor	270	286	234	238
Other Medical Doctor ⁴	118	139	91	127
Psychologist	179	162	158	141
Psychiatrist or Psychotherapist	195	215	171	189
Social Worker	114	121	104	114
Counselor	151	157	136	136
Other Mental Health Professional ⁵	78	91	75	84
Nurse, Occupational Therapist, or Other Health Professional	75	71	69	64
ALTERNATIVE SERVICE PROFESSIONAL	180	178	160	151
Religious or Spiritual Advisor ⁶	163	161	146	132
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	89	86	80	83
OTHER PROFESSIONAL ⁷	46	23	41	22

*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.

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 1.65D 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, 2011 and 2012

Type of Professional ¹	MDE (2011)	MDE (2012)	MDE with Severe Impairment ² (2011)	MDE with Severe Impairment ² (2012)
TOTAL ³	0.00	0.00	0.00	0.00
HEALTH PROFESSIONAL	0.91	0.94	1.15	0.90
General Practitioner or Family Doctor	1.76	1.71	2.04	2.08
Other Medical Doctor ⁴	1.18	1.26	1.29	1.63
Psychologist	1.57	1.46	1.91	1.77
Psychiatrist or Psychotherapist	1.67	1.68	1.99	2.03
Social Worker	1.11	1.14	1.40	1.48
Counselor	1.46	1.44	1.81	1.79
Other Mental Health Professional ⁵	0.79	0.88	1.05	1.16
Nurse, Occupational Therapist, or Other Health Professional	0.77	0.70	0.99	0.89
ALTERNATIVE SERVICE PROFESSIONAL	1.64	1.54	1.96	1.87
Religious or Spiritual Advisor ⁶	1.52	1.41	1.86	1.68
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	0.91	0.85	1.14	1.14
OTHER PROFESSIONAL ⁷	0.49	0.23	0.61	0.32

*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.

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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.

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Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2011 and 2012.

Table 1.65P 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, 2012 Versus 2011

Type of Professional ¹	MDE (2011)	MDE (2012)	MDE with Severe Impairment ² (2011)	MDE with Severe Impairment ² (2012)
TOTAL ³	N/A		N/A	
HEALTH PROFESSIONAL	0.9613		0.4206	
General Practitioner or Family Doctor	0.3842		0.2840	
Other Medical Doctor ⁴	0.9031		0.5313	
Psychologist	0.0277		0.0286	
Psychiatrist or Psychotherapist	0.1751		0.1180	
Social Worker	0.8036		0.8938	
Counselor	0.3049		0.5541	
Other Mental Health Professional ⁵	0.6860		0.7019	
Nurse, Occupational Therapist, or Other Health Professional	0.3329		0.2277	
ALTERNATIVE SERVICE PROFESSIONAL	0.7993		0.3926	
Religious or Spiritual Advisor ⁶	0.8868		0.3517	
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	0.5760		0.7236	
OTHER PROFESSIONAL ⁷	0.1201		0.2723	

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

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