

**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, 2011 and 2012**

Type of Professional <sup>1</sup>	MDE (2011)	MDE (2012)	MDE with Severe Impairment <sup>2</sup> (2011)	MDE with Severe Impairment <sup>2</sup> (2012)
<b>TOTAL</b> <sup>3</sup>	720	761	571	589
<b>HEALTH PROFESSIONAL</b>	669	733	535	569
General Practitioner or Family Doctor	162	167	129	135
Other Medical Doctor <sup>4</sup>	28	39	22	31
Psychologist	242	249	203	208
Psychiatrist or Psychotherapist	183	212	151	174
Social Worker	124	119	102	102
Counselor	424	475	352	376
Other Mental Health Professional <sup>5</sup>	67	76	61	66
Nurse, Occupational Therapist, or Other Health Professional	62	47	51	36
<b>ALTERNATIVE SERVICE PROFESSIONAL</b>	137	113	105	101
Religious or Spiritual Advisor <sup>6</sup>	130	103	101	91
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	11	19	8	15
<b>OTHER PROFESSIONAL</b> <sup>7</sup>	9	18	6	16

\*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.

<sup>a</sup> Difference between estimate and 2012 estimate is statistically significant at the 0.05 level.

<sup>b</sup> Difference between estimate and 2012 estimate is statistically significant at the 0.01 level.

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

<sup>2</sup> 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. 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, 2011 and 2012.

**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, 2011 and 2012**

Type of Professional <sup>1</sup>	MDE (2011)	MDE (2012)	MDE with Severe Impairment <sup>2</sup> (2011)	MDE with Severe Impairment <sup>2</sup> (2012)
<b>TOTAL</b> <sup>3</sup>	100.0	100.0	100.0	100.0
<b>HEALTH PROFESSIONAL</b>	94.5	97.3	94.7	97.5
General Practitioner or Family Doctor	22.9	22.2	22.8	23.2
Other Medical Doctor <sup>4</sup>	4.0	5.1	3.9	5.3
Psychologist	34.2	33.1	35.9	35.6
Psychiatrist or Psychotherapist	25.8	28.2	26.7	29.8
Social Worker	17.6	15.9	18.1	17.4
Counselor	59.9	63.0	62.3	64.5
Other Mental Health Professional <sup>5</sup>	9.5	10.0	10.9	11.3
Nurse, Occupational Therapist, or Other Health Professional	8.8	6.2	9.1	6.1
<b>ALTERNATIVE SERVICE PROFESSIONAL</b>	19.4	15.0	18.7	17.2
Religious or Spiritual Advisor <sup>6</sup>	18.4	13.6	17.9	15.6
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	1.6	2.5	1.3	2.5
<b>OTHER PROFESSIONAL</b> <sup>7</sup>	1.3	2.4	1.2	2.8

\*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.

<sup>a</sup> Difference between estimate and 2012 estimate is statistically significant at the 0.05 level.

<sup>b</sup> Difference between estimate and 2012 estimate is statistically significant at the 0.01 level.

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

<sup>2</sup> 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. 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, 2011 and 2012.