

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, 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	36	36	32	32
HEALTH PROFESSIONAL	34	35	30	32
General Practitioner or Family Doctor	16	17	14	16
Other Medical Doctor ⁴	6	7	6	6
Psychologist	21	20	20	18
Psychiatrist or Psychotherapist	17	20	15	17
Social Worker	15	14	13	13
Counselor	27	27	25	25
Other Mental Health Professional ⁵	11	13	11	12
Nurse, Occupational Therapist, or Other Health Professional	11	8	11	6
ALTERNATIVE SERVICE PROFESSIONAL	16	14	14	13
Religious or Spiritual Advisor ⁶	16	13	14	12
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	4	6	3	5
OTHER PROFESSIONAL ⁷	3	6	3	5

*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) chores at home, (2) school or work, (3) close relationships with family, 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 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.

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 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, 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	1.34	0.74	1.56	0.88
General Practitioner or Family Doctor	2.02	2.02	2.24	2.34
Other Medical Doctor ⁴	0.87	0.96	1.01	1.07
Psychologist	2.41	2.16	2.74	2.47
Psychiatrist or Psychotherapist	2.12	2.19	2.37	2.43
Social Worker	1.95	1.71	2.15	1.99
Counselor	2.43	2.38	2.78	2.64
Other Mental Health Professional ⁵	1.49	1.56	1.89	1.91
Nurse, Occupational Therapist, or Other Health Professional	1.57	1.03	1.82	1.08
ALTERNATIVE SERVICE PROFESSIONAL	2.01	1.70	2.26	1.99
Religious or Spiritual Advisor ⁶	1.99	1.61	2.23	1.87
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	0.56	0.74	0.59	0.83
OTHER PROFESSIONAL ⁷	0.45	0.74	0.47	0.93

*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) chores at home, (2) school or work, (3) close relationships with family, 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 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, 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	0.0621		0.1278	
General Practitioner or Family Doctor	0.8243		0.9168	
Other Medical Doctor ⁴	0.3877		0.3553	
Psychologist	0.7331		0.9282	
Psychiatrist or Psychotherapist	0.4443		0.3734	
Social Worker	0.5293		0.8100	
Counselor	0.3461		0.5689	
Other Mental Health Professional ⁵	0.8003		0.8849	
Nurse, Occupational Therapist, or Other Health Professional	0.1743		0.1540	
ALTERNATIVE SERVICE PROFESSIONAL	0.0922		0.6363	
Religious or Spiritual Advisor ⁶	0.0592		0.4217	
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	0.3224		0.2398	
OTHER PROFESSIONAL ⁷	0.1883		0.1246	

*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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