

**Table 6.47A Type of Professional Seen among Persons Aged 12 to 17 with a Past Year Major Depressive Episode (MDE) or a Past Year MDE with Severe Impairment Who Saw or Talked to a Medical Doctor or Other Professional about Depression in the Past Year: Numbers in Thousands, 2007 and 2008**

Type of Professional <sup>1</sup>	MDE (2007)	MDE (2008)	MDE with Severe Impairment <sup>2</sup> (2007)	MDE with Severe Impairment <sup>2</sup> (2008)
<b>TOTAL<sup>3</sup></b>	728	700	559	570
General Practitioner or Family Doctor	191	173	161	152
Other Medical Doctor <sup>4</sup>	27	35	20	29
Psychologist	265	243	222	215
Psychiatrist or Psychotherapist	197	190	148	171
Social Worker	92	112	75	98
Counselor	423	417	349	351
Other Mental Health Professional <sup>5</sup>	68	63	61	59
Nurse, Occupational Therapist, or Other Health Professional	81	62	76	48
Religious or Spiritual Advisor <sup>6</sup>	107	121	84	109
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	9	19	9	18
Other <sup>7</sup>	7	14	6	14

\*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) 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.

NOTE: Respondents with unknown Past Year MDE data were excluded.

<sup>a</sup> Difference between estimate and 2008 estimate is statistically significant at the 0.05 level.

<sup>b</sup> Difference between estimate and 2008 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> 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 medical doctor or professional about depression in the past year, including those with unknown type of professional data.

<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, Office of Applied Studies, National Survey on Drug Use and Health, 2007 and 2008.

**Table 6.47B Type of Professional Seen among Persons Aged 12 to 17 with a Past Year Major Depressive Episode (MDE) or a Past Year MDE with Severe Impairment Who Saw or Talked to a Medical Doctor or Other Professional about Depression in the Past Year: Percentages, 2007 and 2008**

Type of Professional <sup>1</sup>	MDE (2007)	MDE (2008)	MDE with Severe Impairment <sup>2</sup> (2007)	MDE with Severe Impairment <sup>2</sup> (2008)
<b>TOTAL<sup>3</sup></b>	100.0	100.0	100.0	100.0
General Practitioner or Family Doctor	26.6	25.2	29.1	27.1
Other Medical Doctor <sup>4</sup>	3.8	5.0	3.6	5.2
Psychologist	36.8	35.5	40.1	38.3
Psychiatrist or Psychotherapist	27.3	27.7	26.7	30.4
Social Worker	12.8	16.3	13.5	17.5
Counselor	58.8	60.8	63.0	62.4
Other Mental Health Professional <sup>5</sup>	9.4	9.1	11.0	10.6
Nurse, Occupational Therapist, or Other Health Professional	11.3	9.1	13.8 <sup>a</sup>	8.6
Religious or Spiritual Advisor <sup>6</sup>	14.8	17.6	15.2	19.3
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	1.3	2.8	1.7	3.1
Other <sup>7</sup>	1.0	2.1	1.1	2.6

\*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) 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.

NOTE: Respondents with unknown Past Year MDE data were excluded.

<sup>a</sup> Difference between estimate and 2008 estimate is statistically significant at the 0.05 level.

<sup>b</sup> Difference between estimate and 2008 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> 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 medical doctor or professional about depression in the past year, including those with unknown type of professional data.

<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, Office of Applied Studies, National Survey on Drug Use and Health, 2007 and 2008.

**Table 6.48A Type of Professional Seen among Persons Aged 18 or Older with a Past Year Major Depressive Episode (MDE) or a Past Year MDE with Severe Impairment Who Saw or Talked to a Medical Doctor or Other Professional about Depression in the Past Year: Numbers in Thousands, 2008**

Type of Professional <sup>1</sup>	Major Depressive Episode	Major Depressive Episode with Severe Impairment <sup>2</sup>
<b>TOTAL<sup>3</sup></b>	9,496	6,666
General Practitioner or Family Doctor	5,547	3,946
Other Medical Doctor <sup>4</sup>	1,158	975
Psychologist	2,481	1,936
Psychiatrist or Psychotherapist	3,449	2,766
Social Worker	796	622
Counselor	1,975	1,418
Other Mental Health Professional <sup>5</sup>	739	646
Nurse, Occupational Therapist, or Other Health Professional	653	512
Religious or Spiritual Advisor <sup>6</sup>	1,854	1,196
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	497	319
Other <sup>7</sup>	177	157

\*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: Estimates in this table are based on a subsample of respondents aged 18 or older. See Section B.4.7 in Appendix B of the *Results from the 2008 National Survey on Drug Use and Health: National Findings*.

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  $\geq 7$  on a 0 to 10 scale were considered Severe Impairment.

NOTE: Respondents with unknown Past Year MDE data were excluded.

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

<sup>2</sup> Respondents with unknown Severe Impairment data were excluded.

<sup>3</sup> 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.

<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, Office of Applied Studies, National Survey on Drug Use and Health, 2008 (subsample).

**Table 6.48B Type of Professional Seen among Persons Aged 18 or Older with a Past Year Major Depressive Episode (MDE) or a Past Year MDE with Severe Impairment Who Saw or Talked to a Medical Doctor or Other Professional about Depression in the Past Year: Percentages, 2008**

Type of Professional <sup>1</sup>	Major Depressive Episode	Major Depressive Episode with Severe Impairment <sup>2</sup>
<b>TOTAL<sup>3</sup></b>	100.0	100.0
General Practitioner or Family Doctor	58.5	59.2
Other Medical Doctor <sup>4</sup>	12.2	14.6
Psychologist	26.2	29.1
Psychiatrist or Psychotherapist	36.4	41.5
Social Worker	8.4	9.3
Counselor	20.8	21.3
Other Mental Health Professional <sup>5</sup>	7.8	9.7
Nurse, Occupational Therapist, or Other Health Professional	6.9	7.7
Religious or Spiritual Advisor <sup>6</sup>	19.5	17.9
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	5.2	4.8
Other <sup>7</sup>	1.9	2.4

\*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.

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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  $\geq 7$  on a 0 to 10 scale were considered Severe Impairment.

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<sup>4</sup> Other Medical Doctor includes cardiologists, gynecologists, urologists, and other medical doctors that are not general practitioners or family doctors.

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<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, Office of Applied Studies, National Survey on Drug Use and Health, 2008 (subsample).