

Table 13.8A Perceived COVID-19 Pandemic Effect on Access to Mental Health Services: Among People Aged 18 or Older; by Age Group and Past Year Mental Health Services (Including Virtual Services) Status, Numbers in Thousands, Quarter 4, 2020

Perceived Effect on Access to Mental Health Services	Aged 18+	Aged 18-25	Aged 26+	Aged 26-49	Aged 50+
PERCEIVED EFFECT AMONG TOTAL POPULATION					
Appointments moved from in-person to telehealth	52,342	6,800	45,541	23,951	21,590
Delays or cancellations in appointments	45,974	5,654	40,319	19,284	21,035
Delays in getting prescriptions	15,895	1,831	14,064	7,866	6,199
Unable to access needed care resulting in moderate to severe impact on health	11,612	1,603	10,008	6,973	3,035
PERCEIVED EFFECT AMONG PEOPLE WHO RECEIVED MENTAL HEALTH SERVICES IN PAST YEAR (INCLUDING VIRTUAL SERVICES)					
Appointments moved from in-person to telehealth	26,602	4,612	21,991	13,335	8,656
Delays or cancellations in appointments	17,671	2,841	14,830	8,098	6,732
Delays in getting prescriptions	7,304	1,087	6,216	3,777	2,439
Unable to access needed care resulting in moderate to severe impact on health	4,872	715	4,157	2,860	1,296
PERCEIVED EFFECT AMONG PEOPLE WHO DID NOT RECEIVE MENTAL HEALTH SERVICES IN PAST YEAR (INCLUDING VIRTUAL SERVICES)					
Appointments moved from in-person to telehealth	25,676	2,188	23,488	10,565	12,924
Delays or cancellations in appointments	28,273	2,812	25,460	11,168	14,292
Delays in getting prescriptions	8,578	743	7,834	4,075	3,760
Unable to access needed care resulting in moderate to severe impact on health	6,725	887	5,838	4,099	1,739

* = low precision; -- = not available; da = does not apply; nc = not comparable due to methodological changes; nr = not reported due to measurement issues.

NOTE: Estimates in this table for 2020 exclude a subset of respondents who did not complete the questionnaire. The analysis weights and estimates were adjusted for the reduced sample size. See the *2020 National Survey on Drug Use and Health: Methodological Summary and Definitions* for details.

NOTE: Respondents could report that the questions about access to mental health services did not apply to them. Respondents who reported that the respective question did not apply to them were classified as not having experienced that effect.

NOTE: Respondents with unknown information on their perception of the COVID-19 pandemic's effect on mental health services were excluded.

NOTE: Mental Health Services (Including Virtual Services) for adults includes inpatient treatment/counseling, outpatient treatment/counseling, virtual mental health services, or use of prescription medication for problems with emotions, nerves, or mental health. Respondents with unknown mental health service information were excluded.

Definitions: Measures and terms are defined in Appendix A.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, Quarter 4, 2020.

Table 13.8B Perceived COVID-19 Pandemic Effect on Access to Mental Health Services: Among People Aged 18 or Older; by Age Group and Past Year Mental Health Services (Including Virtual Services) Status, Percentages, Quarter 4, 2020

Perceived Effect on Access to Mental Health Services	Aged 18+	Aged 18-25	Aged 26+	Aged 26-49	Aged 50+
PERCEIVED EFFECT AMONG TOTAL POPULATION					
Appointments moved from in-person to telehealth	21.3	20.8	21.4	24.4	18.9
Delays or cancellations in appointments	18.7	17.3	19.0	19.6	18.4
Delays in getting prescriptions	6.5	5.6	6.6	8.0	5.4
Unable to access needed care resulting in moderate to severe impact on health	4.7	4.9	4.7	7.1	2.7
PERCEIVED EFFECT AMONG PEOPLE WHO RECEIVED MENTAL HEALTH SERVICES IN PAST YEAR (INCLUDING VIRTUAL SERVICES)					
Appointments moved from in-person to telehealth	58.3	62.7	57.4	63.7	49.8
Delays or cancellations in appointments	38.7	38.6	38.7	38.7	38.7
Delays in getting prescriptions	16.0	14.8	16.2	18.0	14.0
Unable to access needed care resulting in moderate to severe impact on health	10.7	9.7	10.9	13.7	7.5
PERCEIVED EFFECT AMONG PEOPLE WHO DID NOT RECEIVE MENTAL HEALTH SERVICES IN PAST YEAR (INCLUDING VIRTUAL SERVICES)					
Appointments moved from in-person to telehealth	12.9	8.7	13.5	13.7	13.3
Delays or cancellations in appointments	14.2	11.1	14.6	14.5	14.7
Delays in getting prescriptions	4.3	2.9	4.5	5.3	3.9
Unable to access needed care resulting in moderate to severe impact on health	3.4	3.5	3.4	5.3	1.8

* = low precision; -- = not available; da = does not apply; nc = not comparable due to methodological changes; nr = not reported due to measurement issues.

NOTE: Estimates in this table for 2020 exclude a subset of respondents who did not complete the questionnaire. The analysis weights and estimates were adjusted for the reduced sample size. See the *2020 National Survey on Drug Use and Health: Methodological Summary and Definitions* for details.

NOTE: Respondents could report that the questions about access to mental health services did not apply to them. Respondents who reported that the respective question did not apply to them were classified as not having experienced that effect.

NOTE: Respondents with unknown information on their perception of the COVID-19 pandemic's effect on mental health services were excluded.

NOTE: Mental Health Services (Including Virtual Services) for adults includes inpatient treatment/counseling, outpatient treatment/counseling, virtual mental health services, or use of prescription medication for problems with emotions, nerves, or mental health. Respondents with unknown mental health service information were excluded.

Definitions: Measures and terms are defined in Appendix A.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, Quarter 4, 2020.

Table 13.9A Perceived COVID-19 Pandemic Effect on Access to Mental Health Services: Among People Aged 18 or Older; by Age Group and Past Year Level of Mental Illness, Numbers in Thousands, Quarter 4, 2020

Perceived Effect on Access to Mental Health Services	Aged 18+	Aged 18-25	Aged 26+	Aged 26-49	Aged 50+
PERCEIVED EFFECT AMONG TOTAL POPULATION					
Appointments moved from in-person to telehealth	52,342	6,800	45,541	23,951	21,590
Delays or cancellations in appointments	45,974	5,654	40,319	19,284	21,035
Delays in getting prescriptions	15,895	1,831	14,064	7,866	6,199
Unable to access needed care resulting in moderate to severe impact on health	11,612	1,603	10,008	6,973	3,035
PERCEIVED EFFECT AMONG ADULTS WITH PAST YEAR ANY MENTAL ILLNESS					
Appointments moved from in-person to telehealth	22,217	3,596	18,620	11,616	7,004
Delays or cancellations in appointments	17,112	2,564	14,549	8,467	6,082
Delays in getting prescriptions	7,715	971	6,744	4,080	2,665
Unable to access needed care resulting in moderate to severe impact on health	6,311	910	5,401	3,703	1,698
PERCEIVED EFFECT AMONG ADULTS WITH PAST YEAR SERIOUS MENTAL ILLNESS					
Appointments moved from in-person to telehealth	7,664	1,489	6,175	3,854	*
Delays or cancellations in appointments	5,916	1,025	4,891	2,969	*
Delays in getting prescriptions	3,014	447	2,568	1,578	*
Unable to access needed care resulting in moderate to severe impact on health	2,448	367	2,081	1,341	*
PERCEIVED EFFECT AMONG ADULTS WITH NO PAST YEAR MENTAL ILLNESS¹					
Appointments moved from in-person to telehealth	30,125	3,204	26,921	12,334	14,586
Delays or cancellations in appointments	28,861	3,091	25,771	10,817	14,953
Delays in getting prescriptions	8,180	860	7,320	3,786	3,534
Unable to access needed care resulting in moderate to severe impact on health	5,301	693	4,608	3,270	1,338

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NOTE: Respondents could report that the questions about access to mental health services did not apply to them. Respondents who reported that the respective question did not apply to them were classified as not having experienced that effect.

NOTE: Respondents with unknown information on their perception of the COVID-19 pandemic's effect on mental health services were excluded.

NOTE: Mental Illness aligns with DSM-IV criteria and is defined as having a diagnosable mental, behavioral, or emotional disorder, other than a developmental or substance use disorder. Estimates of serious mental illness (SMI) are a subset of estimates of any mental illness (AMI) because SMI is limited to people with AMI that resulted in serious functional impairment. These mental illness estimates are based on a predictive model and are not direct measures of diagnostic status.

¹ Respondents with no mental illness may still have received mental health treatment for a past disorder that is in partial or full remission or treatment for a disorder that was not included in the definition of mental illness or for other reasons.

Definitions: Measures and terms are defined in Appendix A.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, Quarter 4, 2020.

Table 13.9B Perceived COVID-19 Pandemic Effect on Access to Mental Health Services: Among People Aged 18 or Older; by Age Group and Past Year Level of Mental Illness, Percentages, Quarter 4, 2020

Perceived Effect on Access to Mental Health Services	Aged 18+	Aged 18-25	Aged 26+	Aged 26-49	Aged 50+
PERCEIVED EFFECT AMONG TOTAL POPULATION					
Appointments moved from in-person to telehealth	21.3	20.8	21.4	24.4	18.9
Delays or cancellations in appointments	18.7	17.3	19.0	19.6	18.4
Delays in getting prescriptions	6.5	5.6	6.6	8.0	5.4
Unable to access needed care resulting in moderate to severe impact on health	4.7	4.9	4.7	7.1	2.7
PERCEIVED EFFECT AMONG ADULTS WITH PAST YEAR ANY MENTAL ILLNESS					
Appointments moved from in-person to telehealth	41.6	39.0	42.1	44.0	39.3
Delays or cancellations in appointments	32.0	27.8	32.9	32.1	34.1
Delays in getting prescriptions	14.5	10.5	15.3	15.5	15.0
Unable to access needed care resulting in moderate to severe impact on health	11.8	9.9	12.2	14.0	9.5
PERCEIVED EFFECT AMONG ADULTS WITH PAST YEAR SERIOUS MENTAL ILLNESS					
Appointments moved from in-person to telehealth	53.4	49.4	54.4	54.8	*
Delays or cancellations in appointments	41.3	34.1	43.2	42.3	*
Delays in getting prescriptions	21.0	14.8	22.6	22.5	*
Unable to access needed care resulting in moderate to severe impact on health	17.1	12.2	18.4	19.1	*
PERCEIVED EFFECT AMONG ADULTS WITH NO PAST YEAR MENTAL ILLNESS¹					
Appointments moved from in-person to telehealth	15.7	13.7	16.0	17.2	15.1
Delays or cancellations in appointments	15.0	13.2	15.3	15.0	15.5
Delays in getting prescriptions	4.3	3.7	4.3	5.3	3.7
Unable to access needed care resulting in moderate to severe impact on health	2.8	3.0	2.7	4.5	1.4

* = low precision; -- = not available; da = does not apply; nc = not comparable due to methodological changes; nr = not reported due to measurement issues.

NOTE: Estimates in this table for 2020 exclude a subset of respondents who did not complete the questionnaire. The analysis weights and estimates were adjusted for the reduced sample size. See the *2020 National Survey on Drug Use and Health: Methodological Summary and Definitions* for details.

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NOTE: Mental Illness aligns with DSM-IV criteria and is defined as having a diagnosable mental, behavioral, or emotional disorder, other than a developmental or substance use disorder. Estimates of serious mental illness (SMI) are a subset of estimates of any mental illness (AMI) because SMI is limited to people with AMI that resulted in serious functional impairment. These mental illness estimates are based on a predictive model and are not direct measures of diagnostic status.

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