

Table 13.8C 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, Standard Errors of 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	1,513	318	1,490	794	1,277
Delays or cancellations in appointments	1,435	320	1,404	718	1,190
Delays in getting prescriptions	945	165	940	515	756
Unable to access needed care resulting in moderate to severe impact on health	692	169	666	529	424
PERCEIVED EFFECT AMONG PEOPLE WHO RECEIVED MENTAL HEALTH SERVICES IN PAST YEAR (INCLUDING VIRTUAL SERVICES)					
Appointments moved from in-person to telehealth	1,033	282	983	618	797
Delays or cancellations in appointments	911	227	877	505	732
Delays in getting prescriptions	595	123	586	328	450
Unable to access needed care resulting in moderate to severe impact on health	433	107	414	340	278
PERCEIVED EFFECT AMONG PEOPLE WHO DID NOT RECEIVE MENTAL HEALTH SERVICES IN PAST YEAR (INCLUDING VIRTUAL SERVICES)					
Appointments moved from in-person to telehealth	1,430	209	1,407	682	1,158
Delays or cancellations in appointments	1,389	244	1,367	651	1,152
Delays in getting prescriptions	788	106	785	418	651
Unable to access needed care resulting in moderate to severe impact on health	545	124	531	415	327

* = 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 13.8D 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, Standard Errors of 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	0.62	0.97	0.70	0.81	1.12
Delays or cancellations in appointments	0.58	0.98	0.66	0.73	1.04
Delays in getting prescriptions	0.39	0.51	0.44	0.52	0.66
Unable to access needed care resulting in moderate to severe impact on health	0.28	0.52	0.31	0.54	0.37
PERCEIVED EFFECT AMONG PEOPLE WHO RECEIVED MENTAL HEALTH SERVICES IN PAST YEAR (INCLUDING VIRTUAL SERVICES)					
Appointments moved from in-person to telehealth	1.48	2.37	1.69	1.69	3.18
Delays or cancellations in appointments	1.44	2.40	1.69	1.82	3.07
Delays in getting prescriptions	1.19	1.60	1.39	1.43	2.35
Unable to access needed care resulting in moderate to severe impact on health	0.90	1.36	1.02	1.46	1.56
PERCEIVED EFFECT AMONG PEOPLE WHO DID NOT RECEIVE MENTAL HEALTH SERVICES IN PAST YEAR (INCLUDING VIRTUAL SERVICES)					
Appointments moved from in-person to telehealth	0.66	0.79	0.74	0.81	1.12
Delays or cancellations in appointments	0.63	0.92	0.70	0.76	1.07
Delays in getting prescriptions	0.38	0.42	0.44	0.53	0.65
Unable to access needed care resulting in moderate to severe impact on health	0.27	0.50	0.30	0.52	0.34

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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 13.9C 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, Standard Errors of 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	1,513	318	1,490	794	1,277
Delays or cancellations in appointments	1,435	320	1,404	718	1,190
Delays in getting prescriptions	945	165	940	515	756
Unable to access needed care resulting in moderate to severe impact on health	692	169	666	529	424
PERCEIVED EFFECT AMONG ADULTS WITH PAST YEAR ANY MENTAL ILLNESS					
Appointments moved from in-person to telehealth	977	239	939	578	739
Delays or cancellations in appointments	910	209	886	522	695
Delays in getting prescriptions	645	117	639	361	494
Unable to access needed care resulting in moderate to severe impact on health	516	120	495	387	336
PERCEIVED EFFECT AMONG ADULTS WITH PAST YEAR SERIOUS MENTAL ILLNESS					
Appointments moved from in-person to telehealth	558	148	531	298	*
Delays or cancellations in appointments	531	130	509	268	*
Delays in getting prescriptions	396	85	389	199	*
Unable to access needed care resulting in moderate to severe impact on health	329	81	316	197	*
PERCEIVED EFFECT AMONG ADULTS WITH NO PAST YEAR MENTAL ILLNESS¹					
Appointments moved from in-person to telehealth	1,473	253	1,448	736	1,184
Delays or cancellations in appointments	1,375	261	1,349	649	1,165
Delays in getting prescriptions	740	109	739	401	616
Unable to access needed care resulting in moderate to severe impact on health	472	112	469	387	262

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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 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 13.9D 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, Standard Errors of 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	0.62	0.97	0.70	0.81	1.12
Delays or cancellations in appointments	0.58	0.98	0.66	0.73	1.04
Delays in getting prescriptions	0.39	0.51	0.44	0.52	0.66
Unable to access needed care resulting in moderate to severe impact on health	0.28	0.52	0.31	0.54	0.37
PERCEIVED EFFECT AMONG ADULTS WITH PAST YEAR ANY MENTAL ILLNESS					
Appointments moved from in-person to telehealth	1.44	2.11	1.67	1.62	3.34
Delays or cancellations in appointments	1.40	1.92	1.63	1.65	3.17
Delays in getting prescriptions	1.14	1.23	1.35	1.26	2.59
Unable to access needed care resulting in moderate to severe impact on health	0.92	1.24	1.06	1.32	1.82
PERCEIVED EFFECT AMONG ADULTS WITH PAST YEAR SERIOUS MENTAL ILLNESS					
Appointments moved from in-person to telehealth	2.87	3.82	3.47	3.10	*
Delays or cancellations in appointments	2.80	3.71	3.41	2.92	*
Delays in getting prescriptions	2.47	2.64	3.00	2.52	*
Unable to access needed care resulting in moderate to severe impact on health	2.12	2.52	2.59	2.48	*
PERCEIVED EFFECT AMONG ADULTS WITH NO PAST YEAR MENTAL ILLNESS¹					
Appointments moved from in-person to telehealth	0.69	1.03	0.77	0.91	1.14
Delays or cancellations in appointments	0.65	1.08	0.72	0.80	1.10
Delays in getting prescriptions	0.37	0.47	0.43	0.54	0.62
Unable to access needed care resulting in moderate to severe impact on health	0.24	0.47	0.27	0.52	0.27

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

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