

Table 9.11A Types of Professionals Seen: Among People Aged 12 to 17 with Major Depressive Episode (MDE) and among People Aged 12 to 17 with MDE with Severe Impairment in Past Year Who Saw or Talked to a Professional about Depression in Past Year; Numbers in Thousands, 2019 and 2020

Type of Professional ¹	MDE (2019)	MDE (2020)	MDE with Severe Impairment ² (2019)	MDE with Severe Impairment ² (2020)
TOTAL	1,504	<i>1,661</i>	1,226	<i>1,327</i>
HEALTH PROFESSIONAL	1,441	<i>1,620</i>	1,181	<i>1,294</i>
General Practitioner or Family Doctor	337	<i>460</i>	279	<i>402</i>
Other Medical Doctor ³	50	<i>74</i>	44	<i>74</i>
Psychologist	522	<i>665</i>	457	<i>498</i>
Psychiatrist or Psychotherapist	365	<i>547</i>	333	<i>420</i>
Social Worker	215	<i>230</i>	187	<i>196</i>
Counselor	912	<i>922</i>	763	<i>727</i>
Other Mental Health Professional ⁴	153	<i>177</i>	147	<i>152</i>
Nurse, Occupational Therapist, or Other Health Professional	162	<i>230</i>	129	<i>194</i>
ALTERNATIVE SERVICE PROFESSIONAL	111	<i>59</i>	101	<i>40</i>
Religious or Spiritual Advisor	93	<i>50</i>	84	<i>35</i>
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	22	<i>11</i>	20	<i>7</i>
OTHER PROFESSIONAL⁵	6	<i>9</i>	6	<i>7</i>

* = 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 the 2020 column are italicized to indicate caution should be used when comparing estimates between 2020 and prior years because of methodological changes for 2020. Due to these changes, significance testing between 2020 and prior years was not performed. See the *2020 National Survey on Drug Use and Health: Methodological Summary and Definitions* for details.

NOTE: Respondents with unknown past year Major Depressive Episode (MDE) data were excluded.

¹ Respondents could indicate multiple types of professionals; thus, these response categories are not mutually exclusive. Respondents with unknown type of professional data were excluded from the estimates for each specific type of professional but were included in the Total row.

² Respondents with unknown impairment data were excluded.

³ Other Medical Doctor includes cardiologists, gynecologists, urologists, and other medical doctors that are not general practitioners or family doctors.

⁴ Other Mental Health Professional includes mental health nurses and other therapists where type is not specified.

⁵ Respondents with unknown or invalid responses to the other-specify question on other types of professionals seen for depression 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, 2019 and Quarters 1 and 4, 2020.

Table 9.11B Types of Professionals Seen: Among People Aged 12 to 17 with Major Depressive Episode (MDE) and among People Aged 12 to 17 with MDE with Severe Impairment in Past Year Who Saw or Talked to a Professional about Depression in Past Year; Percentages, 2019 and 2020

Type of Professional ¹	MDE (2019)	MDE (2020)	MDE with Severe Impairment ² (2019)	MDE with Severe Impairment ² (2020)
TOTAL	100.0	<i>100.0</i>	100.0	<i>100.0</i>
HEALTH PROFESSIONAL	98.1	<i>99.3</i>	98.0	<i>99.7</i>
General Practitioner or Family Doctor	23.0	<i>28.2</i>	23.2	<i>31.0</i>
Other Medical Doctor ³	3.4	<i>4.5</i>	3.7	<i>5.7</i>
Psychologist	35.5	<i>40.8</i>	37.9	<i>38.4</i>
Psychiatrist or Psychotherapist	24.8	<i>33.6</i>	27.6	<i>32.4</i>
Social Worker	14.7	<i>14.1</i>	15.5	<i>15.1</i>
Counselor	62.2	<i>56.5</i>	63.3	<i>56.1</i>
Other Mental Health Professional ⁴	10.4	<i>10.8</i>	12.2	<i>11.7</i>
Nurse, Occupational Therapist, or Other Health Professional	11.0	<i>14.1</i>	10.7	<i>15.0</i>
ALTERNATIVE SERVICE PROFESSIONAL	7.6	<i>3.6</i>	8.4	<i>3.1</i>
Religious or Spiritual Advisor	6.3	<i>3.1</i>	7.0	<i>2.7</i>
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	1.5	<i>0.6</i>	1.7	<i>0.5</i>
OTHER PROFESSIONAL⁵	0.4	<i>0.6</i>	0.5	<i>0.6</i>

* = 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 the 2020 column are italicized to indicate caution should be used when comparing estimates between 2020 and prior years because of methodological changes for 2020. Due to these changes, significance testing between 2020 and prior years was not performed. See the *2020 National Survey on Drug Use and Health: Methodological Summary and Definitions* for details.

NOTE: Respondents with unknown past year Major Depressive Episode (MDE) data were excluded.

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³ Other Medical Doctor includes cardiologists, gynecologists, urologists, and other medical doctors that are not general practitioners or family doctors.

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