

**Table 9.11C 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; Standard Errors of Numbers in Thousands, 2019 and 2020**

Type of Professional <sup>1</sup>	MDE (2019)	MDE (2020)	MDE with Severe Impairment <sup>2</sup> (2019)	MDE with Severe Impairment <sup>2</sup> (2020)
<b>TOTAL</b>	60	<i>137</i>	54	<i>111</i>
<b>HEALTH PROFESSIONAL</b>	59	<i>136</i>	53	<i>110</i>
General Practitioner or Family Doctor	28	<i>61</i>	25	<i>57</i>
Other Medical Doctor <sup>3</sup>	12	<i>25</i>	11	<i>25</i>
Psychologist	37	<i>104</i>	35	<i>76</i>
Psychiatrist or Psychotherapist	31	<i>74</i>	30	<i>62</i>
Social Worker	23	<i>42</i>	22	<i>40</i>
Counselor	47	<i>99</i>	43	<i>87</i>
Other Mental Health Professional <sup>4</sup>	20	<i>39</i>	20	<i>36</i>
Nurse, Occupational Therapist, or Other Health Professional	19	<i>47</i>	17	<i>39</i>
<b>ALTERNATIVE SERVICE PROFESSIONAL</b>	15	<i>13</i>	15	<i>10</i>
Religious or Spiritual Advisor	14	<i>12</i>	14	<i>10</i>
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	7	<i>5</i>	7	<i>3</i>
<b>OTHER PROFESSIONAL<sup>5</sup></b>	2	<i>4</i>	2	<i>4</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.

<sup>1</sup> 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.

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

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

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

<sup>5</sup> 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 9.11D 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; Standard Errors of Percentages, 2019 and 2020**

Type of Professional <sup>1</sup>	MDE (2019)	MDE (2020)	MDE with Severe Impairment <sup>2</sup> (2019)	MDE with Severe Impairment <sup>2</sup> (2020)
<b>TOTAL</b>	0.00	<i>0.00</i>	0.00	<i>0.00</i>
<b>HEALTH PROFESSIONAL</b>	0.45	<i>0.38</i>	0.55	<i>0.21</i>
General Practitioner or Family Doctor	1.66	<i>3.54</i>	1.82	<i>4.00</i>
Other Medical Doctor <sup>3</sup>	0.78	<i>1.50</i>	0.92	<i>1.88</i>
Psychologist	1.96	<i>4.51</i>	2.25	<i>4.53</i>
Psychiatrist or Psychotherapist	1.76	<i>3.87</i>	2.04	<i>4.05</i>
Social Worker	1.45	<i>2.46</i>	1.63	<i>2.88</i>
Counselor	1.95	<i>3.51</i>	2.12	<i>4.24</i>
Other Mental Health Professional <sup>4</sup>	1.27	<i>2.33</i>	1.51	<i>2.65</i>
Nurse, Occupational Therapist, or Other Health Professional	1.26	<i>2.70</i>	1.37	<i>2.79</i>
<b>ALTERNATIVE SERVICE PROFESSIONAL</b>	1.02	<i>0.82</i>	1.20	<i>0.79</i>
Religious or Spiritual Advisor	0.94	<i>0.76</i>	1.11	<i>0.76</i>
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	0.47	<i>0.31</i>	0.57	<i>0.25</i>
<b>OTHER PROFESSIONAL<sup>5</sup></b>	0.16	<i>0.27</i>	0.20	<i>0.31</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.

<sup>1</sup> 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.

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

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

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

<sup>5</sup> 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.