

Table 1.58A Type of Professional Seen among Persons Aged 18 or Older with Major Depressive Episode (MDE) or MDE with Severe Impairment in the Past Year Who Saw or Talked to a Professional about Depression in the Past Year: Numbers in Thousands, 2010 and 2011

Type of Professional ¹	MDE (2010)	MDE (2011)	MDE with Severe Impairment ² (2010)	MDE with Severe Impairment ² (2011)
TOTAL ³	9,748	9,427	6,607	6,686
HEALTH PROFESSIONAL	9,299	8,874	6,395	6,314
General Practitioner or Family Doctor	5,891	5,714	4,077	4,078
Other Medical Doctor ⁴	927	1,072	694	763
Psychologist	2,469	2,755	1,837	2,176
Psychiatrist or Psychotherapist	3,201	2,940	2,451	2,274
Social Worker	1,028	1,034	872	896
Counselor	2,365	2,122	1,724	1,720
Other Mental Health Professional ⁵	881	615	762	552
Nurse, Occupational Therapist, or Other Health Professional	695	579	606	490
ALTERNATIVE SERVICE PROFESSIONAL	1,943	2,174	1,303	1,678
Religious or Spiritual Advisor ⁶	1,625	1,816	1,126	1,423
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	438	587	270 ^a	467
OTHER PROFESSIONAL ⁷	192	133	143	94

*Low precision; no estimate reported.

NOTE: Some 2010 estimates may differ from previously published estimates due to updates (see Section B.3 in Appendix B of the *Results from the 2011 National Survey on Drug Use and Health: Mental Health Findings*).

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) home management, (2) work, (3) close relationships with others, and (4) social life. Ratings ≥ 7 on a 0 to 10 scale were considered Severe Impairment.

NOTE: Respondents with unknown past year MDE data were excluded.

^a Difference between estimate and 2011 estimate is statistically significant at the 0.05 level.

^b Difference between estimate and 2011 estimate is statistically significant at the 0.01 level.

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

² Respondents with unknown Severe Impairment data were excluded.

³ 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 professional about depression in the past year, including those whose response to type of professional seen was unknown.

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

⁵ Other Mental Health Professional includes mental health nurses and other therapists where type is not specified.

⁶ Religious or Spiritual Advisor includes ministers, priests, or rabbis.

⁷ Respondents with unknown or invalid responses to the other-specify question on Other Type of Professionals Seen for Depression were excluded.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2010 and 2011.

Table 1.58B Type of Professional Seen among Persons Aged 18 or Older with Major Depressive Episode (MDE) or MDE with Severe Impairment in the Past Year Who Saw or Talked to a Professional about Depression in the Past Year: Percentages, 2010 and 2011

Type of Professional ¹	MDE (2010)	MDE (2011)	MDE with Severe Impairment ² (2010)	MDE with Severe Impairment ² (2011)
TOTAL ³	100.0	100.0	100.0	100.0
HEALTH PROFESSIONAL	96.0	94.2	97.0	94.5
General Practitioner or Family Doctor	60.8	60.7	61.9	61.0
Other Medical Doctor ⁴	9.6	11.4	10.5	11.4
Psychologist	25.5	29.3	27.9	32.6
Psychiatrist or Psychotherapist	33.1	31.2	37.2	34.0
Social Worker	10.6	11.0	13.2	13.4
Counselor	24.4	22.5	26.2	25.7
Other Mental Health Professional ⁵	9.1	6.5	11.6	8.3
Nurse, Occupational Therapist, or Other Health Professional	7.2	6.1	9.2	7.3
ALTERNATIVE SERVICE PROFESSIONAL	20.1	23.1	19.8	25.1
Religious or Spiritual Advisor ⁶	16.8	19.3	17.1	21.3
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	4.5	6.2	4.1 ^a	7.0
OTHER PROFESSIONAL ⁷	2.0	1.4	2.2	1.4

*Low precision; no estimate reported.

NOTE: Some 2010 estimates may differ from previously published estimates due to updates (see Section B.3 in Appendix B of the *Results from the 2011 National Survey on Drug Use and Health: Mental Health Findings*).

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) home management, (2) work, (3) close relationships with others, and (4) social life. Ratings ≥ 7 on a 0 to 10 scale were considered Severe Impairment.

NOTE: Respondents with unknown past year MDE data were excluded.

^a Difference between estimate and 2011 estimate is statistically significant at the 0.05 level.

^b Difference between estimate and 2011 estimate is statistically significant at the 0.01 level.

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

² Respondents with unknown Severe Impairment data were excluded.

³ 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 professional about depression in the past year, including those whose response to type of professional seen was unknown.

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

⁵ Other Mental Health Professional includes mental health nurses and other therapists where type is not specified.

⁶ Religious or Spiritual Advisor includes ministers, priests, or rabbis.

⁷ Respondents with unknown or invalid responses to the other-specify question on Other Type of Professionals Seen for Depression were excluded.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2010 and 2011.