

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 Medical Doctor or Other Professional about Depression in the Past Year: Numbers in Thousands, 2009 and 2010

Type of Professional ¹	MDE (2009)	MDE (2010)	MDE with Severe Impairment ² (2009)	MDE with Severe Impairment ² (2010)
TOTAL ³	8,692 ^a	9,713	5,798	6,578
General Practitioner or Family Doctor	5,424	5,861	3,567	4,056
Other Medical Doctor ⁴	900	934	636	694
Psychologist	2,182	2,454	1,689	1,825
Psychiatrist or Psychotherapist	2,779	3,183	2,127	2,436
Social Worker	1,012	1,026	777	870
Counselor	1,672 ^b	2,351	1,349 ^a	1,713
Other Mental Health Professional ⁵	495 ^b	870	456 ^a	752
Nurse, Occupational Therapist, or Other Health Professional	561	692	395	604
Religious or Spiritual Advisor ⁶	1,588	1,623	1,144	1,123
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	601	439	461 ^a	270
Other ⁷	33 ^a	192	20	143

*Low precision; no estimate reported.

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 2010 estimate is statistically significant at the 0.05 level.

^b Difference between estimate and 2010 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 medical doctor or professional about depression in the past year, including those with unknown type of professional data.

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 (formerly the Office of Applied Studies), National Survey on Drug Use and Health, 2009 and 2010.

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 Medical Doctor or Other Professional about Depression in the Past Year: Percentages, 2009 and 2010

Type of Professional ¹	MDE (2009)	MDE (2010)	MDE with Severe Impairment ² (2009)	MDE with Severe Impairment ² (2010)
TOTAL ³	100.0	100.0	100.0	100.0
General Practitioner or Family Doctor	62.5	60.7	61.5	61.8
Other Medical Doctor ⁴	10.4	9.7	11.0	10.6
Psychologist	25.1	25.4	29.1	27.8
Psychiatrist or Psychotherapist	32.0	33.0	36.7	37.1
Social Worker	11.7	10.6	13.4	13.3
Counselor	19.3 ^a	24.4	23.3	26.1
Other Mental Health Professional ⁵	5.7 ^a	9.0	7.9 ^a	11.5
Nurse, Occupational Therapist, or Other Health Professional	6.5	7.2	6.8	9.2
Religious or Spiritual Advisor ⁶	18.3	16.8	19.7	17.1
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	6.9	4.5	8.0 ^b	4.1
Other ⁷	0.4 ^a	2.0	0.4	2.2

*Low precision; no estimate reported.

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 2010 estimate is statistically significant at the 0.05 level.

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