

**Table 6.25A Perceived a Great Deal or a Lot of Help in the Past Year from Mental Health Treatment/Counseling among Persons Aged 18 or Older Who Received Past Year Mental Health Treatment/Counseling, by Past Year Serious Psychological Distress and Demographic Characteristics: Numbers in Thousands, 2003 and 2004**

Demographic Characteristic	Total		SERIOUS PSYCHOLOGICAL DISTRESS <sup>1</sup>			
			Yes		No	
	2003	2004	2003	2004	2003	2004
<b>TOTAL</b>	15,884	15,148	4,692	5,006	11,192	10,142
<b>AGE</b>						
18-25	1,530	1,557	678	657	853	900
26-49	8,372	7,742	2,679	2,682	5,693	5,060
50 or Older	5,982	5,849	1,335	*	4,647	4,182
<b>GENDER</b>						
Male	4,292	4,526	1,155	1,380	3,137	3,146
Female	11,592	10,622	3,537	3,626	8,056	6,996
<b>HISPANIC ORIGIN AND RACE</b>						
Not Hispanic or Latino	14,875	14,328	4,395	4,787	10,480	9,541
White	13,434	12,953	3,840	4,306	9,594	8,647
Black or African American	986	*	*	*	*	*
American Indian or Alaska Native	*	*	*	*	*	*
Native Hawaiian or Other Pacific Islander	*	*	*	*	*	*
Asian	*	*	*	*	*	*
Two or More Races	*	*	*	*	*	*
Hispanic or Latino	1,009	*	*	*	713	*
<b>EDUCATION</b>						
< High School	1,774	1,712	670	*	1,103	*
High School Graduate	4,918	4,158	1,557	1,548	3,361 <sup>a</sup>	2,609
Some College	4,309	5,035	1,279	1,493	3,030	3,541
College Graduate	4,883	4,244	1,185	1,438	3,698 <sup>b</sup>	2,806
<b>CURRENT EMPLOYMENT</b>						
Full-Time	8,129	7,480	2,149	2,333	5,980	5,147
Part-Time	2,401	2,360	750	*	1,651	1,709
Unemployed	434	*	*	*	270	*
Other <sup>2</sup>	4,921	4,563	1,629	1,825	3,292	2,738

\*Low precision; no estimate reported.

NOTE: Estimates in this table are based on a subsample of respondents aged 18 or older. See Section B.4.4 in Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

NOTE: Respondents were asked how much the counseling or medicine they received in the past year improved their ability to manage daily activities. Respondents with missing information are excluded.

NOTE: Mental Health Treatment/Counseling is defined as having received inpatient care, outpatient care, or using prescription medication for problems with emotions, nerves, or mental health. Respondents were not to include treatment for drug or alcohol use. Respondents with unknown treatment/counseling information are excluded. Due to revised editing of 2003 and 2004 outpatient mental health treatment/counseling data, these 2003 estimates may differ slightly from 2003 estimates published in prior NSDUH reports. See Section B.5.2 in Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

<sup>a</sup> Difference between estimate and 2004 estimate is statistically significant at the 0.05 level.

<sup>b</sup> Difference between estimate and 2004 estimate is statistically significant at the 0.01 level.

<sup>1</sup> Serious Psychological Distress (SPD), referred to as Serious Mental Illness (SMI) in prior NSDUH reports, is defined as having a score of 13 or higher on the K6 scale. See Section B.4.4 of Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

<sup>2</sup> Retired persons, disabled persons, homemakers, students, or other persons not in the labor force are included in the Other Employment category.

Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2003 and 2004 (subsample).

**Table 6.25B Perceived a Great Deal or a Lot of Help in the Past Year from Mental Health Treatment/Counseling among Persons Aged 18 or Older Who Received Past Year Mental Health Treatment/Counseling, by Past Year Serious Psychological Distress and Demographic Characteristics: Percentages, 2003 and 2004**

Demographic Characteristic	Total		SERIOUS PSYCHOLOGICAL DISTRESS <sup>1</sup>			
			Yes		No	
	2003	2004	2003	2004	2003	2004
<b>TOTAL</b>	57.4	54.7	51.1	48.7	60.5	58.1
<b>AGE</b>						
18-25	44.0	43.6	44.3	39.1	43.8	47.5
26-49	58.4	56.2	52.7	51.2	61.6	59.3
50 or Older	60.7	56.4	52.2	*	63.6	59.6
<b>GENDER</b>						
Male	50.1	49.8	43.8	42.8	53.0	53.6
Female	60.7	57.0	54.1	51.4	64.1	60.5
<b>HISPANIC ORIGIN AND RACE</b>						
Not Hispanic or Latino	58.0	55.8	51.7	49.5	61.0	59.7
White	59.1	57.8	51.3	50.4	63.0	62.4
Black or African American	49.7	*	*	*	*	*
American Indian or Alaska Native	*	*	*	*	*	*
Native Hawaiian or Other Pacific Islander	*	*	*	*	*	*
Asian	*	*	*	*	*	*
Two or More Races	*	*	*	*	*	*
Hispanic or Latino	50.5	*	*	*	54.0	*
<b>EDUCATION</b>						
< High School	45.4	42.8	40.4	*	49.1	*
High School Graduate	59.8	53.2	55.6	45.7	62.0	59.0
Some College	56.0	58.8	47.2	47.2	60.8	65.6
College Graduate	62.3	57.8	59.0	63.7	63.4	55.2
<b>CURRENT EMPLOYMENT</b>						
Full-Time	59.5	62.1	53.5	61.4	61.9	62.4
Part-Time	58.4	53.7	55.2	*	60.0	63.1
Unemployed	41.8	*	*	*	45.4	*
Other <sup>2</sup>	55.7 <sup>a</sup>	46.8	48.6	44.9	60.0 <sup>a</sup>	48.2

\*Low precision; no estimate reported.

NOTE: Estimates in this table are based on a subsample of respondents aged 18 or older. See Section B.4.4 in Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

NOTE: Respondents were asked how much the counseling or medicine they received in the past year improved their ability to manage daily activities. Respondents with missing information are excluded.

NOTE: Mental Health Treatment/Counseling is defined as having received inpatient care, outpatient care, or using prescription medication for problems with emotions, nerves, or mental health. Respondents were not to include treatment for drug or alcohol use. Respondents with unknown treatment/counseling information are excluded. Due to revised editing of 2003 and 2004 outpatient mental health treatment/counseling data, these 2003 estimates may differ slightly from 2003 estimates published in prior NSDUH reports. See Section B.5.2 in Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

<sup>a</sup> Difference between estimate and 2004 estimate is statistically significant at the 0.05 level.

<sup>b</sup> Difference between estimate and 2004 estimate is statistically significant at the 0.01 level.

<sup>1</sup> Serious Psychological Distress (SPD), referred to as Serious Mental Illness (SMI) in prior NSDUH reports, is defined as having a score of 13 or higher on the K6 scale. See Section B.4.4 of Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

<sup>2</sup> Retired persons, disabled persons, homemakers, students, or other persons not in the labor force are included in the Other Employment category.

Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2003 and 2004 (subsample).

**Table 6.26A Perceived a Great Deal or a Lot of Help in the Past Year from Mental Health Treatment/Counseling among Persons Aged 18 or Older Who Received Past Year Mental Health Treatment/Counseling, by Past Year Serious Psychological Distress and Geographic or Socioeconomic Characteristics: Numbers in Thousands, 2003 and 2004**

Geographic/Socioeconomic Characteristic	Total		SERIOUS PSYCHOLOGICAL DISTRESS <sup>1</sup>			
			Yes		No	
	2003	2004	2003	2004	2003	2004
<b>TOTAL</b>	15,884	15,148	4,692	5,006	11,192	10,142
<b>GEOGRAPHIC REGION</b>						
Northeast	2,895	3,136	767	*	2,128	2,172
Midwest	3,769	3,641	1,093	1,156	2,675	2,485
South	5,654	4,822	1,755	1,724	3,899	3,098
West	3,566	3,549	1,076	*	2,490	2,387
<b>COUNTY TYPE</b>						
Large Metro	7,869	7,234	2,084	1,947	5,785	5,288
Small Metro	5,000	5,404	1,524 <sup>a</sup>	2,368	3,476	3,037
250K - 1 Mil. Pop.	3,277	3,364	999	1,506	2,278	1,858
< 250K Pop.	1,722	*	524	*	1,198	*
Nonmetro	3,016	2,510	1,084 <sup>a</sup>	692	1,932	*
Urbanized	1,304	1,116	495	*	809	*
Less Urbanized	1,394	*	467	*	927	*
Completely Rural	*	*	*	*	*	*
<b>FAMILY INCOME</b>						
Less Than \$20,000	3,023	3,107	1,221	1,512	1,801	1,595
\$20,000 - \$49,999	5,682	5,533	1,859	1,763	3,823	3,771
\$50,000 - \$74,999	3,279	2,927	786	*	2,493 <sup>a</sup>	1,853
\$75,000 or More	3,901	3,580	826	657	3,075	2,924
<b>GOVERNMENT ASSISTANCE<sup>2</sup></b>						
Yes	2,689	2,928	1,083	1,280	1,605	1,648
No	13,195	12,220	3,608	3,726	9,587	8,494

\*Low precision; no estimate reported.

NOTE: Estimates in this table are based on a subsample of respondents aged 18 or older. See Section B.4.4 in Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

NOTE: Respondents were asked how much the counseling or medicine they received in the past year improved their ability to manage daily activities. Respondents with unknown information are excluded.

NOTE: Mental Health Treatment/Counseling is defined as having received inpatient care, outpatient care, or using prescription medication for problems with emotions, nerves, or mental health. Respondents were not to include treatment for drug or alcohol use. Respondents with unknown treatment/counseling information are excluded. Due to revised editing of 2003 and 2004 outpatient mental health treatment/counseling data, these 2003 estimates may differ slightly from 2003 estimates published in prior NSDUH reports. See Section B.5.2 in Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

<sup>a</sup> Difference between estimate and 2004 estimate is statistically significant at the 0.05 level.

<sup>b</sup> Difference between estimate and 2004 estimate is statistically significant at the 0.01 level.

<sup>1</sup> Serious Psychological Distress (SPD), referred to as Serious Mental Illness (SMI) in prior NSDUH reports, is defined as having a score of 13 or higher on the K6 scale. See Section B.4.4 of Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

<sup>2</sup> Government Assistance is defined as one or more household family members having received Supplemental Security Income (SSI), cash assistance (Temporary Assistance for Needy Families, TANF), noncash assistance, or food stamps.

Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2003 and 2004 (subsample).

**Table 6.26B Perceived a Great Deal or a Lot of Help in the Past Year from Mental Health Treatment/Counseling among Persons Aged 18 or Older Who Received Past Year Mental Health Treatment/Counseling, by Past Year Serious Psychological Distress and Geographic or Socioeconomic Characteristics: Percentages, 2003 and 2004**

Geographic/Socioeconomic Characteristic	Total		SERIOUS PSYCHOLOGICAL DISTRESS <sup>1</sup>			
			Yes		No	
	2003	2004	2003	2004	2003	2004
<b>TOTAL</b>	57.4	54.7	51.1	48.7	60.5	58.1
<b>GEOGRAPHIC REGION</b>						
Northeast	52.4	56.2	46.5	*	54.9	58.6
Midwest	55.8	56.4	49.7	45.7	58.7	63.3
South	57.9 <sup>a</sup>	50.1	50.9	46.4	61.8	52.5
West	63.5	58.6	57.4	*	66.5	61.1
<b>COUNTY TYPE</b>						
Large Metro	56.0	54.6	47.4	45.9	59.9	58.7
Small Metro	57.0	55.1	50.7	53.3	60.3	56.6
250K - 1 Mil. Pop.	57.5	56.3	49.3	58.4	62.0	54.7
< 250K Pop.	56.2	*	53.4	*	57.4	*
Nonmetro	62.5	53.9	61.4 <sup>b</sup>	43.5	63.1	*
Urbanized	58.6	55.6	59.9	*	57.8	*
Less Urbanized	64.6	*	59.6	*	67.4	*
Completely Rural	*	*	*	*	*	*
<b>FAMILY INCOME</b>						
Less Than \$20,000	48.3	43.9	46.9	41.9	49.3	46.0
\$20,000 - \$49,999	58.8	56.4	51.9	49.5	62.8	60.3
\$50,000 - \$74,999	62.9	67.4	51.9	*	67.4	71.8
\$75,000 or More	59.8	55.2	56.0	49.1	60.9	56.8
<b>GOVERNMENT ASSISTANCE<sup>2</sup></b>						
Yes	51.2	44.2	46.7	38.6	54.8	50.0
No	58.9	57.9	52.6	53.6	61.6	60.0

\*Low precision; no estimate reported.

NOTE: Estimates in this table are based on a subsample of respondents aged 18 or older. See Section B.4.4 in Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

NOTE: Respondents were asked how much the counseling or medicine they received in the past year improved their ability to manage daily activities. Respondents with unknown information are excluded.

NOTE: Mental Health Treatment/Counseling is defined as having received inpatient care, outpatient care, or using prescription medication for problems with emotions, nerves, or mental health. Respondents were not to include treatment for drug or alcohol use. Respondents with unknown treatment/counseling information are excluded. Due to revised editing of 2003 and 2004 outpatient mental health treatment/counseling data, these 2003 estimates may differ slightly from 2003 estimates published in prior NSDUH reports. See Section B.5.2 in Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

<sup>a</sup> Difference between estimate and 2004 estimate is statistically significant at the 0.05 level.

<sup>b</sup> Difference between estimate and 2004 estimate is statistically significant at the 0.01 level.

<sup>1</sup> Serious Psychological Distress (SPD), referred to as Serious Mental Illness (SMI) in prior NSDUH reports, is defined as having a score of 13 or higher on the K6 scale. See Section B.4.4 of Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

<sup>2</sup> Government Assistance is defined as one or more household family members having received Supplemental Security Income (SSI), cash assistance (Temporary Assistance for Needy Families, TANF), noncash assistance, or food stamps.

Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2003 and 2004 (subsample).