

Table 6.43A Reasons for Not Receiving Mental Health Treatment/Counseling in the Past Year among Persons Aged 18 or Older with an Unmet Need for Mental Health Treatment in the Past Year, by Receipt of Past Year Mental Health Treatment: Numbers in Thousands, 2003 and 2004

Reason Did Not Receive Treatment/Counseling ¹	Total ²		MENTAL HEALTH TREATMENT/COUNSELING ³			
			Received		Not Received	
	2003	2004	2003	2004	2003	2004
TOTAL POPULATION	10,781	10,902	5,296	5,227	5,451	5,649
Cost/Insurance Barriers ⁴	5,056	5,207	2,577	2,587	2,460	2,608
Stigma ⁵	2,433	2,560	1,185	1,130	1,243	1,424
Did Not Feel Need for Treatment/Could Handle the Problem Without Treatment ⁶	3,735	3,639	1,512	1,545	2,214	2,076
Treatment Would Not Help	1,050	1,142	480	480	563	660
Did Not Have Time	1,906	1,620	906	726	988	892
Did Not Know Where to Go for Services	2,091	1,819	838	713	1,248	1,102
Fear of Being Committed/Have to Take Medicine	810	826	416	415	392	409
Other Access Barriers ⁷	694	532	495	323	199	209

*Low precision; no estimate reported.

NOTE: Unmet Need for Mental Health Treatment/Counseling is defined as a perceived need for treatment that was not received.

^a Difference between estimate and 2004 estimate is statistically significant at the 0.05 level.

^b Difference between estimate and 2004 estimate is statistically significant at the 0.01 level.

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

² Estimates in the Total column represent reasons for not receiving mental health treatment/counseling for all persons aged 18 or older with an unmet need for treatment, including those with unknown mental health treatment/counseling information.

³ 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*.

⁴ Includes reasons of "Could not afford," "Health insurance does not pay enough," "Health insurance does not cover mental health treatment," and other-specify responses of "No health insurance."

⁵ Includes reasons of "Might cause neighbors/community to have negative opinion," "Might have negative effect on job," "Concerned about confidentiality," "Did not want others to find out," and other-specify responses of "Ashamed/embarrassed/afraid," "Concerned how court system would treat me," and "Concerned how it would affect future insurability."

⁶ Includes reasons of "Did not feel need for treatment," "Could handle problem without treatment," and other-specify responses of "Work on problems with family/friends" and "Work on problems through religion/spirituality."

⁷ Includes reasons of "No transportation/inconvenient" and other-specify responses of "Too much red tape/hassle to get services," "No openings/long waiting lists/delays," "Services unavailable/limited in area," "Attempted to get treatment but unsuccessful in finding help," and "Could not find program/counselor comfortable with."

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

Table 6.43B Reasons for Not Receiving Mental Health Treatment/Counseling in the Past Year among Persons Aged 18 or Older with an Unmet Need for Mental Health Treatment in the Past Year, by Receipt of Past Year Mental Health Treatment: Percentages, 2003 and 2004

Reason Did Not Receive Treatment/Counseling ¹	Total ²		MENTAL HEALTH TREATMENT/COUNSELING ³			
			Received		Not Received	
	2003	2004	2003	2004	2003	2004
TOTAL POPULATION	100.0	100.0	100.0	100.0	100.0	100.0
Cost/Insurance Barriers ⁴	47.4	48.5	49.2	49.9	45.5	47.2
Stigma ⁵	22.8	23.8	22.6	21.8	23.0	25.8
Did Not Feel Need for Treatment/Could Handle the Problem Without Treatment ⁶	35.0	33.9	28.9	29.8	41.0	37.6
Treatment Would Not Help	9.8	10.6	9.2	9.2	10.4	11.9
Did Not Have Time	17.9	15.1	17.3	14.0	18.3	16.1
Did Not Know Where to Go for Services	19.6	16.9	16.0	13.8	23.1	19.9
Fear of Being Committed/Have to Take Medicine	7.6	7.7	8.0	8.0	7.3	7.4
Other Access Barriers ⁷	6.5	5.0	9.5	6.2	3.7	3.8

*Low precision; no estimate reported.

NOTE: Unmet Need for Mental Health Treatment/Counseling is defined as a perceived need for treatment that was not received.

^a Difference between estimate and 2004 estimate is statistically significant at the 0.05 level.

^b Difference between estimate and 2004 estimate is statistically significant at the 0.01 level.

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

² Estimates in the Total column represent reasons for not receiving mental health treatment/counseling for all persons aged 18 or older with an unmet need for treatment, including those with unknown mental health treatment/counseling information.

³ 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*.

⁴ Includes reasons of "Could not afford," "Health insurance does not pay enough," "Health insurance does not cover mental health treatment," and other-specify responses of "No health insurance."

⁵ Includes reasons of "Might cause neighbors/community to have negative opinion," "Might have negative effect on job," "Concerned about confidentiality," "Did not want others to find out," and other-specify responses of "Ashamed/embarrassed/afraid," "Concerned how court system would treat me," and "Concerned how it would affect future insurability."

⁶ Includes reasons of "Did not feel need for treatment," "Could handle problem without treatment," and other-specify responses of "Work on problems with family/friends" and "Work on problems through religion/spirituality."

⁷ Includes reasons of "No transportation/inconvenient" and other-specify responses of "Too much red tape/hassle to get services," "No openings/long waiting lists/delays," "Services unavailable/limited in area," "Attempted to get treatment but unsuccessful in finding help," and "Could not find program/counselor comfortable with."

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

Table 6.44A Detailed Reasons for Not Receiving Mental Health Treatment/Counseling in the Past Year among Persons Aged 18 or Older with an Unmet Need for Mental Health Treatment in the Past Year, by Receipt of Past Year Mental Health Treatment: Numbers in Thousands, 2003 and 2004

Reason Did Not Receive Treatment/Counseling ¹	Total ²		MENTAL HEALTH TREATMENT/COUNSELING ³			
			Received		Not Received	
	2003	2004	2003	2004	2003	2004
TOTAL POPULATION	10,781	10,902	5,296	5,227	5,451	5,649
Could Not Afford Cost	4,226	4,512	2,097	2,152	2,111	2,348
Might Cause Neighbors/Community to Have Negative Opinion	938	1,006	382	448	551	554
Might Have Negative Effect on Job	673	785	325	403	349	378
Health Insurance Does Not Cover Any Mental Health Treatment/Counseling	552	593	254	320	298	271
Health Insurance Does Not Cover Enough Mental Health Treatment/Counseling	1,472 ^a	1,126	926	699	546	424
Did Not Know Where to Go for Services	2,091	1,819	838	713	1,248	1,102
Concerned about Confidentiality	974	1,060	534	475	440	583
Fear of Being Committed/Have to Take Medicine	810	826	416	415	392	409
Did Not Feel Need for Treatment	1,143	893	481	403	659	485
Could Handle the Problem Without Treatment	3,353	3,340	1,333	1,395	2,011	1,928
Treatment Would Not Help	1,050	1,142	480	480	563	660
Did Not Have Time	1,906	1,620	906	726	988	892
Did Not Want Others to Find Out	704	715	301	302	403	411
No Transportation/Inconvenient	432	332	297	184	135	149
Some Other Reason	810	822	474	500	334	320

*Low precision; no estimate reported.

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			Received		Not Received	
	2003	2004	2003	2004	2003	2004
TOTAL POPULATION	100.0	100.0	100.0	100.0	100.0	100.0
Could Not Afford Cost	39.6	42.0	40.1	41.5	39.1	42.5
Might Cause Neighbors/Community to Have Negative Opinion	8.8	9.4	7.3	8.6	10.2	10.0
Might Have Negative Effect on Job	6.3	7.3	6.2	7.8	6.5	6.8
Health Insurance Does Not Cover Any Mental Health Treatment/Counseling	5.2	5.5	4.9	6.2	5.5	4.9
Health Insurance Does Not Cover Enough Mental Health Treatment/Counseling	13.8 ^a	10.5	17.7	13.5	10.1	7.7
Did Not Know Where to Go for Services	19.6	16.9	16.0	13.8	23.1	19.9
Concerned about Confidentiality	9.1	9.9	10.2	9.2	8.1	10.5
Fear of Being Committed/Have to Take Medicine	7.6	7.7	8.0	8.0	7.3	7.4
Did Not Feel Need for Treatment	10.7 ^a	8.3	9.2	7.8	12.2	8.8
Could Handle the Problem Without Treatment	31.4	31.1	25.5	26.9	37.2	34.9
Treatment Would Not Help	9.8	10.6	9.2	9.2	10.4	11.9
Did Not Have Time	17.9	15.1	17.3	14.0	18.3	16.1
Did Not Want Others to Find Out	6.6	6.7	5.8	5.8	7.5	7.4
No Transportation/Inconvenient	4.1	3.1	5.7	3.5	2.5	2.7
Some Other Reason	7.6	7.7	9.1	9.6	6.2	5.8

*Low precision; no estimate reported.

NOTE: Unmet Need for Mental Health Treatment/Counseling is defined as a perceived need for treatment that was not received.

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