

Table 6.29C 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 and Serious Psychological Distress in the Past Year, by Receipt of Past Year Mental Health Treatment: Standard Errors of 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	225	380	181	277	134	255
Cost/Insurance Barriers ⁴	153	305	122	220	96	194
Stigma ⁵	110	169	87	125	70	115
Did Not Feel Need for Treatment/Could Handle the Problem Without Treatment ⁶	112	159	77	107	81	115
Treatment Would Not Help	75	87	54	56	51	66
Did Not Have Time	95	107	74	81	60	69
Did Not Know Where to Go for Services	116	160	85	108	80	119
Fear of Being Committed/Have to Take Medicine	65	90	51	58	40	67
Other Access Barriers ⁷	69	76	63	58	28	41

*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.

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: 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 in Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

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 (subsample).

Table 6.29D 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 and Serious Psychological Distress in the Past Year, by Receipt of Past Year Mental Health Treatment: Standard Errors of 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	0.00	0.00	0.00	0.00	0.00	0.00
Cost/Insurance Barriers ⁴	1.88	3.09	2.64	4.07	2.80	4.90
Stigma ⁵	1.69	2.50	2.28	3.15	2.68	4.41
Did Not Feel Need for Treatment/Could Handle the Problem Without Treatment ⁶	1.76	2.59	2.15	2.90	2.84	4.56
Treatment Would Not Help	1.24	1.44	1.54	1.56	1.99	2.75
Did Not Have Time	1.54	1.72	2.06	2.14	2.32	2.92
Did Not Know Where to Go for Services	1.74	2.47	2.22	2.77	2.72	4.53
Fear of Being Committed/Have to Take Medicine	1.09	1.48	1.48	1.58	1.63	2.88
Other Access Barriers ⁷	1.15	1.23	1.82	1.57	1.12	1.79

*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.

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: 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 in Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

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 (subsample).

Table 6.29P 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 and Serious Psychological Distress in the Past Year, by Receipt of Past Year Mental Health Treatment: *P* Values from Tests of Differences of Percentages, 2004 Versus 2003

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
Cost/Insurance Barriers ⁴	0.1978		0.3632		0.3216	
Stigma ⁵	0.9412		0.7444		0.7892	
Did Not Feel Need for Treatment/Could Handle the Problem Without Treatment ⁶	0.7478		0.8922		0.8496	
Treatment Would Not Help	0.4241		0.4306		0.7182	
Did Not Have Time	0.3505		0.5411		0.3886	
Did Not Know Where to Go for Services	0.1287		0.1328		0.6270	
Fear of Being Committed/Have to Take Medicine	0.9549		0.5899		0.6197	
Other Access Barriers ⁷	0.5241		0.3458		0.9692	

*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.

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: 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 in Appendix B of the *Results from the 2004 National Survey on Drug Use and Health: National Findings*.

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.

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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."

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

Table 6.30C 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 and Serious Psychological Distress in the Past Year, by Receipt of Past Year Mental Health Treatment: Standard Errors of 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	225	380	181	277	134	255
Could Not Afford Cost	142	261	108	165	91	189
Might Cause Neighbors/Community to Have Negative Opinion	62	101	41	75	46	70
Might Have Negative Effect on Job	63	86	42	62	48	59
Health Insurance Does Not Cover Any Mental Health Treatment/Counseling	48	119	31	105	37	55
Health Insurance Does Not Cover Enough Mental Health Treatment/Counseling	95	128	79	113	55	53
Did Not Know Where to Go for Services	116	160	85	108	80	119
Concerned about Confidentiality	73	115	66	65	34	98
Fear of Being Committed/Have to Take Medicine	65	90	51	58	40	67
Did Not Feel Need for Treatment	75	51	53	43	54	27
Could Handle the Problem Without Treatment	108	157	69	106	82	113
Treatment Would Not Help	75	87	54	56	51	66
Did Not Have Time	95	107	74	81	60	69
Did Not Want Others to Find Out	54	92	32	77	43	50
No Transportation/Inconvenient	55	65	52	44	19	40
Some Other Reason	57	109	49	81	29	69

*Low precision; no estimate reported.

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			Received		Not Received	
	2003	2004	2003	2004	2003	2004
TOTAL POPULATION	0.00	0.00	0.00	0.00	0.00	0.00
Could Not Afford Cost	1.88	2.98	2.53	3.73	2.86	4.94
Might Cause Neighbors/Community to Have Negative Opinion	1.06	1.65	1.23	2.02	1.85	2.98
Might Have Negative Effect on Job	1.07	1.38	1.24	1.61	1.88	2.52
Health Insurance Does Not Cover Any Mental Health Treatment/Counseling	0.83	1.92	0.93	2.71	1.50	2.36
Health Insurance Does Not Cover Enough Mental Health Treatment/Counseling	1.50	2.02	2.14	2.84	2.05	2.34
Did Not Know Where to Go for Services	1.74	2.47	2.22	2.77	2.72	4.53
Concerned about Confidentiality	1.20	1.82	1.85	1.73	1.40	3.88
Fear of Being Committed/Have to Take Medicine	1.09	1.48	1.48	1.58	1.63	2.88
Did Not Feel Need for Treatment	1.28	0.86	1.54	1.17	2.16	1.24
Could Handle the Problem Without Treatment	1.68	2.56	1.94	2.88	2.85	4.45
Treatment Would Not Help	1.24	1.44	1.54	1.56	1.99	2.75
Did Not Have Time	1.54	1.72	2.06	2.14	2.32	2.92
Did Not Want Others to Find Out	0.90	1.54	0.96	2.10	1.70	2.21
No Transportation/Inconvenient	0.92	1.06	1.50	1.19	0.77	1.76
Some Other Reason	0.94	1.73	1.43	2.09	1.10	2.87

*Low precision; no estimate reported.

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Reason Did Not Receive Treatment/Counseling ¹	Total ²		MENTAL HEALTH TREATMENT/COUNSELING ³	
			Received	Not Received
	2003	2004	2003	2004
TOTAL POPULATION				
Could Not Afford Cost	0.3341		0.8418	0.1576
Might Cause Neighbors/Community to Have Negative Opinion	0.7355		0.4072	0.7710
Might Have Negative Effect on Job	0.6055		0.9283	0.4120
Health Insurance Does Not Cover Any Mental Health Treatment/Counseling	0.3814		0.2009	0.7111
Health Insurance Does Not Cover Enough Mental Health Treatment/Counseling	0.1744		0.5565	0.0504
Did Not Know Where to Go for Services	0.1287		0.1328	0.6270
Concerned about Confidentiality	0.3850		0.2581	0.0450
Fear of Being Committed/Have to Take Medicine	0.9549		0.5899	0.6197
Did Not Feel Need for Treatment	0.0003		0.0083	0.0147
Could Handle the Problem Without Treatment	0.6833		0.4689	0.9665
Treatment Would Not Help	0.4241		0.4306	0.7182
Did Not Have Time	0.3505		0.5411	0.3886
Did Not Want Others to Find Out	0.9804		0.7055	0.6626
No Transportation/Inconvenient	0.9470		0.5971	0.6045
Some Other Reason	0.7042		0.7718	0.4863

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