

**Table 6.32C Receipt and Source of Alternative Mental Health Treatment/Support in the Past Year among Persons Aged 18 or Older with Past Year Serious Psychological Distress, by Receipt of Past Year Mental Health Treatment/Counseling: Standard Errors of Numbers in Thousands, 2004**

Receipt/Source of Alternative Treatment/Support	Total <sup>1</sup>	MENTAL HEALTH TREATMENT/COUNSELING <sup>2</sup>	
		Received	Not Received
<b>ALTERNATIVE TREATMENT/SUPPORT</b>			
Received	551	346	410
Not Received	725	478	565
<b>SOURCE OF ALTERNATIVE TREATMENT/SUPPORT<sup>3,4</sup></b>			
Acupuncturist/Acupressurist	142	117	*
Chiropractor	213	199	*
Herbalist	104	49	*
In-Person Support Group or Self-Help Group	*	191	*
Internet Support Group or Chat Room	75	33	*
Spiritual or Religious Advisor, Such as a Pastor, Priest, Rabbi	151	121	*
Telephone Hotline	46	40	*
Massage Therapist	224	206	*
Other	195	193	25

\*Low precision; no estimate reported.

NOTE: Alternative Mental Health Treatment/Support is defined as having received treatment, counseling, or support in the past year from alternative sources, such as an acupuncturist or acupressurist, chiropractor, herbalist, self-help group, Internet support group, spiritual/religious advisor, telephone hotline, or massage therapist. Respondents with unknown alternative treatment/support information are excluded.

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*.

<sup>1</sup> Estimates in the Total column represent persons aged 18 or older who reported on the receipt and source of their alternative mental health treatment/support in the past year, including those with unknown mental health treatment/counseling information.

<sup>2</sup> 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.

<sup>3</sup> Respondents who reported receiving past year alternative mental health treatment/support but did not report one of these specific sources of treatment/support are excluded.

<sup>4</sup> Respondents could indicate multiple sources; thus, these response categories are not mutually exclusive.

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

**Table 6.32D Receipt and Source of Alternative Mental Health Treatment/Support in the Past Year among Persons Aged 18 or Older with Past Year Serious Psychological Distress, by Receipt of Past Year Mental Health Treatment/Counseling: Standard Errors of Percentages, 2004**

Receipt/Source of Alternative Treatment/Support	Total <sup>1</sup>	MENTAL HEALTH TREATMENT/COUNSELING <sup>2</sup>	
		Received	Not Received
<b>ALTERNATIVE TREATMENT/SUPPORT</b>			
Received	2.09	2.70	3.17
Not Received	2.09	2.70	3.17
<b>SOURCE OF ALTERNATIVE TREATMENT/SUPPORT<sup>3,4</sup></b>			
Acupuncturist/Acupressurist	2.60	3.23	*
Chiropractor	3.80	4.81	*
Herbalist	1.93	1.42	*
In-Person Support Group or Self-Help Group	*	4.66	*
Internet Support Group or Chat Room	1.46	0.99	*
Spiritual or Religious Advisor, Such as a Pastor, Priest, Rabbi	3.31	3.73	*
Telephone Hotline	0.91	1.19	*
Massage Therapist	4.04	4.82	*
Other	3.49	4.70	1.70

\*Low precision; no estimate reported.

NOTE: Alternative Mental Health Treatment/Support is defined as having received treatment, counseling, or support in the past year from alternative sources, such as an acupuncturist or acupressurist, chiropractor, herbalist, self-help group, Internet support group, spiritual/religious advisor, telephone hotline, or massage therapist. Respondents with unknown alternative treatment/support information are excluded.

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*.

<sup>1</sup> Estimates in the Total column represent persons aged 18 or older who reported on the receipt and source of their alternative mental health treatment/support in the past year, including those with unknown mental health treatment/counseling information.

<sup>2</sup> 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.

<sup>3</sup> Respondents who reported receiving past year alternative mental health treatment/support but did not report one of these specific sources of treatment/support are excluded.

<sup>4</sup> Respondents could indicate multiple sources; thus, these response categories are not mutually exclusive.

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