

Table 6.22A Specific Types of Mental Health Treatment/Counseling Received in the Past Year among Persons Aged 18 or Older with Past Year Serious Psychological Distress, by Detailed Age Category: Numbers in Thousands, 2003 and 2004

Age Category	Received Mental Health Treatment/Counseling ^{1,2}		TYPE OF MENTAL HEALTH TREATMENT/COUNSELING ³					
			Inpatient		Outpatient ²		Prescription Medication	
	2003	2004	2003	2004	2003	2004	2003	2004
TOTAL	9,208	10,289	1,099	826	6,001	6,454	8,104	9,225
18	189	169	35	27	122	132	149	126
19	194	208	21	27	127	105	137	174
20	172	164	18	40	106	96	145	130
21	191	*	28	*	137	*	157	171
22	186	280	27	*	110 ^a	192	148 ^a	248
23	197	156	19 ^b	1	152 ^a	96	171	127
24	212	*	12	28	160	134	159	*
25	194	237	16	*	130	177	163	179
26-29	663	778	101	72	471	394	556	599
30-34	977	1,157	89	42	686	763	854	1,028
35-39	1,075	1,116	89	*	709	871	954	1,052
40-44	1,148	1,090	108	64	823	*	1,032	1,018
45-49	1,251	1,110	217 ^b	20	866	855	1,149	1,032
50-54	1,102	*	148	*	698	*	998	*
55-59	*	*	*	*	*	*	*	*
60-64	*	*	*	*	*	*	*	*
65 or Older	*	*	*	*	*	*	*	*

*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: 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*.

^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 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.

² 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*.

³ Respondents could report receiving multiple types of mental health treatment/counseling; thus, these response categories are not mutually exclusive.

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

Table 6.22B Specific Types of Mental Health Treatment/Counseling Received in the Past Year among Persons Aged 18 or Older with Past Year Serious Psychological Distress, by Detailed Age Category: Percentages, 2003 and 2004

Age Category	Received Mental Health Treatment/Counseling ^{1,2}		TYPE OF MENTAL HEALTH TREATMENT/COUNSELING ³					
			Inpatient		Outpatient ²		Prescription Medication	
	2003	2004	2003	2004	2003	2004	2003	2004
TOTAL	47.2	48.1	5.6	3.9	30.9	30.2	41.4	43.1
18	29.5	28.0	5.4	4.5	19.1	21.9	23.2	20.9
19	31.5	35.8	3.3	4.7	20.6	18.0	22.3	29.9
20	30.0	27.0	3.1	6.5	18.4	15.9	25.2	21.3
21	35.1	*	5.1	*	25.2	*	28.9	24.0
22	36.9 ^b	52.6	5.3	*	21.9 ^a	36.0	29.1 ^b	46.3
23	38.1	37.5	3.7 ^b	0.2	29.3	23.2	33.0	30.7
24	39.3	*	2.3	6.1	29.7	29.3	29.1	*
25	41.9	47.6	3.5	*	28.1	35.7	34.8	36.0
26-29	38.4	42.9	5.8	3.9	27.3	21.7	32.2	32.8
30-34	50.0	48.1	4.5	1.8	35.1	31.7	43.4	42.7
35-39	47.9	55.7	3.9	*	31.6 ^a	43.5	42.4	52.5
40-44	51.1	49.6	4.8	2.9	36.7	*	45.9	46.2
45-49	56.6	56.4	9.8 ^b	1.0	39.3	43.5	51.8	52.5
50-54	64.6	*	8.6	*	42.5	*	58.1	*
55-59	*	*	*	*	*	*	*	*
60-64	*	*	*	*	*	*	*	*
65 or Older	*	*	*	*	*	*	*	*

*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: 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*.

^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 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.

² 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*.

³ Respondents could report receiving multiple types of mental health treatment/counseling; thus, these response categories are not mutually exclusive.

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

Table 6.23A Specific Types of Mental Health Treatment/Counseling Received in the Past Year among Persons Aged 18 or Older with Past Year Serious Psychological Distress, by Demographic Characteristics: Numbers in Thousands, 2003 and 2004

Demographic Characteristic	Received Mental Health Treatment/Counseling ^{1,2}		TYPE OF MENTAL HEALTH TREATMENT/COUNSELING ³					
			Inpatient		Outpatient ²		Prescription Medication	
	2003	2004	2003	2004	2003	2004	2003	2004
TOTAL	9,208	10,289	1,099	826	6,001	6,454	8,104	9,225
AGE								
18-25	1,535	1,682	176	250	1,043	1,099	1,229	1,349
26-49	5,115	5,251	603 ^b	243	3,555	3,595	4,545	4,729
50 or Older	2,558	3,356	319	333	1,402	1,759	2,329	3,147
GENDER								
Male	2,640	3,238	461	337	1,743	2,040	2,214	2,979
Female	6,568	7,051	638	489	4,258	4,414	5,890	6,247
HISPANIC ORIGIN AND RACE								
Not Hispanic or Latino	8,526	9,682	915	731	5,543	6,027	7,497	8,818
White	7,506	8,558	659	512	4,864	5,360	6,728	7,872
Black or African American	723	731	207	100	488	465	541	586
American Indian or Alaska Native	*	*	*	*	*	*	*	*
Native Hawaiian or Other Pacific Islander	*	*	*	*	*	*	*	*
Asian	91	*	18	*	*	*	*	*
Two or More Races	*	*	*	*	*	*	*	*
Hispanic or Latino	682	606	184	95	459	427	607	407
EDUCATION								
< High School	1,663	1,475	333	174	1,000	875	1,447	1,292
High School Graduate	2,819	3,391	380	350	1,778	1,940	2,479	3,064
Some College	2,711	3,164	252	254	1,758	2,013	2,440	2,864
College Graduate	2,015	2,259	134	48	1,465	1,625	1,737	2,005
CURRENT EMPLOYMENT								
Full-Time	4,022	3,814	204	188	2,575	2,329	3,513	3,406
Part-Time	1,366	1,687	108	113	991	1,297	1,173	1,424
Unemployed	444	*	78	*	335	361	376	*
Other ⁴	3,376	4,067	709 ^a	392	2,099	2,466	3,041	3,753

*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: 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*.

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

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¹ 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.

² 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*.

³ Respondents could report receiving multiple types of mental health treatment/counseling; thus, these response categories are not mutually exclusive.

⁴ 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 6.23B Specific Types of Mental Health Treatment/Counseling Received in the Past Year among Persons Aged 18 or Older with Past Year Serious Psychological Distress, by Demographic Characteristics: Percentages, 2003 and 2004

Demographic Characteristic	Received Mental Health Treatment/Counseling ^{1,2}		TYPE OF MENTAL HEALTH TREATMENT/COUNSELING ³					
			Inpatient		Outpatient ²		Prescription Medication	
	2003	2004	2003	2004	2003	2004	2003	2004
TOTAL	47.2	48.1	5.6	3.9	30.9	30.2	41.4	43.1
AGE								
18-25	34.9	38.2	4.0	5.7	23.8	25.0	27.8	30.6
26-49	49.3	50.6	5.8 ^b	2.3	34.3	34.6	43.7	45.4
50 or Older	54.0	50.9	6.7	5.1	30.0	26.7	49.0	47.7
GENDER								
Male	38.4	40.7	6.7	4.2	25.5	25.6	32.2	37.3
Female	51.9	52.6	5.0	3.6	33.8	32.9	46.4	46.5
HISPANIC ORIGIN AND RACE								
Not Hispanic or Latino	49.6	52.4	5.3	3.9	32.4	32.6	43.5	47.6
White	52.6	55.1	4.6	3.3	34.3	34.5	47.0	50.6
Black or African American	36.5	37.3	10.4	5.1	24.7	23.7	27.2	29.7
American Indian or Alaska Native	*	*	*	*	*	*	*	*
Native Hawaiian or Other Pacific Islander	*	*	*	*	*	*	*	*
Asian	17.0	*	3.4	*	*	*	*	*
Two or More Races	*	*	*	*	*	*	*	*
Hispanic or Latino	29.3	20.9	7.9	3.3	19.7	14.7	26.1 ^a	14.1
EDUCATION								
< High School	38.9	31.8	7.8 ^a	3.7	23.4	18.9	33.8	27.9
High School Graduate	44.3	48.8	6.0	5.0	28.0	27.9	39.0	44.1
Some College	50.7	57.2	4.7	4.6	32.8	36.4	45.4	51.7
College Graduate	56.9	53.0	3.8	1.1	42.1	38.2	48.7	46.8
CURRENT EMPLOYMENT								
Full-Time	42.1	42.6	2.1	2.1	27.1	26.0	36.7	37.9
Part-Time	47.9	56.3	3.8	3.8	34.7	43.3	41.0	47.4
Unemployed	36.4	*	6.3	*	27.5	23.7	30.6	*
Other ⁴	57.2	51.5	12.0 ^b	5.0	35.8	31.2	51.5	47.5

*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: 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*.

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

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¹ 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.

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⁴ 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 6.24A Specific Types of Mental Health Treatment/Counseling Received in the Past Year among Persons Aged 18 or Older with Past Year Serious Psychological Distress, by Geographic or Socioeconomic Characteristics: Numbers in Thousands, 2003 and 2004

Geographic/Socioeconomic Characteristic	Received Mental Health Treatment/Counseling ^{1,2}		TYPE OF MENTAL HEALTH TREATMENT/COUNSELING ³					
			Inpatient		Outpatient ²		Prescription Medication	
	2003	2004	2003	2004	2003	2004	2003	2004
TOTAL	9,208	10,289	1,099	826	6,001	6,454	8,104	9,225
GEOGRAPHIC REGION								
Northeast	1,657	1,881	256 ^a	80	1,114	1,290	1,438	1,628
Midwest	2,218	2,531	141	195	1,483	1,546	2,010	2,248
South	3,456	3,725	474	432	2,081	2,148	3,077	3,485
West	1,876	2,152	227	120	1,323	1,470	1,578	1,865
COUNTY TYPE								
Large Metro	4,413	4,246	576	329	2,998	2,731	3,836	3,835
Small Metro	3,023 ^b	4,444	333	375	1,883 ^b	2,892	2,659 ^b	3,911
250K - 1 Mil. Pop.	2,040	2,582	244	235	1,251	1,573	1,838	2,213
< 250K Pop.	983	*	89	140	631	*	821 ^b	1,698
Nonmetro	1,772	1,598	190	122	1,121	830	1,608	1,479
Urbanized	826	702	113	65	523	388	761	629
Less Urbanized	788	*	60	55	479	420	697	*
Completely Rural	*	*	*	*	*	*	*	*
FAMILY INCOME								
Less Than \$20,000	2,622 ^a	3,609	536	336	1,712	2,283	2,251 ^a	3,254
\$20,000 - \$49,999	3,596	3,573	363	309	2,272	2,072	3,150	3,176
\$50,000 - \$74,999	1,514	1,766	142	*	1,031	1,197	1,385	1,636
\$75,000 or More	1,476	1,341	58	58	985	902	1,317	1,160
GOVERNMENT ASSISTANCE⁴								
Yes	2,336 ^a	3,319	526	308	1,537	1,802	2,122 ^a	3,066
No	6,873	6,970	573	518	4,464	4,652	5,982	6,160

*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: 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*.

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

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³ Respondents could report receiving multiple types of mental health treatment/counseling; thus, these response categories are not mutually exclusive.

⁴ 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 6.24B Specific Types of Mental Health Treatment/Counseling Received in the Past Year among Persons Aged 18 or Older with Past Year Serious Psychological Distress, by Geographic or Socioeconomic Characteristics: Percentages, 2003 and 2004

Geographic/Socioeconomic Characteristic	Received Mental Health Treatment/Counseling ^{1,2}		TYPE OF MENTAL HEALTH TREATMENT/COUNSELING ³					
			Inpatient		Outpatient ²		Prescription Medication	
	2003	2004	2003	2004	2003	2004	2003	2004
TOTAL	47.2	48.1	5.6	3.9	30.9	30.2	41.4	43.1
GEOGRAPHIC REGION								
Northeast	48.9	47.3	7.5 ^b	2.0	32.9	32.4	42.3	40.9
Midwest	51.9	51.6	3.3	4.0	34.8	31.5	46.9	45.7
South	47.6	50.4	6.5	5.8	28.7	29.1	42.2	47.0
West	40.9	42.2	4.9	2.3	29.2	28.8	34.3	36.5
COUNTY TYPE								
Large Metro	44.9	42.3	5.8	3.3	30.6	27.2	38.9	38.1
Small Metro	49.2	57.1	5.4	4.8	30.9	37.1	43.1	50.1
250K - 1 Mil. Pop.	50.3	53.8	6.0	4.9	30.9	32.8	45.1	46.0
< 250K Pop.	47.1	*	4.2	4.7	30.7	*	39.1 ^a	56.7
Nonmetro	50.1	45.1	5.4	3.4	31.7 ^a	23.4	45.4	41.7
Urbanized	51.1	44.1	7.0	4.1	32.4	24.4	47.0	39.6
Less Urbanized	47.7	*	3.6	3.2	29.0	24.3	42.2	*
Completely Rural	*	*	*	*	*	*	*	*
FAMILY INCOME								
Less Than \$20,000	45.7	46.7	9.3 ^b	4.3	29.9	29.6	39.1	42.1
\$20,000 - \$49,999	44.5	47.7	4.5	4.1	28.3	27.6	38.8	42.2
\$50,000 - \$74,999	52.4	53.9	4.9	*	35.7	36.5	47.8	49.8
\$75,000 or More	52.6	46.5	2.1	2.0	35.1	31.3	46.9	40.2
GOVERNMENT ASSISTANCE⁴								
Yes	50.8	55.4	11.4 ^a	5.1	33.7	30.1	46.1	51.1
No	46.1	45.3	3.8	3.4	30.0	30.2	39.9	40.0

*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: 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*.

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⁴ 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).