

Table 6.15A 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, 2004 and 2005

Demographic Characteristic	Received Mental Health Treatment/Counseling ¹		TYPE OF MENTAL HEALTH TREATMENT/COUNSELING ²					
			Inpatient		Outpatient		Prescription Medication	
	2004	2005	2004	2005	2004	2005	2004	2005
TOTAL	10,868	11,126	940	1,124	7,396	6,981	9,259	9,675
AGE								
18-25	1,740	1,831	206	192	1,049	1,201	1,372	1,412
26-49	6,687	6,084	487	586	4,664 ^a	3,884	5,728	5,268
50 or Older	2,441 ^a	3,211	247	347	1,683	1,895	2,159 ^a	2,995
GENDER								
Male	3,005	3,226	486	357	2,288	1,905	2,332	2,796
Female	7,864	7,900	454 ^a	767	5,108	5,076	6,926	6,879
HISPANIC ORIGIN AND RACE								
Not Hispanic or Latino	9,960	10,140	813	915	6,698	6,353	8,561	8,867
White	8,589	8,828	473	696	5,732	5,559	7,455	7,837
Black or African American	973	932	258	212	639	630	770	687
American Indian or Alaska Native	*	*	*	0	*	19	*	*
Native Hawaiian or Other Pacific Islander	*	*	*	*	*	*	*	*
Asian	*	*	*	0	*	58	*	*
Two or More Races	*	*	*	6	*	*	*	*
Hispanic or Latino	908	986	127	209	699	628	698	808
EDUCATION								
< High School	2,013	1,980	348	417	1,076	1,102	1,643	1,703
High School Graduate	3,216	3,168	338	338	2,086	1,734	2,645	2,863
Some College	3,301	3,290	246	268	2,355	2,145	2,955	2,884
College Graduate	2,339	2,688	7 ^b	101	1,879	1,999	2,015	2,225
CURRENT EMPLOYMENT								
Full-Time	4,774	4,529	214	227	3,215	2,758	4,049	3,872
Part-Time	1,487	1,591	99	102	1,014	1,057	1,248	1,367
Unemployed	668	659	58 ^a	175	481	405	546	506
Other ³	3,939	4,347	568	621	2,687	2,761	3,416	3,930

*Low precision; no estimate reported.

NOTE: Estimates for 2004 in this table are based on a subsample of respondents aged 18 or older. Due to the use of alternative 2004 subsample data, these 2004 estimates may differ from 2004 estimates published in prior NSDUH reports. See Section B.4.4 in Appendix B of the *Results from the 2005 National Survey on Drug Use and Health: National Findings*.

NOTE: Serious Psychological Distress (SPD) is defined as having a score of 13 or higher on the K6 scale. Due to questionnaire changes, these 2004 and 2005 estimates are not comparable with 2004 and earlier estimates published in prior NSDUH reports. See Section B.4.4 in Appendix B of the *Results from the 2005 National Survey on Drug Use and Health: National Findings*.

^a Difference between estimate and 2005 estimate is statistically significant at the 0.05 level.

^b Difference between estimate and 2005 estimate is statistically significant at the 0.01 level.

¹ Mental Health Treatment/Counseling is defined as having received inpatient care or outpatient care or having used 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 were excluded. Estimates were based only on responses to items in the Adult Mental Health Service Utilization module.

² Respondents could report receiving multiple types of mental health treatment/counseling; thus, these response categories are not mutually exclusive.

³ The Other Employment category includes retired persons, disabled persons, homemakers, students, or other persons not in the labor force.

Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2004 (subsample) and 2005.

Table 6.15B 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, 2004 and 2005

Demographic Characteristic	Received Mental Health Treatment/Counseling ¹		TYPE OF MENTAL HEALTH TREATMENT/COUNSELING ²					
			Inpatient		Outpatient		Prescription Medication	
	2004	2005	2004	2005	2004	2005	2004	2005
TOTAL	41.6 ^a	45.3	3.6	4.6	28.4	28.5	35.3 ^a	39.4
AGE								
18-25	26.9 ^a	30.5	3.2	3.2	16.2 ^b	20.0	21.1	23.4
26-49	47.8	48.9	3.5	4.7	33.4	31.3	41.0	42.3
50 or Older	42.9	52.7	4.3	5.7	29.7	31.1	37.6 ^a	49.1
GENDER								
Male	31.0 ^a	36.9	5.0	4.1	23.6	21.8	24.0 ^b	31.9
Female	47.9	50.0	2.8 ^a	4.8	31.1	32.2	42.0	43.5
HISPANIC ORIGIN AND RACE								
Not Hispanic or Latino	43.5 ^a	47.6	3.5	4.3	29.3	29.9	37.3 ^a	41.6
White	46.3 ^a	50.9	2.5 ^a	4.0	31.0	32.1	40.0 ^a	45.2
Black or African American	34.1	35.7	9.0	8.0	22.4	24.0	26.9	26.1
American Indian or Alaska Native	*	*	*	0.2	*	8.1	*	*
Native Hawaiian or Other Pacific Islander	*	*	*	*	*	*	*	*
Asian	*	*	*	0.1	*	8.8	*	*
Two or More Races	*	*	*	1.5	*	*	*	*
Hispanic or Latino	27.9	30.4	3.9	6.4	21.4	19.3	21.4	24.9
EDUCATION								
< High School	36.8	39.2	6.4	8.2	19.7	21.8	30.0	33.7
High School Graduate	37.9	42.6	4.0	4.5	24.6	23.3	30.9 ^b	38.4
Some College	45.4	47.4	3.4	3.8	32.4	31.0	40.5	41.4
College Graduate	47.8	52.7	0.1 ^b	2.0	38.4	39.2	41.2	43.6
CURRENT EMPLOYMENT								
Full-Time	37.2	38.7	1.7	1.9	25.0	23.6	31.4	33.0
Part-Time	37.3	44.4	2.5	2.8	25.4	29.5	31.2	38.0
Unemployed	41.3	43.2	3.6 ^a	11.4	29.7	26.7	33.7	33.1
Other ³	51.2	56.3	7.4	8.0	35.2	35.8	44.4	50.9

*Low precision; no estimate reported.

NOTE: Estimates for 2004 in this table are based on a subsample of respondents aged 18 or older. Due to the use of alternative 2004 subsample data, these 2004 estimates may differ from 2004 estimates published in prior NSDUH reports. See Section B.4.4 in Appendix B of the *Results from the 2005 National Survey on Drug Use and Health: National Findings*.

NOTE: Serious Psychological Distress (SPD) is defined as having a score of 13 or higher on the K6 scale. Due to questionnaire changes, these 2004 and 2005 estimates are not comparable with 2004 and earlier estimates published in prior NSDUH reports. See Section B.4.4 in Appendix B of the *Results from the 2005 National Survey on Drug Use and Health: National Findings*.

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Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2004 (subsample) and 2005.

Table 6.16A 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, 2004 and 2005

Geographic/Socioeconomic Characteristic	Received Mental Health Treatment/Counseling ¹		TYPE OF MENTAL HEALTH TREATMENT/COUNSELING ²					
			Inpatient		Outpatient		Prescription Medication	
	2004	2005	2004	2005	2004	2005	2004	2005
TOTAL	10,868	11,126	940	1,124	7,396	6,981	9,259	9,675
GEOGRAPHIC REGION								
Northeast	1,740	2,081	142	242	1,324	1,445	1,489	1,720
Midwest	2,586	2,702	250	222	1,678	1,596	2,253	2,423
South	3,797	4,107	394	513	2,379	2,502	3,174	3,628
West	2,745	2,235	153	148	2,016 ^a	1,438	2,343	1,903
COUNTY TYPE								
Large Metro	5,309	5,395	487	561	3,734	3,632	4,554	4,576
Small Metro	3,559	3,530	278	320	2,287	2,099	3,019	3,103
250K - 1 Mil. Pop.	2,411	2,294	148	247	1,530	1,340	2,074	2,023
< 250K Pop.	1,148	1,236	129	73	757	759	944	1,080
Nonmetro	2,001	2,200	175	244	1,375	1,249	1,686	1,996
Urbanized	797	916	93	154	526	568	714	798
Less Urbanized	998	1,155	78	85	724	599	817	1,076
Completely Rural	*	*	*	5	*	*	*	*
FAMILY INCOME								
Less Than \$20,000	3,059	3,503	500	632	1,984	2,247	2,507	2,985
\$20,000 - \$49,999	3,385	3,500	256	272	2,321	1,987	2,810	3,122
\$50,000 - \$74,999	2,173	2,035	*	138	1,514	1,381	1,912	1,809
\$75,000 or More	2,251	2,087	91	82	1,577	1,366	2,029	1,759
GOVERNMENT ASSISTANCE³								
Yes	2,534 ^a	3,264	449	529	1,559	1,988	2,210 ^a	2,892
No	8,334	7,862	491	595	5,837	4,993	7,049	6,783

*Low precision; no estimate reported.

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NOTE: Serious Psychological Distress (SPD) is defined as having a score of 13 or higher on the K6 scale. Due to questionnaire changes, these 2004 and 2005 estimates are not comparable with 2004 and earlier estimates published in prior NSDUH reports. See Section B.4.4 in Appendix B of the *Results from the 2005 National Survey on Drug Use and Health: National Findings*.

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² Respondents could report receiving multiple types of mental health treatment/counseling; thus, these response categories are not mutually exclusive.

³ 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, 2004 (subsample) and 2005.

Table 6.16B 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, 2004 and 2005

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	2004	2005	2004	2005	2004	2005	2004	2005
TOTAL	41.6 ^a	45.3	3.6	4.6	28.4	28.5	35.3 ^a	39.4
GEOGRAPHIC REGION								
Northeast	36.8 ^b	48.0	3.0	5.5	28.1	33.2	31.2 ^a	39.6
Midwest	43.1	46.4	4.2	3.8	27.9	27.5	37.5	41.5
South	39.9 ^a	46.6	4.1	5.8	25.0	28.4	33.3 ^b	41.1
West	46.7	40.2	2.6	2.6	34.3 ^a	25.9	39.7	34.1
COUNTY TYPE								
Large Metro	38.5	43.6	3.5	4.5	27.1	29.3	32.8	36.9
Small Metro	44.1	46.1	3.4	4.2	28.5	27.5	37.4	40.5
250K - 1 Mil. Pop.	43.4	46.4	2.7	5.0	27.6	27.1	37.2	40.8
< 250K Pop.	45.7	45.7	5.1	2.7	30.4	28.3	37.6	39.9
Nonmetro	46.8	48.9	4.1	5.4	32.2	27.8	39.4	44.2
Urbanized	47.6	50.1	5.5	8.4	31.4	31.1	42.6	43.5
Less Urbanized	46.6	50.2	3.6	3.7	33.9	26.0	38.1	46.7
Completely Rural	*	*	*	1.3	*	*	*	*
FAMILY INCOME								
Less Than \$20,000	39.1 ^a	46.8	6.4	8.4	25.5	30.0	32.0 ^a	39.8
\$20,000 - \$49,999	38.2	41.4	2.9	3.2	26.3	23.5	31.7	36.8
\$50,000 - \$74,999	46.5	49.3	*	3.3	32.4	33.5	40.4	43.9
\$75,000 or More	47.0	46.6	1.9	1.8	32.9	30.5	42.4	39.3
GOVERNMENT ASSISTANCE³								
Yes	44.5	48.8	7.9	7.9	27.4	29.7	38.6	43.2
No	40.8	44.1	2.4	3.3	28.6	28.0	34.4	37.9

*Low precision; no estimate reported.

NOTE: Estimates for 2004 in this table are based on a subsample of respondents aged 18 or older. Due to the use of alternative 2004 subsample data, these 2004 estimates may differ from 2004 estimates published in prior NSDUH reports. See Section B.4.4 in Appendix B of the *Results from the 2005 National Survey on Drug Use and Health: National Findings*.

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Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2004 (subsample) and 2005.