

**Table 6.19A 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: Numbers in Thousands, 2004 and 2005**

Reason Did Not Receive Treatment/Counseling <sup>1</sup>	Total <sup>2</sup>		MENTAL HEALTH TREATMENT/COUNSELING <sup>3</sup>			
			Received		Not Received	
	2004	2005	2004	2005	2004	2005
<b>TOTAL POPULATION</b>	6,450	6,593	3,109 <sup>a</sup>	3,772	3,329	2,789
Cost/Insurance Barriers <sup>4</sup>	3,497	3,493	1,642	1,986	1,849	1,490
Stigma <sup>5</sup>	1,922	1,548	730	817	1,193 <sup>a</sup>	728
Did Not Feel Need for Treatment/Could Handle the Problem Without Treatment <sup>6</sup>	1,846	1,947	939	1,036	902	900
Treatment Would Not Help	620	710	289	396	331	314
Did Not Have Time	949	933	471	468	478	463
Did Not Know Where to Go for Services	1,115	1,354	494	745	620	607
Fear of Being Committed/Have to Take Medicine	683	765	412	429	271	331
Other Access Barriers <sup>7</sup>	351	454	176	320	174	132

\*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 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*.

<sup>a</sup> Difference between estimate and 2005 estimate is statistically significant at the 0.05 level.

<sup>b</sup> Difference between estimate and 2005 estimate is statistically significant at the 0.01 level.

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

<sup>2</sup> 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 and SPD, including those with unknown mental health treatment/counseling information.

<sup>3</sup> 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.

<sup>4</sup> 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."

<sup>5</sup> 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."

<sup>6</sup> 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."

<sup>7</sup> 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, 2004 (subsample) and 2005.

**Table 6.19B 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: Percentages, 2004 and 2005**

Reason Did Not Receive Treatment/Counseling <sup>1</sup>	Total <sup>2</sup>		MENTAL HEALTH TREATMENT/COUNSELING <sup>3</sup>			
			Received		Not Received	
	2004	2005	2004	2005	2004	2005
<b>TOTAL POPULATION</b>	100.0	100.0	100.0	100.0	100.0	100.0
Cost/Insurance Barriers <sup>4</sup>	54.3	53.2	52.9	52.8	55.6	53.5
Stigma <sup>5</sup>	29.8 <sup>a</sup>	23.6	23.5	21.7	35.8 <sup>a</sup>	26.2
Did Not Feel Need for Treatment/Could Handle the Problem Without Treatment <sup>6</sup>	28.7	29.6	30.3	27.6	27.1	32.3
Treatment Would Not Help	9.6	10.8	9.3	10.5	9.9	11.3
Did Not Have Time	14.7	14.2	15.2	12.4	14.4	16.6
Did Not Know Where to Go for Services	17.3	20.6	15.9	19.8	18.6	21.8
Fear of Being Committed/Have to Take Medicine	10.6	11.6	13.3	11.4	8.2	11.9
Other Access Barriers <sup>7</sup>	5.4	6.9	5.7	8.5	5.2	4.7

\*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 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*.

<sup>a</sup> Difference between estimate and 2005 estimate is statistically significant at the 0.05 level.

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

<sup>2</sup> 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 and SPD, including those with unknown mental health treatment/counseling information.

<sup>3</sup> 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.

<sup>4</sup> 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."

<sup>5</sup> 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."

<sup>6</sup> 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."

<sup>7</sup> 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, 2004 (subsample) and 2005.

**Table 6.20A 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: Numbers in Thousands, 2004 and 2005**

Reason Did Not Receive Treatment/Counseling <sup>1</sup>	Total <sup>2</sup>		MENTAL HEALTH TREATMENT/COUNSELING <sup>3</sup>			
			Received		Not Received	
	2004	2005	2004	2005	2004	2005
<b>TOTAL POPULATION</b>	6,450	6,593	3,109 <sup>a</sup>	3,772	3,329	2,789
Could Not Afford Cost	3,107	3,084	1,418	1,685	1,683	1,382
Might Cause Neighbors/Community to Have Negative Opinion	810	578	250	305	560 <sup>a</sup>	272
Might Have Negative Effect on Job	648	463	337	271	311	191
Health Insurance Does Not Cover Any Mental Health Treatment/Counseling	330	412	134	213	196	199
Health Insurance Does Not Cover Enough Mental Health Treatment/Counseling	669	815	427	555	242	259
Did Not Know Where to Go for Services	1,115	1,354	494	745	620	607
Concerned about Confidentiality	790	567	338	301	452	265
Fear of Being Committed/Have to Take Medicine	683	765	412	429	271	331
Did Not Feel Need for Treatment	503	584	292	293	206	284
Could Handle the Problem Without Treatment	1,697	1,723	801	929	891	783
Treatment Would Not Help	620	710	289	396	331	314
Did Not Have Time	949	933	471	468	478	463
Did Not Want Others to Find Out	471	521	238	248	233	273
No Transportation/Inconvenient	191	293	65 <sup>a</sup>	210	127	81
Some Other Reason <sup>4</sup>	581	627	345	394	236	234

\*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 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*.

<sup>a</sup> Difference between estimate and 2005 estimate is statistically significant at the 0.05 level.

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

<sup>2</sup> 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 and SPD, including those with unknown mental health treatment/counseling information.

<sup>3</sup> 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.

<sup>4</sup> Respondents with unknown or invalid responses to the other-specify question on Some Other Reason for Not Receiving Mental Health Treatment/Counseling were classified as not having received treatment for Some Other Reason.

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

**Table 6.20B 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: Percentages, 2004 and 2005**

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			Received		Not Received	
	2004	2005	2004	2005	2004	2005
<b>TOTAL POPULATION</b>	100.0	100.0	100.0	100.0	100.0	100.0
Could Not Afford Cost	48.2	46.9	45.7	44.8	50.6	49.6
Might Cause Neighbors/Community to Have Negative Opinion	12.6	8.8	8.1	8.1	16.8	9.8
Might Have Negative Effect on Job	10.1	7.0	10.8	7.2	9.3	6.9
Health Insurance Does Not Cover Any Mental Health Treatment/Counseling	5.1	6.3	4.3	5.7	5.9	7.1
Health Insurance Does Not Cover Enough Mental Health Treatment/Counseling	10.4	12.4	13.8	14.8	7.3	9.3
Did Not Know Where to Go for Services	17.3	20.6	15.9	19.8	18.6	21.8
Concerned about Confidentiality	12.3	8.6	10.9	8.0	13.6	9.5
Fear of Being Committed/Have to Take Medicine	10.6	11.6	13.3	11.4	8.2	11.9
Did Not Feel Need for Treatment	7.8	8.9	9.4	7.8	6.2	10.2
Could Handle the Problem Without Treatment	26.3	26.2	25.8	24.7	26.8	28.1
Treatment Would Not Help	9.6	10.8	9.3	10.5	9.9	11.3
Did Not Have Time	14.7	14.2	15.2	12.4	14.4	16.6
Did Not Want Others to Find Out	7.3	7.9	7.7	6.6	7.0	9.8
No Transportation/Inconvenient	3.0	4.5	2.1 <sup>a</sup>	5.6	3.8	2.9
Some Other Reason <sup>4</sup>	9.0	9.5	11.1	10.5	7.1	8.4

\*Low precision; no estimate reported.

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