

Table 6.31A 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 in the Past Year, by Receipt of Past Year Mental Health Treatment: Numbers in Thousands, 2004 and 2005

Reason Did Not Receive Treatment/Counseling ¹	Total ²		MENTAL HEALTH TREATMENT/COUNSELING ³			
			Received		Not Received	
	2004	2005	2004	2005	2004	2005
TOTAL POPULATION	10,902	11,170	5,227	5,468	5,649	5,655
Cost/Insurance Barriers ⁴	5,207	5,286	2,587	2,693	2,608	2,573
Stigma ⁵	2,560	2,345	1,130	1,050	1,424	1,285
Did Not Feel Need for Treatment/Could Handle the Problem Without Treatment ⁶	3,639	3,521	1,545	1,485	2,076	2,020
Treatment Would Not Help	1,142	1,045	480	561	660	484
Did Not Have Time	1,620	1,488	726	694	892	791
Did Not Know Where to Go for Services	1,819	2,057	713 ^a	1,032	1,102	1,018
Fear of Being Committed/Have to Take Medicine	826	934	415	483	409	446
Other Access Barriers ⁷	532	559	323	377	209	180

*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.

^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 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 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.

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, 2004 and 2005.

Table 6.31B 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 in the Past Year, by Receipt of Past Year Mental Health Treatment: Percentages, 2004 and 2005

Reason Did Not Receive Treatment/Counseling ¹	Total ²		MENTAL HEALTH TREATMENT/COUNSELING ³			
			Received		Not Received	
	2004	2005	2004	2005	2004	2005
TOTAL POPULATION	100.0	100.0	100.0	100.0	100.0	100.0
Cost/Insurance Barriers ⁴	48.5	48.3	49.9	49.8	47.2	46.8
Stigma ⁵	23.8	21.4	21.8	19.4	25.8	23.4
Did Not Feel Need for Treatment/Could Handle the Problem Without Treatment ⁶	33.9	32.2	29.8	27.5	37.6	36.7
Treatment Would Not Help	10.6	9.5	9.2	10.4	11.9	8.8
Did Not Have Time	15.1	13.6	14.0	12.8	16.1	14.4
Did Not Know Where to Go for Services	16.9	18.8	13.8 ^a	19.1	19.9	18.5
Fear of Being Committed/Have to Take Medicine	7.7	8.5	8.0	8.9	7.4	8.1
Other Access Barriers ⁷	5.0	5.1	6.2	7.0	3.8	3.3

*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.

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

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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."

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."

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

Table 6.32A 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 in the Past Year, by Receipt of Past Year Mental Health Treatment: Numbers in Thousands, 2004 and 2005

Reason Did Not Receive Treatment/Counseling ¹	Total ²		MENTAL HEALTH TREATMENT/COUNSELING ³			
			Received		Not Received	
	2004	2005	2004	2005	2004	2005
TOTAL POPULATION	10,902	11,170	5,227	5,468	5,649	5,655
Could Not Afford Cost	4,512	4,655	2,152	2,279	2,348	2,356
Might Cause Neighbors/Community to Have Negative Opinion	1,006	881	448	415	554	464
Might Have Negative Effect on Job	785	733	403	344	378	386
Health Insurance Does Not Cover Any Mental Health Treatment/Counseling	593	692	320	376	271	316
Health Insurance Does Not Cover Enough Mental Health Treatment/Counseling	1,126	1,314	699	812	424	501
Did Not Know Where to Go for Services	1,819	2,057	713 ^a	1,032	1,102	1,018
Concerned about Confidentiality	1,060	857	475	370	583	477
Fear of Being Committed/Have to Take Medicine	826	934	415	483	409	446
Did Not Feel Need for Treatment	893	1,022	403	441	485	574
Could Handle the Problem Without Treatment	3,340	2,984	1,395	1,308	1,928	1,660
Treatment Would Not Help	1,142	1,045	480	561	660	484
Did Not Have Time	1,620	1,488	726	694	892	791
Did Not Want Others to Find Out	715	702	302	302	411	400
No Transportation/Inconvenient	332	350	184	241	149	107
Some Other Reason ⁴	822	885	500	456	320	429

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⁴ 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 and 2005.

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			Received		Not Received	
	2004	2005	2004	2005	2004	2005
TOTAL POPULATION	100.0	100.0	100.0	100.0	100.0	100.0
Could Not Afford Cost	42.0	42.5	41.5	42.1	42.5	42.9
Might Cause Neighbors/Community to Have Negative Opinion	9.4	8.0	8.6	7.7	10.0	8.4
Might Have Negative Effect on Job	7.3	6.7	7.8	6.4	6.8	7.0
Health Insurance Does Not Cover Any Mental Health Treatment/Counseling	5.5	6.3	6.2	7.0	4.9	5.7
Health Insurance Does Not Cover Enough Mental Health Treatment/Counseling	10.5	12.0	13.5	15.0	7.7	9.1
Did Not Know Where to Go for Services	16.9	18.8	13.8 ^a	19.1	19.9	18.5
Concerned about Confidentiality	9.9	7.8	9.2	6.8	10.5	8.7
Fear of Being Committed/Have to Take Medicine	7.7	8.5	8.0	8.9	7.4	8.1
Did Not Feel Need for Treatment	8.3	9.3	7.8	8.1	8.8	10.4
Could Handle the Problem Without Treatment	31.1 ^a	27.3	26.9	24.2	34.9	30.2
Treatment Would Not Help	10.6	9.5	9.2	10.4	11.9	8.8
Did Not Have Time	15.1	13.6	14.0	12.8	16.1	14.4
Did Not Want Others to Find Out	6.7	6.4	5.8	5.6	7.4	7.3
No Transportation/Inconvenient	3.1	3.2	3.5	4.5	2.7	2.0
Some Other Reason ⁴	7.7	8.1	9.6	8.4	5.8	7.8

*Low precision; no estimate reported.

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