

Table 6.35A Receipt and Source of Alternative Mental Health Treatment/Support in the Past Year among Persons Aged 18 or Older, by Receipt of Past Year Mental Health Treatment/Counseling: Numbers in Thousands, 2004 and 2005

Receipt/Source of Alternative Treatment/Support	Total ¹		MENTAL HEALTH TREATMENT/COUNSELING ²			
			Received		Not Received	
	2004	2005	2004	2005	2004	2005
ALTERNATIVE TREATMENT/SUPPORT						
Received	20,627	20,253	7,840	7,339	12,664	12,778
Not Received	194,119 ^b	197,129	19,530	20,757	174,399	176,122
SOURCE OF ALTERNATIVE TREATMENT/SUPPORT^{3,4}						
Acupuncturist/Acupressurist	1,589	1,654	734	692	855	947
Chiropractor	7,444	7,821	2,337	1,990	5,087	5,819
Herbalist	942	973	340	388	602	577
In-Person Support Group or Self-Help Group	2,646	2,825	1,679	1,770	959	1,048
Internet Support Group or Chat Room	798	722	373	407	426	313
Spiritual or Religious Advisor, Such as a Pastor, Priest, Rabbi	5,493	5,250	2,273	2,231	3,132	2,953
Telephone Hotline	370	446	225	320	141	120
Massage Therapist	7,056	6,868	2,329	2,199	4,726	4,655
Other	1,626	1,439	1,072	844	527	531

*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 were excluded.

^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 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.

² 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.

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

⁴ 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 and 2005.

Table 6.35B Receipt and Source of Alternative Mental Health Treatment/Support in the Past Year among Persons Aged 18 or Older, by Receipt of Past Year Mental Health Treatment/Counseling: Percentages, 2004 and 2005

Receipt/Source of Alternative Treatment/Support	Total ¹		MENTAL HEALTH TREATMENT/COUNSELING ²			
			Received		Not Received	
	2004	2005	2004	2005	2004	2005
ALTERNATIVE TREATMENT/SUPPORT						
Received	9.6	9.3	28.6	26.1	6.8	6.8
Not Received	90.4	90.7	71.4	73.9	93.2	93.2
SOURCE OF ALTERNATIVE TREATMENT/SUPPORT^{3,4}						
Acupuncturist/Acupressurist	7.8	8.3	9.5	9.5	6.8	7.5
Chiropractor	36.4	39.1	30.2	27.5	40.4 ^a	46.2
Herbalist	4.6	4.9	4.4	5.4	4.8	4.6
In-Person Support Group or Self-Help Group	12.9	14.1	21.7	24.4	7.6	8.3
Internet Support Group or Chat Room	3.9	3.6	4.8	5.6	3.4	2.5
Spiritual or Religious Advisor, Such as a Pastor, Priest, Rabbi	26.8	26.3	29.3	30.8	24.9	23.4
Telephone Hotline	1.8	2.2	2.9	4.4	1.1	1.0
Massage Therapist	34.5	34.4	30.1	30.3	37.5	36.9
Other	8.0	7.2	13.8	11.6	4.2	4.2

*Low precision; no estimate reported.

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