

Table 6.58A Type of Professional Seen among Persons Aged 12 to 17 with a Past Year Major Depressive Episode (MDE) Who Saw or Talked to a Medical Doctor or Other Professional in the Past Year about Depression: Numbers in Thousands, 2004 and 2005

Type of Professional ¹	2004	2005
TOTAL²	820	764
General Practitioner or Family Doctor	206	189
Other Medical Doctor ³	40	29
Psychologist	260	253
Psychiatrist or Psychotherapist	178	173
Social Worker	107	108
Counselor	470	450
Other Mental Health Professional ⁴	48	55
Nurse, Occupational Therapist, or Other Health Professional	73	62
Religious or Spiritual Advisor ⁵	123	121
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	18	14
Other ⁶	13	19

*Low precision; no estimate reported.

NOTE: Major Depressive Episode (MDE) is defined as a period of at least 2 weeks when a person experienced a depressed mood or loss of interest or pleasure in daily activities and had a majority of the symptoms for depression as described in the 4th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV).

^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 professionals; thus, these response categories are not mutually exclusive.

² Estimates in the Total row represent all persons aged 12 to 17 with past year MDE who saw or talked to a medical doctor or professional in the past year about depression, including those with unknown type of professional data.

³ Other Medical Doctor includes cardiologists, gynecologists, urologists, and other medical doctors that are not general practitioners or family doctors.

⁴ Other Mental Health Professional includes mental health nurses and other therapists where type is not specified.

⁵ Religious or Spiritual Advisor includes ministers, priests, or rabbis.

⁶ Other includes any other types of helping professionals. Respondents with unknown or invalid responses to the other-specify question on Other Type of Professionals Seen for Depression were excluded.

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

Table 6.58B Type of Professional Seen among Persons Aged 12 to 17 with a Past Year Major Depressive Episode (MDE) Who Saw or Talked to a Medical Doctor or Other Professional in the Past Year about Depression: Percentages, 2004 and 2005

Type of Professional ¹	2004	2005
TOTAL²	100.0	100.0
General Practitioner or Family Doctor	25.5	25.2
Other Medical Doctor ³	5.0	3.8
Psychologist	32.2	33.7
Psychiatrist or Psychotherapist	22.1	23.1
Social Worker	13.3	14.4
Counselor	58.2	60.1
Other Mental Health Professional ⁴	6.0	7.4
Nurse, Occupational Therapist, or Other Health Professional	9.0	8.3
Religious or Spiritual Advisor ⁵	15.3	16.1
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	2.2	1.9
Other ⁶	1.7	2.7

*Low precision; no estimate reported.

NOTE: Major Depressive Episode (MDE) is defined as a period of at least 2 weeks when a person experienced a depressed mood or loss of interest or pleasure in daily activities and had a majority of the symptoms for depression as described in the 4th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV).

^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 professionals; thus, these response categories are not mutually exclusive.

² Estimates in the Total row represent all persons aged 12 to 17 with past year MDE who saw or talked to a medical doctor or professional in the past year about depression, including those with unknown type of professional data.

³ Other Medical Doctor includes cardiologists, gynecologists, urologists, and other medical doctors that are not general practitioners or family doctors.

⁴ Other Mental Health Professional includes mental health nurses and other therapists where type is not specified.

⁵ Religious or Spiritual Advisor includes ministers, priests, or rabbis.

⁶ Other includes any other types of helping professionals. Respondents with unknown or invalid responses to the other-specify question on Other Type of Professionals Seen for Depression were excluded.

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

Table 6.59A Type of Professional Seen among Persons Aged 18 or Older with a Past Year Major Depressive Episode (MDE) Who Saw or Talked to a Medical Doctor or Other Professional in the Past Year about Depression: Numbers in Thousands, 2004 and 2005

Type of Professional ¹	2004	2005
TOTAL²	10,542	9,618
General Practitioner or Family Doctor	6,130	5,782
Other Medical Doctor ³	1,184	1,205
Psychologist	2,714	2,632
Psychiatrist or Psychotherapist	2,831	2,802
Social Worker	1,114	964
Counselor	2,165	1,937
Other Mental Health Professional ⁴	656	756
Nurse, Occupational Therapist, or Other Health Professional	757	685
Religious or Spiritual Advisor ⁵	1,929	1,777
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	615	558
Other ⁶	192	55

*Low precision; no estimate reported.

NOTE: Estimates for 2004 in this table are based on a subsample of respondents aged 18 or older, while 2005 estimates are based on all respondents aged 18 or older. See Section B.4.5 in Appendix B of the *Results from the 2005 National Survey on Drug Use and Health: National Findings*.

NOTE: Major Depressive Episode (MDE) is defined as a period of at least 2 weeks when a person experienced a depressed mood or loss of interest or pleasure in daily activities and had a majority of the symptoms for depression as described in the 4th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV).

^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 professionals; thus, these response categories are not mutually exclusive.

² Estimates in the Total row represent all persons aged 18 or older with past year MDE who saw or talked to a medical doctor or professional in the past year about depression, including those with unknown type of professional data.

³ Other Medical Doctor includes cardiologists, gynecologists, urologists, and other medical doctors that are not general practitioners or family doctors.

⁴ Other Mental Health Professional includes mental health nurses and other therapists where type is not specified.

⁵ Religious or Spiritual Advisor includes ministers, priests, or rabbis.

⁶ Other includes any other types of helping professionals. Respondents with unknown or invalid responses to the other-specify question on Other Type of Professionals Seen for Depression were excluded.

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

Table 6.59B Type of Professional Seen among Persons Aged 18 or Older with a Past Year Major Depressive Episode (MDE) Who Saw or Talked to a Medical Doctor or Other Professional in the Past Year about Depression: Percentages, 2004 and 2005

Type of Professional ¹	2004	2005
TOTAL²	100.0	100.0
General Practitioner or Family Doctor	58.7	60.3
Other Medical Doctor ³	11.3	12.6
Psychologist	26.0	27.5
Psychiatrist or Psychotherapist	27.1	29.2
Social Worker	10.7	10.1
Counselor	20.7	20.2
Other Mental Health Professional ⁴	6.3	7.9
Nurse, Occupational Therapist, or Other Health Professional	7.3	7.2
Religious or Spiritual Advisor ⁵	18.5	18.5
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	5.9	5.8
Other ⁶	1.9	0.6

*Low precision; no estimate reported.

NOTE: Estimates for 2004 in this table are based on a subsample of respondents aged 18 or older, while 2005 estimates are based on all respondents aged 18 or older. See Section B.4.5 in Appendix B of the *Results from the 2005 National Survey on Drug Use and Health: National Findings*.

NOTE: Major Depressive Episode (MDE) is defined as a period of at least 2 weeks when a person experienced a depressed mood or loss of interest or pleasure in daily activities and had a majority of the symptoms for depression as described in the 4th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV).

^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 professionals; thus, these response categories are not mutually exclusive.

² Estimates in the Total row represent all persons aged 18 or older with past year MDE who saw or talked to a medical doctor or professional in the past year about depression, including those with unknown type of professional data.

³ Other Medical Doctor includes cardiologists, gynecologists, urologists, and other medical doctors that are not general practitioners or family doctors.

⁴ Other Mental Health Professional includes mental health nurses and other therapists where type is not specified.

⁵ Religious or Spiritual Advisor includes ministers, priests, or rabbis.

⁶ Other includes any other types of helping professionals. Respondents with unknown or invalid responses to the other-specify question on Other Type of Professionals Seen for Depression were excluded.

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