

**Table 6.19C 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: Standard Errors of 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>	349	259	210	197	268	160
Cost/Insurance Barriers <sup>4</sup>	276	184	168	143	203	118
Stigma <sup>5</sup>	206	112	97	80	174	75
Did Not Feel Need for Treatment/Could Handle the Problem Without Treatment <sup>6</sup>	169	131	107	97	127	86
Treatment Would Not Help	117	79	58	61	101	47
Did Not Have Time	120	94	82	68	90	64
Did Not Know Where to Go for Services	124	132	89	115	87	67
Fear of Being Committed/Have to Take Medicine	102	78	81	55	61	52
Other Access Barriers <sup>7</sup>	83	85	47	75	69	42

\*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>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 6.19D 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: Standard Errors of 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>	0.00	0.00	0.00	0.00	0.00	0.00
Cost/Insurance Barriers <sup>4</sup>	2.59	1.86	3.41	2.60	3.74	2.81
Stigma <sup>5</sup>	2.58	1.52	2.86	1.95	3.89	2.43
Did Not Feel Need for Treatment/Could Handle the Problem Without Treatment <sup>6</sup>	2.32	1.74	3.07	2.31	3.41	2.55
Treatment Would Not Help	1.71	1.15	1.81	1.56	2.81	1.61
Did Not Have Time	1.78	1.33	2.55	1.69	2.57	2.09
Did Not Know Where to Go for Services	1.79	1.74	2.63	2.58	2.45	2.23
Fear of Being Committed/Have to Take Medicine	1.50	1.12	2.41	1.42	1.81	1.79
Other Access Barriers <sup>7</sup>	1.24	1.24	1.46	1.86	1.98	1.46

\*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>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 6.19P 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: P Values from Tests of Differences of Percentages, 2005 Versus 2004**

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>	.	.	.	.	.	.
Cost/Insurance Barriers <sup>4</sup>	0.7286		0.9913		0.6604	
Stigma <sup>5</sup>	0.0364		0.6097		0.0346	
Did Not Feel Need for Treatment/Could Handle the Problem Without Treatment <sup>6</sup>	0.7372		0.4831		0.2214	
Treatment Would Not Help	0.5653		0.6092		0.6820	
Did Not Have Time	0.8146		0.3740		0.4969	
Did Not Know Where to Go for Services	0.1871		0.2902		0.3410	
Fear of Being Committed/Have to Take Medicine	0.5801		0.5060		0.1415	
Other Access Barriers <sup>7</sup>	0.4027		0.2308		0.8380	

\*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>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 6.20C 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: Standard Errors of 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>	349	259	210	197	268	160
Could Not Afford Cost	253	171	153	126	190	115
Might Cause Neighbors/Community to Have Negative Opinion	137	65	50	49	128	43
Might Have Negative Effect on Job	117	64	78	51	88	40
Health Insurance Does Not Cover Any Mental Health Treatment/Counseling	87	57	40	39	77	41
Health Insurance Does Not Cover Enough Mental Health Treatment/Counseling	114	91	93	78	65	45
Did Not Know Where to Go for Services	124	132	89	115	87	67
Concerned about Confidentiality	141	59	76	37	101	44
Fear of Being Committed/Have to Take Medicine	102	78	81	55	61	52
Did Not Feel Need for Treatment	83	67	56	43	58	51
Could Handle the Problem Without Treatment	166	123	102	94	127	77
Treatment Would Not Help	117	79	58	61	101	47
Did Not Have Time	120	94	82	68	90	64
Did Not Want Others to Find Out	65	68	45	46	48	50
No Transportation/Inconvenient	64	70	19	62	61	31
Some Other Reason <sup>4</sup>	103	95	72	77	74	56

\*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*.

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<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 6.20D 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: Standard Errors of 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>	0.00	0.00	0.00	0.00	0.00	0.00
Could Not Afford Cost	2.65	1.86	3.52	2.53	3.86	2.88
Might Cause Neighbors/Community to Have Negative Opinion	1.94	0.95	1.56	1.26	3.39	1.50
Might Have Negative Effect on Job	1.71	0.93	2.40	1.30	2.50	1.40
Health Insurance Does Not Cover Any Mental Health Treatment/Counseling	1.30	0.83	1.27	1.01	2.23	1.41
Health Insurance Does Not Cover Enough Mental Health Treatment/Counseling	1.66	1.29	2.72	1.89	1.92	1.56
Did Not Know Where to Go for Services	1.79	1.74	2.63	2.58	2.45	2.23
Concerned about Confidentiality	2.05	0.89	2.36	0.97	2.77	1.52
Fear of Being Committed/Have to Take Medicine	1.50	1.12	2.41	1.42	1.81	1.79
Did Not Feel Need for Treatment	1.28	1.01	1.78	1.13	1.70	1.72
Could Handle the Problem Without Treatment	2.31	1.66	3.01	2.26	3.42	2.40
Treatment Would Not Help	1.71	1.15	1.81	1.56	2.81	1.61
Did Not Have Time	1.78	1.33	2.55	1.69	2.57	2.09
Did Not Want Others to Find Out	1.02	1.00	1.49	1.19	1.43	1.70
No Transportation/Inconvenient	0.98	1.04	0.61	1.59	1.79	1.07
Some Other Reason <sup>4</sup>	1.52	1.37	2.18	1.92	2.11	1.90

\*Low precision; no estimate reported.

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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>						
Could Not Afford Cost	0.6942		0.8457		0.8470	
Might Cause Neighbors/Community to Have Negative Opinion	0.0813		0.9805		0.0568	
Might Have Negative Effect on Job	0.1222		0.1849		0.3906	
Health Insurance Does Not Cover Any Mental Health Treatment/Counseling	0.4588		0.4085		0.6369	
Health Insurance Does Not Cover Enough Mental Health Treatment/Counseling	0.3361		0.7598		0.4066	
Did Not Know Where to Go for Services	0.1871		0.2902		0.3410	
Concerned about Confidentiality	0.1035		0.2603		0.1972	
Fear of Being Committed/Have to Take Medicine	0.5801		0.5060		0.1415	
Did Not Feel Need for Treatment	0.5045		0.4457		0.0971	
Could Handle the Problem Without Treatment	0.9668		0.7735		0.7479	
Treatment Would Not Help	0.5653		0.6092		0.6820	
Did Not Have Time	0.8146		0.3740		0.4969	
Did Not Want Others to Find Out	0.6652		0.5700		0.2066	
No Transportation/Inconvenient	0.2971		0.0394		0.6612	
Some Other Reason <sup>4</sup>	0.7932		0.8261		0.6472	

\*Low precision; no estimate reported.

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

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