

Table 6.38A Type of Professional Seen among Persons Aged 12 to 17 with a Past Year Major Depressive Episode (MDE) or a Past Year MDE with Severe Impairment Who Saw or Talked to a Medical Doctor or Other Professional about Depression in the Past Year: Numbers in Thousands, 2006 and 2007

Type of Professional ¹	Past Year MDE ²		Past Year MDE with Severe Impairment ³	
	2006	2007	2006	2007
TOTAL⁴	717	728	593	559
General Practitioner or Family Doctor	129 ^b	191	103 ^b	161
Other Medical Doctor ⁵	18	27	17	20
Psychologist	250	265	213	222
Psychiatrist or Psychotherapist	153	197	135	148
Social Worker	102	92	92	75
Counselor	420	423	357	349
Other Mental Health Professional ⁶	41	68	37	61
Nurse, Occupational Therapist, or Other Health Professional	80	81	74	76
Religious or Spiritual Advisor ⁷	129	107	115	84
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	19	9	15	9
Other ⁸	8	7	5	6

*Low precision; no estimate reported.

NOTE: Major Depressive Episode (MDE) is defined as in the 4th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV), which specifies 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 specified depression symptoms.

NOTE: Impairment is based on the Sheehan Disability Scale (SDS) role domains, which measure the impact of a disorder on a person's life. Impairment is defined as the highest severity level of role impairment across four domains: (1) chores at home, (2) school or work, (3) close relationships with family, and (4) social life. Ratings ≥ 7 on a 0 to 10 scale were considered Severe Impairment.

^a Difference between estimate and 2007 estimate is statistically significant at the 0.05 level.

^b Difference between estimate and 2007 estimate is statistically significant at the 0.01 level.

¹ Respondents could indicate multiple professionals; thus, these response categories are not mutually exclusive.

² Respondents with unknown Past Year MDE data were excluded.

³ Respondents with unknown Past Year MDE with Severe Impairment data were excluded.

⁴ Estimates in the Total row represent all persons aged 12 to 17 with past year MDE or past year MDE with severe impairment who saw or talked to a medical doctor or professional about depression in the past year, including those with unknown type of professional data.

⁵ Other Medical Doctor includes cardiologists, gynecologists, urologists, and other medical doctors that are not general practitioners or family doctors.

⁶ Other Mental Health Professional includes mental health nurses and other therapists where type is not specified.

⁷ Religious or Spiritual Advisor includes ministers, priests, or rabbis.

⁸ 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, 2006 and 2007.

Table 6.38B Type of Professional Seen among Persons Aged 12 to 17 with a Past Year Major Depressive Episode (MDE) or a Past Year MDE with Severe Impairment Who Saw or Talked to a Medical Doctor or Other Professional about Depression in the Past Year: Percentages, 2006 and 2007

Type of Professional ¹	Past Year MDE ²		Past Year MDE with Severe Impairment ³	
	2006	2007	2006	2007
TOTAL⁴	100.0	100.0	100.0	100.0
General Practitioner or Family Doctor	18.2 ^b	26.6	17.6 ^b	29.1
Other Medical Doctor ⁵	2.6	3.8	2.9	3.6
Psychologist	35.5	36.8	36.5	40.1
Psychiatrist or Psychotherapist	21.7	27.3	23.2	26.7
Social Worker	14.5	12.8	15.8	13.5
Counselor	59.6	58.8	61.1	63.0
Other Mental Health Professional ⁶	5.8 ^a	9.4	6.3 ^a	11.0
Nurse, Occupational Therapist, or Other Health Professional	11.4	11.3	12.6	13.8
Religious or Spiritual Advisor ⁷	18.2	14.8	19.7	15.2
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	2.7	1.3	2.5	1.7
Other ⁸	1.2	1.0	1.0	1.1

*Low precision; no estimate reported.

NOTE: Major Depressive Episode (MDE) is defined as in the 4th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV), which specifies 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 specified depression symptoms.

NOTE: Impairment is based on the Sheehan Disability Scale (SDS) role domains, which measure the impact of a disorder on a person's life. Impairment is defined as the highest severity level of role impairment across four domains: (1) chores at home, (2) school or work, (3) close relationships with family, and (4) social life. Ratings ≥ 7 on a 0 to 10 scale were considered Severe Impairment.

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Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2006 and 2007.

Table 6.39A Type of Professional Seen among Persons Aged 18 or Older with a Past Year Major Depressive Episode (MDE) or a Past Year MDE with Severe Impairment Who Saw or Talked to a Medical Doctor or Other Professional about Depression in the Past Year: Numbers in Thousands, 2006 and 2007

Type of Professional ¹	Past Year MDE ²		Past Year MDE with Severe Impairment ³	
	2006	2007	2006	2007
TOTAL⁴	10,131	9,851	7,023	6,888
General Practitioner or Family Doctor	6,186	6,071	4,200	4,197
Other Medical Doctor ⁵	994	1,058	683	775
Psychologist	2,652	2,794	2,212	2,234
Psychiatrist or Psychotherapist	2,859	2,855	2,354	2,249
Social Worker	974	908	886	764
Counselor	2,064	1,878	1,653	1,469
Other Mental Health Professional ⁶	559 ^b	985	537 ^a	873
Nurse, Occupational Therapist, or Other Health Professional	510 ^a	773	407	586
Religious or Spiritual Advisor ⁷	1,738	1,451	1,275	1,140
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	580	668	433	501
Other ⁸	98	102	90	79

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NOTE: Impairment is based on the Sheehan Disability Scale (SDS) role domains, which measure the impact of a disorder on a person's life. Impairment is defined as the highest severity level of role impairment across four domains: (1) home management, (2) work, (3) close relationships with others, and (4) social life. Ratings ≥ 7 on a 0 to 10 scale were considered Severe Impairment.

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Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2006 and 2007.

Table 6.39B Type of Professional Seen among Persons Aged 18 or Older with a Past Year Major Depressive Episode (MDE) or a Past Year MDE with Severe Impairment Who Saw or Talked to a Medical Doctor or Other Professional about Depression in the Past Year: Percentages, 2006 and 2007

Type of Professional ¹	Past Year MDE ²		Past Year MDE with Severe Impairment ³	
	2006	2007	2006	2007
TOTAL⁴	100.0	100.0	100.0	100.0
General Practitioner or Family Doctor	61.2	61.9	59.9	61.2
Other Medical Doctor ⁵	9.8	10.8	9.7	11.3
Psychologist	26.2	28.5	31.6	32.6
Psychiatrist or Psychotherapist	28.3	29.1	33.6	32.8
Social Worker	9.6	9.3	12.6	11.1
Counselor	20.4	19.2	23.6	21.4
Other Mental Health Professional ⁶	5.5 ^b	10.0	7.7 ^b	12.7
Nurse, Occupational Therapist, or Other Health Professional	5.0 ^b	7.9	5.8 ^a	8.5
Religious or Spiritual Advisor ⁷	17.2	14.8	18.2	16.6
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	5.7	6.8	6.2	7.3
Other ⁸	1.0	1.1	1.3	1.2

*Low precision; no estimate reported.

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