

Table 6.38C 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: Standard Errors of 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	39	39	35	33
General Practitioner or Family Doctor	14	17	12	16
Other Medical Doctor ⁵	5	8	5	7
Psychologist	22	22	21	20
Psychiatrist or Psychotherapist	17	21	16	18
Social Worker	15	11	14	10
Counselor	29	29	26	26
Other Mental Health Professional ⁶	9	11	8	11
Nurse, Occupational Therapist, or Other Health Professional	13	12	13	12
Religious or Spiritual Advisor ⁷	21	14	21	13
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	6	4	5	4
Other ⁸	4	3	3	2

*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.

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 6.38D 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: Standard Errors of Percentages, 2006 and 2007

Type of Professional ¹	Past Year MDE ²		Past Year MDE with Severe Impairment ³	
	2006	2007	2006	2007
TOTAL⁴	0.00	0.00	0.00	0.00
General Practitioner or Family Doctor	1.81	2.04	1.98	2.45
Other Medical Doctor ⁵	0.66	1.10	0.77	1.23
Psychologist	2.71	2.41	3.06	2.75
Psychiatrist or Psychotherapist	2.11	2.48	2.40	2.70
Social Worker	1.91	1.51	2.25	1.74
Counselor	2.58	2.46	2.88	2.63
Other Mental Health Professional ⁶	1.18	1.46	1.35	1.81
Nurse, Occupational Therapist, or Other Health Professional	1.72	1.54	2.01	1.95
Religious or Spiritual Advisor ⁷	2.66	1.85	3.13	2.15
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	0.86	0.55	0.90	0.71
Other ⁸	0.51	0.37	0.51	0.45

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Table 6.38P 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: PValues from Tests of Differences of Percentages, 2007 Versus 2006

Type of Professional ¹	Past Year MDE ²		Past Year MDE with Severe Impairment ³	
	2006	2007	2006	2007
TOTAL⁴	N/A		N/A	
General Practitioner or Family Doctor	0.0018		0.0002	
Other Medical Doctor ⁵	0.3742		0.6468	
Psychologist	0.7147		0.3889	
Psychiatrist or Psychotherapist	0.0827		0.3280	
Social Worker	0.4743		0.4242	
Counselor	0.8233		0.6159	
Other Mental Health Professional ⁶	0.0495		0.0401	
Nurse, Occupational Therapist, or Other Health Professional	0.9644		0.6792	
Religious or Spiritual Advisor ⁷	0.2803		0.2259	
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	0.1660		0.4389	
Other ⁸	0.7899		0.8477	

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N/A: Not applicable.

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Table 6.39C 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: Standard Errors of 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	348	364	281	311
General Practitioner or Family Doctor	279	290	218	239
Other Medical Doctor ⁵	99	125	82	108
Psychologist	180	195	163	168
Psychiatrist or Psychotherapist	184	186	169	171
Social Worker	96	97	93	91
Counselor	139	138	128	123
Other Mental Health Professional ⁶	78	116	76	113
Nurse, Occupational Therapist, or Other Health Professional	59	94	55	78
Religious or Spiritual Advisor ⁷	138	128	116	114
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	78	94	67	75
Other ⁸	28	35	28	28

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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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Type of Professional ¹	Past Year MDE ²		Past Year MDE with Severe Impairment ³	
	2006	2007	2006	2007
TOTAL⁴	0.00	0.00	0.00	0.00
General Practitioner or Family Doctor	1.67	1.74	2.01	2.14
Other Medical Doctor ⁵	0.94	1.18	1.12	1.44
Psychologist	1.51	1.69	1.90	2.02
Psychiatrist or Psychotherapist	1.53	1.57	1.99	1.97
Social Worker	0.92	0.95	1.27	1.26
Counselor	1.28	1.30	1.68	1.66
Other Mental Health Professional ⁶	0.75	1.11	1.05	1.53
Nurse, Occupational Therapist, or Other Health Professional	0.59	0.93	0.78	1.11
Religious or Spiritual Advisor ⁷	1.25	1.19	1.52	1.55
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	0.74	0.93	0.93	1.06
Other ⁸	0.28	0.36	0.40	0.42

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Type of Professional ¹	Past Year MDE ²		Past Year MDE with Severe Impairment ³	
	2006	2007	2006	2007
TOTAL⁴	N/A		N/A	
General Practitioner or Family Doctor	0.7476		0.6683	
Other Medical Doctor ⁵	0.5213		0.3856	
Psychologist	0.3165		0.7078	
Psychiatrist or Psychotherapist	0.6949		0.7785	
Social Worker	0.7818		0.4080	
Counselor	0.4947		0.3718	
Other Mental Health Professional ⁶	0.0007		0.0061	
Nurse, Occupational Therapist, or Other Health Professional	0.0092		0.0434	
Religious or Spiritual Advisor ⁷	0.1780		0.4784	
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	0.3681		0.4278	
Other ⁸	0.8582		0.8328	

*Low precision; no estimate reported.

N/A: Not applicable.

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