

**Table 6.47C 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, 2007 and 2008**

Type of Professional <sup>1</sup>	MDE (2007)	MDE (2008)	MDE with Severe Impairment <sup>2</sup> (2007)	MDE with Severe Impairment <sup>2</sup> (2008)
<b>TOTAL</b> <sup>3</sup>	39	36	33	32
General Practitioner or Family Doctor	17	17	16	16
Other Medical Doctor <sup>4</sup>	8	7	7	7
Psychologist	22	21	20	20
Psychiatrist or Psychotherapist	21	18	18	17
Social Worker	11	14	10	13
Counselor	29	27	26	25
Other Mental Health Professional <sup>5</sup>	11	11	11	11
Nurse, Occupational Therapist, or Other Health Professional	12	10	12	9
Religious or Spiritual Advisor <sup>6</sup>	14	16	13	16
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	4	5	4	5
Other <sup>7</sup>	3	5	2	5

\*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  $\geq 7$  on a 0 to 10 scale were considered Severe Impairment.

NOTE: Respondents with unknown Past Year MDE data were excluded.

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

<sup>2</sup> Respondents with unknown Severe Impairment data were excluded.

<sup>3</sup> 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.

<sup>4</sup> Other Medical Doctor includes cardiologists, gynecologists, urologists, and other medical doctors that are not general practitioners or family doctors.

<sup>5</sup> Other Mental Health Professional includes mental health nurses and other therapists where type is not specified.

<sup>6</sup> Religious or Spiritual Advisor includes ministers, priests, or rabbis.

<sup>7</sup> 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, 2007 and 2008.

**Table 6.47D 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, 2007 and 2008**

Type of Professional <sup>1</sup>	MDE (2007)	MDE (2008)	MDE with Severe Impairment <sup>2</sup> (2007)	MDE with Severe Impairment <sup>2</sup> (2008)
<b>TOTAL</b> <sup>3</sup>	0.00	0.00	0.00	0.00
General Practitioner or Family Doctor	2.04	2.27	2.45	2.57
Other Medical Doctor <sup>4</sup>	1.10	1.04	1.23	1.20
Psychologist	2.41	2.42	2.75	2.65
Psychiatrist or Psychotherapist	2.48	2.26	2.70	2.55
Social Worker	1.51	1.84	1.74	2.13
Counselor	2.46	2.64	2.63	2.95
Other Mental Health Professional <sup>5</sup>	1.46	1.48	1.81	1.77
Nurse, Occupational Therapist, or Other Health Professional	1.54	1.43	1.95	1.57
Religious or Spiritual Advisor <sup>6</sup>	1.85	2.18	2.15	2.51
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	0.55	0.72	0.71	0.85
Other <sup>7</sup>	0.37	0.68	0.45	0.84

\*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  $\geq 7$  on a 0 to 10 scale were considered Severe Impairment.

NOTE: Respondents with unknown Past Year MDE data were excluded.

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

<sup>2</sup> Respondents with unknown Severe Impairment data were excluded.

<sup>3</sup> 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.

<sup>4</sup> Other Medical Doctor includes cardiologists, gynecologists, urologists, and other medical doctors that are not general practitioners or family doctors.

<sup>5</sup> Other Mental Health Professional includes mental health nurses and other therapists where type is not specified.

<sup>6</sup> Religious or Spiritual Advisor includes ministers, priests, or rabbis.

<sup>7</sup> 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, 2007 and 2008.

**Table 6.47P 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: *P* Values from Tests of Differences of Percentages, 2008 Versus 2007**

Type of Professional <sup>1</sup>	MDE (2007)	MDE (2008)	MDE with Severe Impairment <sup>2</sup> (2007)	MDE with Severe Impairment <sup>2</sup> (2008)
<b>TOTAL<sup>3</sup></b>	N/A		N/A	
General Practitioner or Family Doctor	0.6559		0.5762	
Other Medical Doctor <sup>4</sup>	0.3936		0.3530	
Psychologist	0.6973		0.6231	
Psychiatrist or Psychotherapist	0.8960		0.3260	
Social Worker	0.1412		0.1493	
Counselor	0.5649		0.8799	
Other Mental Health Professional <sup>5</sup>	0.8811		0.8774	
Nurse, Occupational Therapist, or Other Health Professional	0.3115		0.0427	
Religious or Spiritual Advisor <sup>6</sup>	0.3481		0.2300	
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	0.1108		0.1890	
Other <sup>7</sup>	0.1530		0.1057	

\*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  $\geq 7$  on a 0 to 10 scale were considered Severe Impairment.

NOTE: Respondents with unknown Past Year MDE data were excluded.

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

<sup>2</sup> Respondents with unknown Severe Impairment data were excluded.

<sup>3</sup> 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.

<sup>4</sup> Other Medical Doctor includes cardiologists, gynecologists, urologists, and other medical doctors that are not general practitioners or family doctors.

<sup>5</sup> Other Mental Health Professional includes mental health nurses and other therapists where type is not specified.

<sup>6</sup> Religious or Spiritual Advisor includes ministers, priests, or rabbis.

<sup>7</sup> 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, 2007 and 2008.

**Table 6.48C 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, 2008**

Type of Professional <sup>1</sup>	Major Depressive Episode	Major Depressive Episode with Severe Impairment <sup>2</sup>
<b>TOTAL<sup>3</sup></b>	542	460
General Practitioner or Family Doctor	429	372
Other Medical Doctor <sup>4</sup>	194	184
Psychologist	240	214
Psychiatrist or Psychotherapist	360	328
Social Worker	129	117
Counselor	209	167
Other Mental Health Professional <sup>5</sup>	138	132
Nurse, Occupational Therapist, or Other Health Professional	126	103
Religious or Spiritual Advisor <sup>6</sup>	254	185
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	145	80
Other <sup>7</sup>	93	91

\*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: Estimates in this table are based on a subsample of respondents aged 18 or older. See Section B.4.7 in Appendix B of the *Results from the 2008 National Survey on Drug Use and Health: National Findings*.

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  $\geq 7$  on a 0 to 10 scale were considered Severe Impairment.

NOTE: Respondents with unknown Past Year MDE data were excluded.

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

<sup>2</sup> Respondents with unknown Severe Impairment data were excluded.

<sup>3</sup> Estimates in the Total row represent all persons aged 18 or older 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.

<sup>4</sup> Other Medical Doctor includes cardiologists, gynecologists, urologists, and other medical doctors that are not general practitioners or family doctors.

<sup>5</sup> Other Mental Health Professional includes mental health nurses and other therapists where type is not specified.

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<sup>7</sup> 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, 2008 (subsample).

**Table 6.48D 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 Percentages, 2008**

Type of Professional <sup>1</sup>	Major Depressive Episode	Major Depressive Episode with Severe Impairment <sup>2</sup>
<b>TOTAL<sup>3</sup></b>	0.00	0.00
General Practitioner or Family Doctor	2.69	3.16
Other Medical Doctor <sup>4</sup>	1.86	2.45
Psychologist	2.25	2.80
Psychiatrist or Psychotherapist	2.91	3.49
Social Worker	1.31	1.68
Counselor	2.10	2.39
Other Mental Health Professional <sup>5</sup>	1.39	1.88
Nurse, Occupational Therapist, or Other Health Professional	1.26	1.45
Religious or Spiritual Advisor <sup>6</sup>	2.35	2.46
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	1.47	1.16
Other <sup>7</sup>	0.98	1.36

\*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: Estimates in this table are based on a subsample of respondents aged 18 or older. See Section B.4.7 in Appendix B of the *Results from the 2008 National Survey on Drug Use and Health: National Findings*.

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  $\geq 7$  on a 0 to 10 scale were considered Severe Impairment.

NOTE: Respondents with unknown Past Year MDE data were excluded.

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

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<sup>4</sup> Other Medical Doctor includes cardiologists, gynecologists, urologists, and other medical doctors that are not general practitioners or family doctors.

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Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2008 (subsample).