

Table 8.52A Types of Professionals Seen among Persons Aged 18 or Older with Major Depressive Episode in Past Year Who Saw or Talked to a Professional about Depression in Past Year, by Age Group: Numbers in Thousands, 2017 and 2018

Type of Professional ¹	Aged 18+ (2017)	Aged 18+ (2018)	Aged 18-25 (2017)	Aged 18-25 (2018)	Aged 26+ (2017)	Aged 26+ (2018)	Aged 26-49 (2017)	Aged 26-49 (2018)	Aged 50+ (2017)	Aged 50+ (2018)
TOTAL	10,546	10,604	2,054	2,126	8,492	8,477	4,818	4,715	3,674	3,762
HEALTH PROFESSIONAL	10,114	10,232	1,997	2,045	8,117	8,187	4,630	4,595	3,486	3,592
General Practitioner or Family Doctor	6,131	6,209	928	943	5,203	5,266	2,716	2,716	2,487	2,550
Other Medical Doctor ²	1,212	1,112	140	174	1,072	938	534	454	538	483
Psychologist	3,123	3,384	766	790	2,358	2,594	1,568	1,507	789	1,087
Psychiatrist or Psychotherapist	3,458	3,821	796	814	2,662	3,007	1,620	1,804	1,043	1,203
Social Worker	1,266	1,273	219	232	1,047	1,040	636	561	411	479
Counselor	2,885	3,175	847	844	2,037	2,332	1,507	1,438	530 ^a	894
Other Mental Health Professional ³	920	1,054	177	211	743	842	484	554	259	289
Nurse, Occupational Therapist, or Other Health Professional	827	868	183	189	644	679	365	334	279	345
ALTERNATIVE SERVICE PROFESSIONAL	1,994	1,930	309	296	1,685	1,634	910	761	775	873
Religious or Spiritual Advisor	1,601	1,493	254	235	1,348	1,258	773 ^a	528	574	730
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	585	669	75	78	510	591	239	332	270	259
OTHER PROFESSIONAL⁴	73	108	8	28	64	80	24	38	40	42

* = low precision; -- = not available; da = does not apply; nc = not comparable due to methodological changes; nr = not reported due to measurement issues.

NOTE: Respondents with unknown past year Major Depressive Episode (MDE) data were excluded.

^a The difference between this estimate and the 2018 estimate is statistically significant at the .05 level. Rounding may make the estimates appear identical.

¹ Respondents could indicate multiple types of professionals; thus, these response categories are not mutually exclusive. Respondents with unknown type of professional data were excluded from the estimates for each specific type of professional but were included in the Total row.

² Other Medical Doctor includes cardiologists, gynecologists, urologists, and other medical doctors that are not general practitioners or family doctors.

³ Other Mental Health Professional includes mental health nurses and other therapists where type is not specified.

⁴ Respondents with unknown or invalid responses to the other-specify question on other types of professionals seen for depression were excluded.

Definitions: Measures and terms are defined in Appendix A.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2017 and 2018.

Table 8.52B Types of Professionals Seen among Persons Aged 18 or Older with Major Depressive Episode in Past Year Who Saw or Talked to a Professional about Depression in Past Year, by Age Group: Percentages, 2017 and 2018

Type of Professional ¹	Aged 18+ (2017)	Aged 18+ (2018)	Aged 18-25 (2017)	Aged 18-25 (2018)	Aged 26+ (2017)	Aged 26+ (2018)	Aged 26-49 (2017)	Aged 26-49 (2018)	Aged 50+ (2017)	Aged 50+ (2018)
TOTAL	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
HEALTH PROFESSIONAL	96.1	96.8	97.6	96.2	95.7	96.9	96.2	97.8	95.1	95.8
General Practitioner or Family Doctor	58.3	58.7	45.3	44.4	61.4	62.4	56.4	57.8	67.9	68.0
Other Medical Doctor ²	11.5	10.5	6.8	8.2	12.6	11.1	11.1	9.7	14.7	12.9
Psychologist	29.7	32.0	37.4	37.2	27.8	30.7	32.6	32.1	21.5	29.0
Psychiatrist or Psychotherapist	32.9	36.2	38.9	38.3	31.4	35.6	33.7	38.4	28.5	32.1
Social Worker	12.0	12.0	10.7	10.9	12.4	12.3	13.2	12.0	11.2	12.8
Counselor	27.4	30.0	41.4	39.7	24.0	27.6	31.3	30.6	14.5 ^a	23.8
Other Mental Health Professional ³	8.7	10.0	8.6	9.9	8.8	10.0	10.1	11.8	7.1	7.7
Nurse, Occupational Therapist, or Other Health Professional	7.9	8.2	9.0	8.9	7.6	8.0	7.6	7.1	7.6	9.2
ALTERNATIVE SERVICE PROFESSIONAL	18.9	18.3	15.1	13.9	19.9	19.4	18.9	16.2	21.1	23.3
Religious or Spiritual Advisor	15.2	14.1	12.4	11.1	15.9	14.9	16.1 ^a	11.2	15.7	19.5
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	5.6	6.3	3.7	3.7	6.0	7.0	5.0	7.1	7.4	6.9
OTHER PROFESSIONAL⁴	0.7	1.0	0.4	1.3	0.8	1.0	0.5	0.8	1.1	1.1

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¹ Respondents could indicate multiple types of professionals; thus, these response categories are not mutually exclusive. Respondents with unknown type of professional data were excluded from the estimates for each specific type of professional but were included in the Total row.

² Other Medical Doctor includes cardiologists, gynecologists, urologists, and other medical doctors that are not general practitioners or family doctors.

³ Other Mental Health Professional includes mental health nurses and other therapists where type is not specified.

⁴ Respondents with unknown or invalid responses to the other-specify question on other types of professionals seen for depression were excluded.

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Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2017 and 2018.

Table 8.53A Types of Professionals Seen among Persons Aged 18 or Older with Major Depressive Episode with Severe Impairment in Past Year Who Saw or Talked to a Professional about Depression in Past Year, by Age Group: Numbers in Thousands, 2017 and 2018

Type of Professional ¹	Aged 18+ (2017)	Aged 18+ (2018)	Aged 18-25 (2017)	Aged 18-25 (2018)	Aged 26+ (2017)	Aged 26+ (2018)	Aged 26-49 (2017)	Aged 26-49 (2018)	Aged 50+ (2017)	Aged 50+ (2018)
TOTAL	7,278	7,332	1,515	1,480	5,763	5,852	3,381	3,319	2,381	2,533
HEALTH PROFESSIONAL	7,082	7,105	1,491	1,423	5,591	5,682	3,285	3,237	2,306	2,445
General Practitioner or Family Doctor	4,273	4,478	704	704	3,569	3,774	1,894	1,939	1,675	1,835
Other Medical Doctor ²	798	775	122	131	676	645	369	345	307	300
Psychologist	2,475	2,546	651	609	1,825	1,937	1,258	1,139	567	798
Psychiatrist or Psychotherapist	2,540	2,970	621	600	1,919 ^a	2,370	1,199	1,416	720	954
Social Worker	1,052	984	169	166	882	818	546	461	337	358
Counselor	2,232	2,355	662	616	1,570	1,738	1,175	1,096	394	642
Other Mental Health Professional ³	801	873	149	164	652	708	416	478	236	230
Nurse, Occupational Therapist, or Other Health Professional	665	678	130	142	535	536	328	286	207	250
ALTERNATIVE SERVICE PROFESSIONAL	1,456	1,316	252	196	1,204	1,120	666	563	539	557
Religious or Spiritual Advisor	1,191	1,016	198	151	993	865	564 ^a	385	428	480
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	445	460	71	60	374	400	194	250	180	151
OTHER PROFESSIONAL⁴	54	89	7	17	47	72	20	34	27	38

* = low precision; -- = not available; da = does not apply; nc = not comparable due to methodological changes; nr = not reported due to measurement issues.

NOTE: Respondents with unknown past year Major Depressive Episode (MDE) data were excluded.

NOTE: Respondents with unknown impairment data were excluded.

^a The difference between this estimate and the 2018 estimate is statistically significant at the .05 level. Rounding may make the estimates appear identical.

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Table 8.53B Types of Professionals Seen among Persons Aged 18 or Older with Major Depressive Episode with Severe Impairment in Past Year Who Saw or Talked to a Professional about Depression in Past Year, by Age Group: Percentages, 2017 and 2018

Type of Professional ¹	Aged 18+ (2017)	Aged 18+ (2018)	Aged 18-25 (2017)	Aged 18-25 (2018)	Aged 26+ (2017)	Aged 26+ (2018)	Aged 26-49 (2017)	Aged 26-49 (2018)	Aged 50+ (2017)	Aged 50+ (2018)
TOTAL	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
HEALTH PROFESSIONAL	97.5	97.2	98.6 ^a	96.2	97.2	97.4	97.3	98.1	97.2	96.6
General Practitioner or Family Doctor	58.8	61.2	46.5	47.5	62.1	64.7	56.1	58.8	70.6	72.5
Other Medical Doctor ²	11.0	10.6	8.1	8.8	11.8	11.1	10.9	10.4	12.9	11.8
Psychologist	34.1	34.8	43.0	41.1	31.7	33.2	37.2	34.5	23.9	31.5
Psychiatrist or Psychotherapist	35.0 ^a	40.6	41.1	40.6	33.4 ^a	40.6	35.5 ^a	42.9	30.4	37.7
Social Worker	14.5	13.5	11.2	11.2	15.3	14.0	16.2	14.0	14.2	14.1
Counselor	30.7	32.2	43.8	41.6	27.3	29.8	34.8	33.2	16.6	25.4
Other Mental Health Professional ³	11.0	11.9	9.9	11.1	11.3	12.1	12.3	14.5	10.0	9.1
Nurse, Occupational Therapist, or Other Health Professional	9.2	9.3	8.6	9.6	9.3	9.2	9.7	8.7	8.7	9.9
ALTERNATIVE SERVICE PROFESSIONAL	20.0	18.0	16.6	13.3	20.9	19.2	19.7	17.1	22.7	22.0
Religious or Spiritual Advisor	16.4	13.9	13.1	10.2	17.3	14.8	16.7 ^a	11.7	18.1	19.0
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	6.1	6.3	4.7	4.0	6.5	6.9	5.7	7.6	7.6	6.0
OTHER PROFESSIONAL⁴	0.8	1.3	0.5	1.2	0.8	1.3	0.6	1.0	1.2	1.5

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