

Table 8.52C 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: Standard Errors of 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	310	319	89	88	300	298	180	183	232	246
HEALTH PROFESSIONAL	300	312	87	86	289	293	176	180	222	240
General Practitioner or Family Doctor	240	249	56	57	231	239	124	135	187	204
Other Medical Doctor ²	105	99	20	24	102	96	58	52	85	84
Psychologist	165	187	54	53	155	177	103	109	105	140
Psychiatrist or Psychotherapist	164	193	56	54	155	185	101	115	122	143
Social Worker	96	110	29	28	91	108	62	64	68	87
Counselor	130	171	56	51	123	160	94	98	85	124
Other Mental Health Professional ³	84	96	23	25	80	92	50	63	60	65
Nurse, Occupational Therapist, or Other Health Professional	78	91	26	24	73	87	43	46	60	72
ALTERNATIVE SERVICE PROFESSIONAL	134	135	35	30	130	131	69	67	112	114
Religious or Spiritual Advisor	116	119	31	27	112	115	66	53	93	104
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	78	79	16	17	77	77	34	47	68	61
OTHER PROFESSIONAL⁴	26	30	5	12	26	28	11	15	23	23

* = 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.

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 8.52D 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: Standard Errors of 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	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
HEALTH PROFESSIONAL	0.62	0.50	0.54	0.74	0.76	0.60	0.72	0.51	1.49	1.22
General Practitioner or Family Doctor	1.37	1.45	1.95	1.89	1.61	1.76	1.73	1.75	2.88	3.28
Other Medical Doctor ²	0.91	0.90	0.95	1.06	1.10	1.09	1.13	1.05	2.13	2.11
Psychologist	1.30	1.41	1.98	1.91	1.52	1.68	1.64	1.78	2.53	3.08
Psychiatrist or Psychotherapist	1.28	1.42	1.99	1.89	1.48	1.71	1.70	1.82	2.82	3.07
Social Worker	0.85	1.00	1.31	1.21	1.02	1.22	1.20	1.26	1.76	2.25
Counselor	1.10	1.35	2.00	1.81	1.28	1.62	1.58	1.71	2.17	2.85
Other Mental Health Professional ³	0.76	0.86	1.11	1.09	0.90	1.03	0.99	1.24	1.59	1.68
Nurse, Occupational Therapist, or Other Health Professional	0.72	0.83	1.19	1.09	0.84	0.99	0.87	0.94	1.59	1.87
ALTERNATIVE SERVICE PROFESSIONAL	1.13	1.15	1.51	1.29	1.35	1.42	1.32	1.32	2.66	2.68
Religious or Spiritual Advisor	1.02	1.04	1.39	1.21	1.21	1.27	1.28	1.09	2.29	2.51
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	0.71	0.72	0.73	0.77	0.87	0.89	0.70	0.97	1.77	1.59
OTHER PROFESSIONAL⁴	0.25	0.29	0.25	0.55	0.31	0.34	0.24	0.33	0.64	0.63

* = 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.

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.

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

Table 8.52P 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: *P* Values from Tests of Differences of Percentages, 2018 Versus 2017

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	da		da		da		da		da	
HEALTH PROFESSIONAL	0.3451		0.1383		0.1773		0.0571		0.6912	
General Practitioner or Family Doctor	0.8068		0.7216		0.6771		0.5605		0.9738	
Other Medical Doctor ²	0.4386		0.3269		0.3170		0.3533		0.5510	
Psychologist	0.2252		0.9286		0.2057		0.8370		0.0654	
Psychiatrist or Psychotherapist	0.0910		0.8274		0.0699		0.0559		0.3925	
Social Worker	0.9962		0.9016		0.9829		0.4673		0.5769	
Counselor	0.1317		0.5248		0.0863		0.7700		0.0090	
Other Mental Health Professional ³	0.2779		0.4112		0.3678		0.2584		0.7877	
Nurse, Occupational Therapist, or Other Health Professional	0.7395		0.9830		0.7263		0.7126		0.5167	
ALTERNATIVE SERVICE PROFESSIONAL	0.6664		0.5462		0.7879		0.1462		0.5604	
Religious or Spiritual Advisor	0.4462		0.4655		0.5637		0.0043		0.2480	
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	0.4566		0.9905		0.4408		0.0804		0.8445	
OTHER PROFESSIONAL⁴	0.3726		0.1265		0.6681		0.4372		0.9746	

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Table 8.53C 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: Standard Errors of 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	241	273	76	70	233	255	143	152	183	204
HEALTH PROFESSIONAL	236	269	76	68	226	253	140	150	177	201
General Practitioner or Family Doctor	191	213	49	48	184	205	103	113	150	172
Other Medical Doctor ²	75	81	19	21	72	78	43	45	59	64
Psychologist	137	162	49	46	128	154	92	94	85	120
Psychiatrist or Psychotherapist	135	174	47	45	129	166	86	106	101	124
Social Worker	86	94	23	22	83	92	58	56	60	72
Counselor	115	144	49	44	108	137	86	84	71	105
Other Mental Health Professional ³	79	85	22	21	76	83	46	59	58	58
Nurse, Occupational Therapist, or Other Health Professional	68	79	21	21	65	76	41	43	51	62
ALTERNATIVE SERVICE PROFESSIONAL	110	110	30	25	106	106	59	57	90	90
Religious or Spiritual Advisor	100	97	28	21	96	94	57	44	80	85
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	60	64	15	15	58	62	31	42	48	46
OTHER PROFESSIONAL⁴	23	29	5	10	22	27	11	15	19	23

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NOTE: Respondents with unknown impairment data were excluded.

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TOTAL	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
HEALTH PROFESSIONAL	0.55	0.57	0.44	0.90	0.68	0.68	0.67	0.63	1.35	1.33
General Practitioner or Family Doctor	1.57	1.64	2.26	2.37	1.86	1.95	2.11	2.13	3.28	3.56
Other Medical Doctor ²	0.99	1.05	1.21	1.33	1.20	1.27	1.22	1.29	2.35	2.40
Psychologist	1.55	1.70	2.26	2.22	1.82	2.07	2.03	2.11	3.11	3.84
Psychiatrist or Psychotherapist	1.51	1.75	2.23	2.25	1.80	2.10	2.03	2.21	3.42	3.82
Social Worker	1.11	1.19	1.47	1.40	1.35	1.46	1.58	1.55	2.35	2.66
Counselor	1.36	1.62	2.26	2.13	1.63	1.96	2.04	2.03	2.74	3.50
Other Mental Health Professional ³	1.03	1.10	1.38	1.33	1.24	1.34	1.28	1.61	2.34	2.22
Nurse, Occupational Therapist, or Other Health Professional	0.90	1.03	1.28	1.36	1.09	1.24	1.18	1.23	2.05	2.33
ALTERNATIVE SERVICE PROFESSIONAL	1.34	1.33	1.80	1.55	1.63	1.62	1.61	1.57	3.30	3.13
Religious or Spiritual Advisor	1.25	1.20	1.68	1.34	1.51	1.47	1.57	1.25	3.02	3.03
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	0.80	0.84	0.97	0.99	0.98	1.03	0.90	1.22	1.95	1.78
OTHER PROFESSIONAL⁴	0.32	0.40	0.33	0.65	0.39	0.48	0.33	0.45	0.83	0.93

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TOTAL	da		da		da		da		da	
HEALTH PROFESSIONAL	0.6642		0.0186		0.8353		0.3441		0.7471	
General Practitioner or Family Doctor	0.2901		0.7599		0.3199		0.3656		0.6891	
Other Medical Doctor ²	0.7898		0.6803		0.6922		0.7845		0.7542	
Psychologist	0.7549		0.5501		0.6002		0.3540		0.1329	
Psychiatrist or Psychotherapist	0.0174		0.8731		0.0107		0.0150		0.1615	
Social Worker	0.5486		0.9872		0.5226		0.3233		0.9882	
Counselor	0.4911		0.4934		0.3299		0.5724		0.0511	
Other Mental Health Professional ³	0.5463		0.5189		0.6535		0.2834		0.7931	
Nurse, Occupational Therapist, or Other Health Professional	0.9320		0.5936		0.9435		0.5421		0.7148	
ALTERNATIVE SERVICE PROFESSIONAL	0.2837		0.1495		0.4533		0.2450		0.8743	
Religious or Spiritual Advisor	0.1545		0.1721		0.2566		0.0131		0.8327	
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	0.8931		0.6109		0.8036		0.2331		0.5405	
OTHER PROFESSIONAL⁴	0.3333		0.3120		0.4859		0.4195		0.7635	

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