

Table 9.9A Types of Professionals Seen among Persons Aged 12 to 17 with Major Depressive Episode (MDE) or MDE with Severe Impairment in Past Year Who Saw or Talked to a Professional about Depression in Past Year: Numbers in Thousands, 2017 and 2018

Type of Professional ¹	MDE (2017)	MDE (2018)	MDE with Severe Impairment ² (2017)	MDE with Severe Impairment ² (2018)
TOTAL	1,251	1,360	1,018	1,082
HEALTH PROFESSIONAL	1,196	1,282	983	1,031
General Practitioner or Family Doctor	355	290	290	248
Other Medical Doctor ³	68	53	67	44
Psychologist	463	512	416	442
Psychiatrist or Psychotherapist	373	325	340	277
Social Worker	209	233	185	209
Counselor	753	832	634	668
Other Mental Health Professional ⁴	123	136	121	116
Nurse, Occupational Therapist, or Other Health Professional	145	149	128	130
ALTERNATIVE SERVICE PROFESSIONAL	144	118	122	88
Religious or Spiritual Advisor	121	100	104	76
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	26	25	20	18
OTHER PROFESSIONAL⁵	8	11	8	11

* = 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 Respondents with unknown impairment data were excluded.

³ Other Medical Doctor includes cardiologists, gynecologists, urologists, and other medical doctors that are not general practitioners or family doctors.

⁴ Other Mental Health Professional includes mental health nurses and other therapists where type is not specified.

⁵ 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 9.9B Types of Professionals Seen among Persons Aged 12 to 17 with Major Depressive Episode (MDE) or MDE with Severe Impairment in Past Year Who Saw or Talked to a Professional about Depression in Past Year: Percentages, 2017 and 2018

Type of Professional ¹	MDE (2017)	MDE (2018)	MDE with Severe Impairment ² (2017)	MDE with Severe Impairment ² (2018)
TOTAL	100.0	100.0	100.0	100.0
HEALTH PROFESSIONAL	96.8	96.9	97.2	97.0
General Practitioner or Family Doctor	28.7 ^a	21.9	28.7	23.3
Other Medical Doctor ³	5.5	4.0	6.6	4.1
Psychologist	37.5	38.7	41.1	41.6
Psychiatrist or Psychotherapist	30.2 ^a	24.5	33.7 ^a	26.0
Social Worker	17.0	17.6	18.3	19.6
Counselor	61.0	62.9	62.7	62.8
Other Mental Health Professional ⁴	10.0	10.3	12.0	10.9
Nurse, Occupational Therapist, or Other Health Professional	11.8	11.3	12.6	12.2
ALTERNATIVE SERVICE PROFESSIONAL	11.7	9.0	12.1	8.2
Religious or Spiritual Advisor	9.8	7.5	10.3	7.1
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	2.1	1.9	2.0	1.7
OTHER PROFESSIONAL⁵	0.6	0.8	0.8	1.0

* = 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 Respondents with unknown impairment data were excluded.

³ Other Medical Doctor includes cardiologists, gynecologists, urologists, and other medical doctors that are not general practitioners or family doctors.

⁴ Other Mental Health Professional includes mental health nurses and other therapists where type is not specified.

⁵ 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.