

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, 2018 and 2019

Type of Professional ¹	Aged 18+ (2018)	Aged 18+ (2019)	Aged 18-25 (2018)	Aged 18-25 (2019)	Aged 26+ (2018)	Aged 26+ (2019)	Aged 26-49 (2018)	Aged 26-49 (2019)	Aged 50+ (2018)	Aged 50+ (2019)
TOTAL	10,604 ^a	11,945	2,126 ^a	2,383	8,477 ^a	9,562	4,715 ^a	5,763	3,762	3,798
HEALTH PROFESSIONAL	10,232 ^a	11,511	2,045 ^a	2,304	8,187 ^a	9,207	4,595 ^a	5,517	3,592	3,690
General Practitioner or Family Doctor	6,209 ^a	6,949	943	1,093	5,266	5,856	2,716 ^a	3,343	2,550	2,512
Other Medical Doctor ²	1,112	1,264	174	232	938	1,032	454 ^a	617	483	414
Psychologist	3,384	3,626	790	890	2,594	2,736	1,507	1,788	1,087	948
Psychiatrist or Psychotherapist	3,821	4,086	814	886	3,007	3,201	1,804	1,929	1,203	1,272
Social Worker	1,273	1,344	232	264	1,040	1,080	561	741	479	339
Counselor	3,175 ^a	3,632	844 ^a	999	2,332	2,633	1,438 ^a	1,943	894	691
Other Mental Health Professional ³	1,054	1,231	211	250	842	981	554	629	289	352
Nurse, Occupational Therapist, or Other Health Professional	868	951	189	211	679	740	334	436	345	304
ALTERNATIVE SERVICE PROFESSIONAL	1,930	1,994	296	339	1,634	1,655	761 ^a	1,032	873	623
Religious or Spiritual Advisor	1,493	1,512	235	267	1,258	1,245	528 ^a	767	730	478
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	669	693	78	94	591	599	332	352	259	247
OTHER PROFESSIONAL⁴	108	114	28	23	80	91	38	62	42	29

* = 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 2019 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, 2018 and 2019.

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, 2018 and 2019

Type of Professional ¹	Aged 18+ (2018)	Aged 18+ (2019)	Aged 18-25 (2018)	Aged 18-25 (2019)	Aged 26+ (2018)	Aged 26+ (2019)	Aged 26-49 (2018)	Aged 26-49 (2019)	Aged 50+ (2018)	Aged 50+ (2019)
TOTAL	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
HEALTH PROFESSIONAL	96.8	96.5	96.2	96.9	96.9	96.4	97.8 ^a	96.0	95.8	97.2
General Practitioner or Family Doctor	58.7	58.3	44.4	46.0	62.4	61.3	57.8	58.2	68.0	66.1
Other Medical Doctor ²	10.5	10.6	8.2	9.8	11.1	10.8	9.7	10.7	12.9	10.9
Psychologist	32.0	30.4	37.2	37.5	30.7	28.7	32.1	31.1	29.0	25.0
Psychiatrist or Psychotherapist	36.2	34.3	38.3	37.3	35.6	33.5	38.4	33.6	32.1	33.5
Social Worker	12.0	11.3	10.9	11.1	12.3	11.3	12.0	12.9	12.8	8.9
Counselor	30.0	30.5	39.7	42.0	27.6	27.6	30.6	33.8	23.8	18.2
Other Mental Health Professional ³	10.0	10.3	9.9	10.5	10.0	10.3	11.8	10.9	7.7	9.3
Nurse, Occupational Therapist, or Other Health Professional	8.2	8.0	8.9	8.9	8.0	7.8	7.1	7.6	9.2	8.0
ALTERNATIVE SERVICE PROFESSIONAL	18.3	16.7	13.9	14.3	19.4	17.3	16.2	18.0	23.3 ^a	16.4
Religious or Spiritual Advisor	14.1	12.7	11.1	11.2	14.9	13.0	11.2	13.3	19.5 ^a	12.6
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	6.3	5.8	3.7	3.9	7.0	6.3	7.1	6.1	6.9	6.5
OTHER PROFESSIONAL⁴	1.0	1.0	1.3	1.0	1.0	1.0	0.8	1.1	1.1	0.8

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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, 2018 and 2019.

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, 2018 and 2019

Type of Professional ¹	Aged 18+ (2018)	Aged 18+ (2019)	Aged 18-25 (2018)	Aged 18-25 (2019)	Aged 26+ (2018)	Aged 26+ (2019)	Aged 26-49 (2018)	Aged 26-49 (2019)	Aged 50+ (2018)	Aged 50+ (2019)
TOTAL	7,332 ^a	8,808	1,480 ^a	1,789	5,852 ^a	7,019	3,319 ^a	4,263	2,533	2,756
HEALTH PROFESSIONAL	7,105 ^a	8,544	1,423 ^a	1,742	5,682 ^a	6,802	3,237 ^a	4,121	2,445	2,681
General Practitioner or Family Doctor	4,478 ^a	5,159	704 ^a	868	3,774	4,292	1,939 ^a	2,503	1,835	1,788
Other Medical Doctor ²	775	983	131	193	645	790	345	459	300	330
Psychologist	2,546	2,886	609	674	1,937	2,211	1,139 ^a	1,419	798	793
Psychiatrist or Psychotherapist	2,970	3,291	600	678	2,370	2,613	1,416	1,502	954	1,111
Social Worker	984	1,168	166	220	818	948	461 ^a	645	358	303
Counselor	2,355 ^a	2,834	616 ^a	777	1,738	2,057	1,096 ^a	1,576	642	481
Other Mental Health Professional ³	873	1,019	164	197	708	822	478	513	230	309
Nurse, Occupational Therapist, or Other Health Professional	678	812	142	185	536	627	286	362	250	265
ALTERNATIVE SERVICE PROFESSIONAL	1,316	1,560	196	234	1,120	1,326	563 ^a	799	557	527
Religious or Spiritual Advisor	1,016	1,163	151	175	865	988	385 ^a	587	480	401
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	460	572	60	79	400	492	250	298	151	194
OTHER PROFESSIONAL⁴	89	98	17	22	72	76	34	47	38	29

* = 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 2019 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, 2018 and 2019

Type of Professional ¹	Aged 18+ (2018)	Aged 18+ (2019)	Aged 18-25 (2018)	Aged 18-25 (2019)	Aged 26+ (2018)	Aged 26+ (2019)	Aged 26-49 (2018)	Aged 26-49 (2019)	Aged 50+ (2018)	Aged 50+ (2019)
TOTAL	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
HEALTH PROFESSIONAL	97.2	97.0	96.2	97.5	97.4	96.9	98.1	96.7	96.6	97.3
General Practitioner or Family Doctor	61.2	58.6	47.5	48.5	64.7	61.2	58.8	58.7	72.5	64.9
Other Medical Doctor ²	10.6	11.2	8.8	10.8	11.1	11.3	10.4	10.8	11.8	12.0
Psychologist	34.8	32.8	41.1	37.7	33.2	31.5	34.5	33.3	31.5	28.8
Psychiatrist or Psychotherapist	40.6	37.4	40.6	37.9	40.6	37.2	42.9 ^a	35.2	37.7	40.3
Social Worker	13.5	13.3	11.2	12.3	14.0	13.5	14.0	15.1	14.1	11.0
Counselor	32.2	32.2	41.6	43.5	29.8	29.3	33.2	37.0	25.4	17.4
Other Mental Health Professional ³	11.9	11.6	11.1	11.0	12.1	11.7	14.5	12.0	9.1	11.2
Nurse, Occupational Therapist, or Other Health Professional	9.3	9.2	9.6	10.4	9.2	8.9	8.7	8.5	9.9	9.6
ALTERNATIVE SERVICE PROFESSIONAL	18.0	17.7	13.3	13.1	19.2	18.9	17.1	18.8	22.0	19.1
Religious or Spiritual Advisor	13.9	13.2	10.2	9.8	14.8	14.1	11.7	13.8	19.0	14.5
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	6.3	6.5	4.0	4.4	6.9	7.0	7.6	7.0	6.0	7.0
OTHER PROFESSIONAL⁴	1.3	1.1	1.2	1.2	1.3	1.1	1.0	1.1	1.5	1.1

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