

**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, 2018 and 2019**

Type of Professional <sup>1</sup>	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)
<b>TOTAL</b>	319	332	88	100	298	317	183	190	246	247
<b>HEALTH PROFESSIONAL</b>	312	321	86	98	293	306	180	185	240	243
General Practitioner or Family Doctor	249	262	57	65	239	251	135	146	204	201
Other Medical Doctor <sup>2</sup>	99	114	24	32	96	110	52	64	84	86
Psychologist	187	182	53	57	177	173	109	115	140	124
Psychiatrist or Psychotherapist	193	202	54	59	185	193	115	121	143	143
Social Worker	110	103	28	33	108	100	64	70	87	68
Counselor	171	161	51	57	160	149	98	110	124	101
Other Mental Health Professional <sup>3</sup>	96	111	25	30	92	107	63	62	65	82
Nurse, Occupational Therapist, or Other Health Professional	91	95	24	30	87	91	46	52	72	68
<b>ALTERNATIVE SERVICE PROFESSIONAL</b>	135	136	30	37	131	129	67	83	114	96
Religious or Spiritual Advisor	119	119	27	34	115	113	53	69	104	85
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	79	81	17	16	77	79	47	53	61	60
<b>OTHER PROFESSIONAL<sup>4</sup></b>	30	31	12	8	28	30	15	20	23	22

\* = 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.

<sup>1</sup> 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.

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

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

<sup>4</sup> 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 8.52D 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, 2018 and 2019**

Type of Professional <sup>1</sup>	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)
<b>TOTAL</b>	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
<b>HEALTH PROFESSIONAL</b>	0.50	0.47	0.74	0.56	0.60	0.57	0.51	0.67	1.22	1.03
General Practitioner or Family Doctor	1.45	1.31	1.89	1.85	1.76	1.55	1.75	1.66	3.28	2.99
Other Medical Doctor <sup>2</sup>	0.90	0.88	1.06	1.25	1.09	1.06	1.05	1.05	2.11	2.11
Psychologist	1.41	1.25	1.91	1.74	1.68	1.50	1.78	1.64	3.08	2.74
Psychiatrist or Psychotherapist	1.42	1.34	1.89	1.79	1.71	1.61	1.82	1.68	3.07	3.00
Social Worker	1.00	0.81	1.21	1.28	1.22	0.97	1.26	1.15	2.25	1.68
Counselor	1.35	1.21	1.81	1.97	1.62	1.41	1.71	1.57	2.85	2.48
Other Mental Health Professional <sup>3</sup>	0.86	0.88	1.09	1.15	1.03	1.06	1.24	1.04	1.68	2.06
Nurse, Occupational Therapist, or Other Health Professional	0.83	0.76	1.09	1.18	0.99	0.91	0.94	0.87	1.87	1.70
<b>ALTERNATIVE SERVICE PROFESSIONAL</b>	1.15	1.01	1.29	1.38	1.42	1.20	1.32	1.28	2.68	2.31
Religious or Spiritual Advisor	1.04	0.91	1.21	1.30	1.27	1.08	1.09	1.10	2.51	2.09
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	0.72	0.65	0.77	0.68	0.89	0.80	0.97	0.88	1.59	1.53
<b>OTHER PROFESSIONAL<sup>4</sup></b>	0.29	0.26	0.55	0.34	0.34	0.32	0.33	0.35	0.63	0.59

\* = 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.

<sup>1</sup> 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.

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

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

<sup>4</sup> 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 8.52P 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, 2019 Versus 2018**

Type of Professional <sup>1</sup>	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)
<b>TOTAL</b>	da		da		da		da		da	
<b>HEALTH PROFESSIONAL</b>	0.7058		0.4589		0.5496		0.0272		0.4035	
General Practitioner or Family Doctor	0.8146		0.5243		0.6639		0.8931		0.6758	
Other Medical Doctor <sup>2</sup>	0.9520		0.3357		0.8502		0.4671		0.5086	
Psychologist	0.3902		0.9109		0.3650		0.6908		0.3287	
Psychiatrist or Psychotherapist	0.3423		0.6803		0.3782		0.0546		0.7451	
Social Worker	0.5425		0.9201		0.5088		0.5795		0.1700	
Counselor	0.8197		0.3913		0.9889		0.1785		0.1335	
Other Mental Health Professional <sup>3</sup>	0.7712		0.7198		0.8392		0.6075		0.5548	
Nurse, Occupational Therapist, or Other Health Professional	0.8358		0.9715		0.8367		0.7166		0.6339	
<b>ALTERNATIVE SERVICE PROFESSIONAL</b>	0.3060		0.8586		0.2720		0.3477		0.0458	
Religious or Spiritual Advisor	0.2866		0.9274		0.2619		0.1835		0.0329	
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	0.5983		0.7982		0.5497		0.4797		0.8513	
<b>OTHER PROFESSIONAL<sup>4</sup></b>	0.8390		0.5824		0.9857		0.5873		0.6636	

\* = 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.

<sup>1</sup> 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.

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

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

<sup>4</sup> 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 8.53C 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, 2018 and 2019**

Type of Professional <sup>1</sup>	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)
<b>TOTAL</b>	273	291	70	83	255	280	152	165	204	211
<b>HEALTH PROFESSIONAL</b>	269	281	68	80	253	271	150	161	201	209
General Practitioner or Family Doctor	213	220	48	56	205	212	113	124	172	168
Other Medical Doctor <sup>2</sup>	81	104	21	30	78	100	45	56	64	79
Psychologist	162	165	46	48	154	159	94	100	120	116
Psychiatrist or Psychotherapist	174	182	45	49	166	176	106	103	124	138
Social Worker	94	99	22	31	92	96	56	66	72	66
Counselor	144	138	44	49	137	130	84	100	105	84
Other Mental Health Professional <sup>3</sup>	85	102	21	25	83	98	59	56	58	76
Nurse, Occupational Therapist, or Other Health Professional	79	88	21	28	76	83	43	47	62	65
<b>ALTERNATIVE SERVICE PROFESSIONAL</b>	110	124	25	31	106	119	57	75	90	91
Religious or Spiritual Advisor	97	108	21	28	94	104	44	61	85	81
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	64	74	15	15	62	72	42	48	46	55
<b>OTHER PROFESSIONAL<sup>4</sup></b>	29	30	10	8	27	29	15	18	23	22

\* = 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.

<sup>1</sup> 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.

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

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

<sup>4</sup> 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 8.53D 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 Percentages, 2018 and 2019**

Type of Professional <sup>1</sup>	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)
<b>TOTAL</b>	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
<b>HEALTH PROFESSIONAL</b>	0.57	0.52	0.90	0.59	0.68	0.62	0.63	0.66	1.33	1.25
General Practitioner or Family Doctor	1.64	1.52	2.37	2.19	1.95	1.82	2.13	1.92	3.56	3.52
Other Medical Doctor <sup>2</sup>	1.05	1.08	1.33	1.56	1.27	1.30	1.29	1.23	2.40	2.66
Psychologist	1.70	1.47	2.22	2.01	2.07	1.79	2.11	1.87	3.84	3.45
Psychiatrist or Psychotherapist	1.75	1.56	2.25	2.00	2.10	1.89	2.21	1.93	3.82	3.71
Social Worker	1.19	1.04	1.40	1.58	1.46	1.26	1.55	1.44	2.66	2.23
Counselor	1.62	1.39	2.13	2.25	1.96	1.64	2.03	1.83	3.50	2.84
Other Mental Health Professional <sup>3</sup>	1.10	1.09	1.33	1.34	1.34	1.31	1.61	1.27	2.22	2.59
Nurse, Occupational Therapist, or Other Health Professional	1.03	0.94	1.36	1.49	1.24	1.13	1.23	1.05	2.33	2.22
<b>ALTERNATIVE SERVICE PROFESSIONAL</b>	1.33	1.24	1.55	1.58	1.62	1.48	1.57	1.55	3.13	2.99
Religious or Spiritual Advisor	1.20	1.11	1.34	1.45	1.47	1.33	1.25	1.30	3.03	2.72
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	0.84	0.80	0.99	0.86	1.03	0.98	1.22	1.08	1.78	1.93
<b>OTHER PROFESSIONAL<sup>4</sup></b>	0.40	0.34	0.65	0.45	0.48	0.41	0.45	0.43	0.93	0.81

\* = 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.

<sup>1</sup> 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.

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

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

<sup>4</sup> 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 8.53P 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: *P* Values from Tests of Differences of Percentages, 2019 Versus 2018**

Type of Professional <sup>1</sup>	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)
<b>TOTAL</b>	da		da		da		da		da	
<b>HEALTH PROFESSIONAL</b>	0.8435		0.2337		0.5741		0.1223		0.7027	
General Practitioner or Family Doctor	0.2419		0.7563		0.1825		1.0000		0.1316	
Other Medical Doctor <sup>2</sup>	0.7144		0.3348		0.9149		0.8525		0.9698	
Psychologist	0.3574		0.2646		0.5310		0.6658		0.5908	
Psychiatrist or Psychotherapist	0.1670		0.3645		0.2305		0.0098		0.6169	
Social Worker	0.8947		0.6154		0.7779		0.5769		0.3651	
Counselor	0.9927		0.5698		0.8440		0.1696		0.0771	
Other Mental Health Professional <sup>3</sup>	0.8111		0.9609		0.8149		0.2445		0.5368	
Nurse, Occupational Therapist, or Other Health Professional	0.9733		0.6918		0.8815		0.9036		0.9414	
<b>ALTERNATIVE SERVICE PROFESSIONAL</b>	0.8717		0.9283		0.8878		0.4570		0.5011	
Religious or Spiritual Advisor	0.6704		0.8281		0.7027		0.2609		0.2752	
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	0.8626		0.7573		0.9165		0.7264		0.6774	
<b>OTHER PROFESSIONAL<sup>4</sup></b>	0.8066		0.9714		0.7886		0.8999		0.6880	

\* = 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.

<sup>1</sup> 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.

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

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

<sup>4</sup> 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.