

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, 2018 and 2019

| Type of Professional ¹ | MDE (2018) | MDE (2019) | MDE with Severe Impairment ² (2018) | MDE with Severe Impairment ² (2019) |
|---|--------------------|---------------|--|--|
| TOTAL | 1,360 | 1,504 | 1,082 | 1,226 |
| HEALTH PROFESSIONAL | 1,282 ^a | 1,441 | 1,031 ^a | 1,181 |
| General Practitioner or Family Doctor | 290 | 337 | 248 | 279 |
| Other Medical Doctor ³ | 53 | 50 | 44 | 44 |
| Psychologist | 512 | 522 | 442 | 457 |
| Psychiatrist or Psychotherapist | 325 | 365 | 277 | 333 |
| Social Worker | 233 | 215 | 209 | 187 |
| Counselor | 832 | 912 | 668 | 763 |
| Other Mental Health Professional ⁴ | 136 | 153 | 116 | 147 |
| Nurse, Occupational Therapist, or Other Health Professional | 149 | 162 | 130 | 129 |
| ALTERNATIVE SERVICE PROFESSIONAL | 118 | 111 | 88 | 101 |
| Religious or Spiritual Advisor | 100 | 93 | 76 | 84 |
| Herbalist, Chiropractor, Acupuncturist, or Massage Therapist | 25 | 22 | 18 | 20 |
| OTHER PROFESSIONAL⁵ | 11 | 6 | 11 | 6 |

* = 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 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, 2018 and 2019.

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, 2018 and 2019

| Type of Professional ¹ | MDE (2018) | MDE (2019) | MDE with Severe Impairment ² (2018) | MDE with Severe Impairment ² (2019) |
|---|---------------|---------------|--|--|
| TOTAL | 100.0 | 100.0 | 100.0 | 100.0 |
| HEALTH PROFESSIONAL | 96.9 | 98.1 | 97.0 | 98.0 |
| General Practitioner or Family Doctor | 21.9 | 23.0 | 23.3 | 23.2 |
| Other Medical Doctor ³ | 4.0 | 3.4 | 4.1 | 3.7 |
| Psychologist | 38.7 | 35.5 | 41.6 | 37.9 |
| Psychiatrist or Psychotherapist | 24.5 | 24.8 | 26.0 | 27.6 |
| Social Worker | 17.6 | 14.7 | 19.6 | 15.5 |
| Counselor | 62.9 | 62.2 | 62.8 | 63.3 |
| Other Mental Health Professional ⁴ | 10.3 | 10.4 | 10.9 | 12.2 |
| Nurse, Occupational Therapist, or Other Health Professional | 11.3 | 11.0 | 12.2 | 10.7 |
| ALTERNATIVE SERVICE PROFESSIONAL | 9.0 | 7.6 | 8.2 | 8.4 |
| Religious or Spiritual Advisor | 7.5 | 6.3 | 7.1 | 7.0 |
| Herbalist, Chiropractor, Acupuncturist, or Massage Therapist | 1.9 | 1.5 | 1.7 | 1.7 |
| OTHER PROFESSIONAL⁵ | 0.8 | 0.4 | 1.0 | 0.5 |

* = 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 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.

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