

Table 9.9C 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: Standard Errors of 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	59	60	52	54
HEALTH PROFESSIONAL	57	59	51	53
General Practitioner or Family Doctor	25	28	24	25
Other Medical Doctor ³	12	12	11	11
Psychologist	36	37	34	35
Psychiatrist or Psychotherapist	29	31	26	30
Social Worker	24	23	23	22
Counselor	45	47	41	43
Other Mental Health Professional ⁴	17	20	16	20
Nurse, Occupational Therapist, or Other Health Professional	18	19	16	17
ALTERNATIVE SERVICE PROFESSIONAL	19	15	15	15
Religious or Spiritual Advisor	17	14	14	14
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	10	7	8	7
OTHER PROFESSIONAL⁵	4	2	4	2

* = 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 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 9.9D 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: Standard Errors of 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	0.00	0.00	0.00	0.00
HEALTH PROFESSIONAL	0.63	0.45	0.70	0.55
General Practitioner or Family Doctor	1.72	1.66	2.01	1.82
Other Medical Doctor ³	0.85	0.78	0.97	0.92
Psychologist	2.14	1.96	2.43	2.25
Psychiatrist or Psychotherapist	1.88	1.76	2.11	2.04
Social Worker	1.65	1.45	1.95	1.63
Counselor	2.07	1.95	2.27	2.12
Other Mental Health Professional ⁴	1.27	1.27	1.44	1.51
Nurse, Occupational Therapist, or Other Health Professional	1.30	1.26	1.51	1.37
ALTERNATIVE SERVICE PROFESSIONAL	1.38	1.02	1.40	1.20
Religious or Spiritual Advisor	1.22	0.94	1.26	1.11
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	0.72	0.47	0.72	0.57
OTHER PROFESSIONAL⁵	0.30	0.16	0.37	0.20

* = 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 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 9.9P 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: *P* Values from Tests of Differences of Percentages, 2019 Versus 2018

Type of Professional ¹	MDE (2018)	MDE (2019)	MDE with Severe Impairment ² (2018)	MDE with Severe Impairment ² (2019)
TOTAL	da		da	
HEALTH PROFESSIONAL	0.1110		0.2311	
General Practitioner or Family Doctor	0.6569		0.9584	
Other Medical Doctor ³	0.6146		0.7459	
Psychologist	0.2858		0.2786	
Psychiatrist or Psychotherapist	0.9092		0.5886	
Social Worker	0.1739		0.0956	
Counselor	0.8070		0.8937	
Other Mental Health Professional ⁴	0.9407		0.5527	
Nurse, Occupational Therapist, or Other Health Professional	0.8868		0.4482	
ALTERNATIVE SERVICE PROFESSIONAL	0.4155		0.9544	
Religious or Spiritual Advisor	0.4361		0.9431	
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	0.6450		0.9884	
OTHER PROFESSIONAL⁵	0.1909		0.1969	

* = 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 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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Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2018 and 2019.