

Table 8.52A Types of Professionals Seen: Among People 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, 2019 and 2020

Type of Professional ¹	Aged 18+ (2019)	Aged 18+ (2020)	Aged 18-25 (2019)	Aged 18-25 (2020)	Aged 26+ (2019)	Aged 26+ (2020)	Aged 26-49 (2019)	Aged 26-49 (2020)	Aged 50+ (2019)	Aged 50+ (2020)
TOTAL	11,945	<i>12,941</i>	2,383	<i>2,957</i>	9,562	<i>9,984</i>	5,763	<i>5,556</i>	3,798	<i>4,428</i>
HEALTH PROFESSIONAL	11,511	<i>12,642</i>	2,304	<i>2,894</i>	9,207	<i>9,748</i>	5,517	<i>5,382</i>	3,690	*
General Practitioner or Family Doctor	6,949	<i>7,355</i>	1,093	<i>1,395</i>	5,856	<i>5,959</i>	3,343	<i>3,330</i>	2,512	<i>2,630</i>
Other Medical Doctor ²	1,264	<i>1,070</i>	232	<i>201</i>	1,032	<i>869</i>	617	<i>405</i>	414	<i>464</i>
Psychologist	3,626	<i>3,963</i>	890	<i>1,062</i>	2,736	<i>2,900</i>	1,788	<i>1,480</i>	948	<i>1,420</i>
Psychiatrist or Psychotherapist	4,086	<i>5,182</i>	886	<i>1,193</i>	3,201	<i>3,989</i>	1,929	<i>2,027</i>	1,272	<i>1,961</i>
Social Worker	1,344	<i>1,599</i>	264	<i>271</i>	1,080	<i>1,328</i>	741	<i>640</i>	339	<i>688</i>
Counselor	3,632	<i>3,846</i>	999	<i>1,081</i>	2,633	<i>2,764</i>	1,943	<i>1,915</i>	691	<i>849</i>
Other Mental Health Professional ³	1,231	<i>1,489</i>	250	<i>307</i>	981	<i>1,182</i>	629	<i>686</i>	352	<i>496</i>
Nurse, Occupational Therapist, or Other Health Professional	951	<i>830</i>	211	<i>226</i>	740	<i>604</i>	436	<i>373</i>	304	<i>231</i>
ALTERNATIVE SERVICE PROFESSIONAL	1,994	<i>2,065</i>	339	<i>303</i>	1,655	<i>1,761</i>	1,032	<i>861</i>	623	<i>900</i>
Religious or Spiritual Advisor	1,512	<i>1,342</i>	267	<i>255</i>	1,245	<i>1,087</i>	767	<i>565</i>	478	<i>522</i>
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	693	<i>878</i>	94	<i>69</i>	599	<i>808</i>	352	<i>400</i>	247	<i>408</i>
OTHER PROFESSIONAL⁴	114	<i>88</i>	23	<i>15</i>	91	<i>74</i>	62	<i>41</i>	29	<i>33</i>

* = low precision; -- = not available; da = does not apply; nc = not comparable due to methodological changes; nr = not reported due to measurement issues.

NOTE: Estimates in the 2020 column are italicized to indicate caution should be used when comparing estimates between 2020 and prior years because of methodological changes for 2020. Due to these changes, significance testing between 2020 and prior years was not performed. See the *2020 National Survey on Drug Use and Health: Methodological Summary and Definitions* for details.

NOTE: Estimates in this table for 2020 exclude a subset of respondents who did not complete the questionnaire. The analysis weights and estimates were adjusted for the reduced sample size. See the *2020 National Survey on Drug Use and Health: Methodological Summary and Definitions* for details.

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 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, 2019 and Quarters 1 and 4, 2020.

Table 8.52B Types of Professionals Seen: Among People 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, 2019 and 2020

Type of Professional ¹	Aged 18+ (2019)	Aged 18+ (2020)	Aged 18-25 (2019)	Aged 18-25 (2020)	Aged 26+ (2019)	Aged 26+ (2020)	Aged 26-49 (2019)	Aged 26-49 (2020)	Aged 50+ (2019)	Aged 50+ (2020)
TOTAL	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
HEALTH PROFESSIONAL	96.5	97.7	96.9	97.9	96.4	97.6	96.0	96.9	97.2	*
General Practitioner or Family Doctor	58.3	56.8	46.0	47.2	61.3	59.7	58.2	59.9	66.1	59.4
Other Medical Doctor ²	10.6	8.3	9.8	6.8	10.8	8.7	10.7	7.3	10.9	10.5
Psychologist	30.4	30.6	37.5	35.9	28.7	29.1	31.1	26.6	25.0	32.1
Psychiatrist or Psychotherapist	34.3	40.0	37.3	40.4	33.5	40.0	33.6	36.5	33.5	44.3
Social Worker	11.3	12.4	11.1	9.2	11.3	13.3	12.9	11.5	8.9	15.5
Counselor	30.5	29.7	42.0	36.6	27.6	27.7	33.8	34.5	18.2	19.2
Other Mental Health Professional ³	10.3	11.5	10.5	10.4	10.3	11.8	10.9	12.3	9.3	11.2
Nurse, Occupational Therapist, or Other Health Professional	8.0	6.4	8.9	7.6	7.8	6.0	7.6	6.7	8.0	5.2
ALTERNATIVE SERVICE PROFESSIONAL	16.7	16.0	14.3	10.3	17.3	17.6	18.0	15.5	16.4	20.3
Religious or Spiritual Advisor	12.7	10.4	11.2	8.6	13.0	10.9	13.3	10.2	12.6	11.8
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	5.8	6.8	3.9	2.3	6.3	8.1	6.1	7.2	6.5	9.2
OTHER PROFESSIONAL⁴	1.0	0.7	1.0	0.5	1.0	0.7	1.1	0.7	0.8	0.8

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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.

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⁴ 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, 2019 and Quarters 1 and 4, 2020.

Table 8.53A Types of Professionals Seen: Among People 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, 2019 and 2020

Type of Professional ¹	Aged 18+ (2019)	Aged 18+ (2020)	Aged 18-25 (2019)	Aged 18-25 (2020)	Aged 26+ (2019)	Aged 26+ (2020)	Aged 26-49 (2019)	Aged 26-49 (2020)	Aged 50+ (2019)	Aged 50+ (2020)
TOTAL	8,808	9,858	1,789	2,330	7,019	7,529	4,263	4,181	2,756	3,348
HEALTH PROFESSIONAL	8,544	9,683	1,742	2,289	6,802	7,394	4,121	4,108	2,681	*
General Practitioner or Family Doctor	5,159	5,520	868	1,140	4,292	4,380	2,503	2,526	1,788	1,854
Other Medical Doctor ²	983	753	193	138	790	615	459	288	330	326
Psychologist	2,886	3,257	674	894	2,211	2,363	1,419	1,136	793	1,227
Psychiatrist or Psychotherapist	3,291	4,408	678	970	2,613	3,439	1,502	1,763	1,111	1,675
Social Worker	1,168	1,420	220	214	948	1,206	645	564	303	642
Counselor	2,834	2,942	777	859	2,057	2,083	1,576	1,413	481	670
Other Mental Health Professional ³	1,019	1,297	197	265	822	1,031	513	604	309	427
Nurse, Occupational Therapist, or Other Health Professional	812	638	185	202	627	436	362	318	265	117
ALTERNATIVE SERVICE PROFESSIONAL	1,560	1,417	234	248	1,326	1,169	799	532	527	637
Religious or Spiritual Advisor	1,163	895	175	205	988	690	587	353	401	337
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	572	620	79	62	492	558	298	229	194	*
OTHER PROFESSIONAL⁴	98	69	22	15	76	55	47	21	29	*

* = low precision; -- = not available; da = does not apply; nc = not comparable due to methodological changes; nr = not reported due to measurement issues.

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NOTE: Estimates in this table for 2020 exclude a subset of respondents who did not complete the questionnaire. The analysis weights and estimates were adjusted for the reduced sample size. See the *2020 National Survey on Drug Use and Health: Methodological Summary and Definitions* for details.

NOTE: Respondents with unknown past year Major Depressive Episode (MDE) data were excluded.

NOTE: Respondents with unknown impairment 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 Other Medical Doctor includes cardiologists, gynecologists, urologists, and other medical doctors that are not general practitioners or family doctors.

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Table 8.53B Types of Professionals Seen: Among People 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, 2019 and 2020

Type of Professional ¹	Aged 18+ (2019)	Aged 18+ (2020)	Aged 18-25 (2019)	Aged 18-25 (2020)	Aged 26+ (2019)	Aged 26+ (2020)	Aged 26-49 (2019)	Aged 26-49 (2020)	Aged 50+ (2019)	Aged 50+ (2020)
TOTAL	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
HEALTH PROFESSIONAL	97.0	98.2	97.5	98.3	96.9	98.2	96.7	98.3	97.3	*
General Practitioner or Family Doctor	58.6	56.0	48.5	48.9	61.2	58.2	58.7	60.4	64.9	55.4
Other Medical Doctor ²	11.2	7.6	10.8	5.9	11.3	8.2	10.8	6.9	12.0	9.8
Psychologist	32.8	33.0	37.7	38.4	31.5	31.4	33.3	27.2	28.8	36.7
Psychiatrist or Psychotherapist	37.4	44.7	37.9	41.6	37.2	45.7	35.2	42.2	40.3	50.0
Social Worker	13.3	14.4	12.3	9.2	13.5	16.0	15.1	13.5	11.0	19.2
Counselor	32.2	29.8	43.5	36.9	29.3	27.7	37.0	33.8	17.4	20.0
Other Mental Health Professional ³	11.6	13.2	11.0	11.4	11.7	13.7	12.0	14.5	11.2	12.8
Nurse, Occupational Therapist, or Other Health Professional	9.2	6.5	10.4	8.7	8.9	5.8	8.5	7.6	9.6	3.5
ALTERNATIVE SERVICE PROFESSIONAL	17.7	14.4	13.1	10.6	18.9	15.5	18.8	12.7	19.1	19.0
Religious or Spiritual Advisor	13.2	9.1	9.8	8.8	14.1	9.2	13.8	8.4	14.5	10.1
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	6.5	6.3	4.4	2.7	7.0	7.4	7.0	5.5	7.0	*
OTHER PROFESSIONAL⁴	1.1	0.7	1.2	0.6	1.1	0.7	1.1	0.5	1.1	*

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