

**Table 8.52C 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, Standard Errors of Numbers in Thousands, 2019 and 2020**

Type of Professional <sup>1</sup>	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)
<b>TOTAL</b>	332	541	100	181	317	505	190	292	247	405
<b>HEALTH PROFESSIONAL</b>	321	541	98	180	306	507	185	288	243	*
General Practitioner or Family Doctor	262	404	65	126	251	382	146	220	201	313
Other Medical Doctor <sup>2</sup>	114	135	32	41	110	128	64	68	86	107
Psychologist	182	312	57	107	173	293	115	150	124	253
Psychiatrist or Psychotherapist	202	367	59	114	193	339	121	174	143	288
Social Worker	103	202	33	44	100	198	70	91	68	177
Counselor	161	266	57	108	149	229	110	154	101	167
Other Mental Health Professional <sup>3</sup>	111	195	30	53	107	187	62	107	82	147
Nurse, Occupational Therapist, or Other Health Professional	95	106	30	43	91	96	52	52	68	80
<b>ALTERNATIVE SERVICE PROFESSIONAL</b>	136	220	37	56	129	214	83	117	96	181
Religious or Spiritual Advisor	119	165	34	52	113	158	69	86	85	131
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	81	165	16	25	79	163	53	89	60	137
<b>OTHER PROFESSIONAL<sup>4</sup></b>	31	34	8	12	30	32	20	17	22	28

\* = 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.

<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, 2019 and Quarters 1 and 4, 2020.

**Table 8.52D 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, Standard Errors of Percentages, 2019 and 2020**

Type of Professional <sup>1</sup>	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)
<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>	0.47	0.59	0.56	0.75	0.57	0.74	0.67	0.87	1.03	*
General Practitioner or Family Doctor	1.31	2.06	1.85	3.10	1.55	2.39	1.66	2.45	2.99	4.53
Other Medical Doctor <sup>2</sup>	0.88	1.00	1.25	1.33	1.06	1.22	1.05	1.19	2.11	2.38
Psychologist	1.25	1.87	1.74	2.78	1.50	2.33	1.64	2.31	2.74	4.53
Psychiatrist or Psychotherapist	1.34	2.11	1.79	3.15	1.61	2.51	1.68	2.44	3.00	4.68
Social Worker	0.81	1.44	1.28	1.43	0.97	1.83	1.15	1.54	1.68	3.60
Counselor	1.21	1.77	1.97	2.92	1.41	2.01	1.57	2.22	2.48	3.46
Other Mental Health Professional <sup>3</sup>	0.88	1.37	1.15	1.67	1.06	1.70	1.04	1.77	2.06	3.08
Nurse, Occupational Therapist, or Other Health Professional	0.76	0.79	1.18	1.39	0.91	0.94	0.87	0.92	1.70	1.76
<b>ALTERNATIVE SERVICE PROFESSIONAL</b>	1.01	1.54	1.38	1.81	1.20	1.95	1.28	1.89	2.31	3.68
Religious or Spiritual Advisor	0.91	1.23	1.30	1.70	1.08	1.53	1.10	1.48	2.09	2.85
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	0.65	1.22	0.68	0.85	0.80	1.55	0.88	1.51	1.53	2.93
<b>OTHER PROFESSIONAL<sup>4</sup></b>	0.26	0.27	0.34	0.42	0.32	0.32	0.35	0.30	0.59	0.63

\* = 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.

<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, 2019 and Quarters 1 and 4, 2020.

**Table 8.53C 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, Standard Errors of Numbers in Thousands, 2019 and 2020**

Type of Professional <sup>1</sup>	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)
<b>TOTAL</b>	291	473	83	157	280	432	165	250	211	355
<b>HEALTH PROFESSIONAL</b>	281	475	80	156	271	434	161	248	209	*
General Practitioner or Family Doctor	220	351	56	115	212	322	124	191	168	262
Other Medical Doctor <sup>2</sup>	104	106	30	32	100	101	56	54	79	86
Psychologist	165	291	48	99	159	271	100	126	116	243
Psychiatrist or Psychotherapist	182	347	49	98	176	322	103	166	138	273
Social Worker	99	199	31	38	96	195	66	88	66	175
Counselor	138	232	49	96	130	199	100	131	84	151
Other Mental Health Professional <sup>3</sup>	102	188	25	51	98	180	56	103	76	140
Nurse, Occupational Therapist, or Other Health Professional	88	87	28	42	83	77	47	51	65	56
<b>ALTERNATIVE SERVICE PROFESSIONAL</b>	124	180	31	50	119	173	75	87	91	154
Religious or Spiritual Advisor	108	131	28	46	104	123	61	71	81	102
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	74	143	15	25	72	140	48	60	55	*
<b>OTHER PROFESSIONAL<sup>4</sup></b>	30	32	8	12	29	30	18	11	22	*

\* = 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.

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, 2019 and Quarters 1 and 4, 2020.

**Table 8.53D 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, Standard Errors of Percentages, 2019 and 2020**

Type of Professional <sup>1</sup>	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)
<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>	0.52	0.67	0.59	0.80	0.62	0.84	0.66	0.75	1.25	*
General Practitioner or Family Doctor	1.52	2.42	2.19	3.44	1.82	2.87	1.92	2.81	3.52	5.48
Other Medical Doctor <sup>2</sup>	1.08	1.06	1.56	1.34	1.30	1.32	1.23	1.27	2.66	2.55
Psychologist	1.47	2.28	2.01	3.25	1.79	2.84	1.87	2.65	3.45	5.45
Psychiatrist or Psychotherapist	1.56	2.50	2.00	3.55	1.89	2.96	1.93	2.89	3.71	5.49
Social Worker	1.04	1.81	1.58	1.59	1.26	2.34	1.44	1.98	2.23	4.58
Counselor	1.39	2.07	2.25	3.27	1.64	2.38	1.83	2.55	2.84	4.13
Other Mental Health Professional <sup>3</sup>	1.09	1.73	1.34	2.05	1.31	2.16	1.27	2.24	2.59	3.85
Nurse, Occupational Therapist, or Other Health Professional	0.94	0.87	1.49	1.69	1.13	1.01	1.05	1.18	2.22	1.66
<b>ALTERNATIVE SERVICE PROFESSIONAL</b>	1.24	1.69	1.58	2.05	1.48	2.13	1.55	1.90	2.99	4.22
Religious or Spiritual Advisor	1.11	1.30	1.45	1.90	1.33	1.61	1.30	1.61	2.72	3.02
Herbalist, Chiropractor, Acupuncturist, or Massage Therapist	0.80	1.39	0.86	1.05	0.98	1.78	1.08	1.38	1.93	*
<b>OTHER PROFESSIONAL<sup>4</sup></b>	0.34	0.32	0.45	0.53	0.41	0.39	0.43	0.26	0.81	*

\* = 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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