

Table 6.39A Reasons for Not Receiving Mental Health Treatment/Counseling in the Past Year among Persons Aged 18 or Older with an Unmet Need for Mental Health Treatment in the Past Year, by Receipt of Past Year Mental Health Treatment: Numbers in Thousands, 2003

Reason Did Not Receive Treatment/Counseling ¹	Total ²	MENTAL HEALTH TREATMENT/COUNSELING ³	
		Received	Not Received
Cost/Insurance Barriers ⁴	5,056	2,585	2,460
Stigma ⁵	2,433	1,190	1,243
Did Not Feel Need for Treatment/Could Handle the Problem Without Treatment ⁶	3,735	1,519	2,214
Treatment Would Not Help	1,050	485	563
Did Not Have Time	1,906	911	988
Did Not Know Where to Go for Services	2,091	842	1,248
Fear of Being Committed/Have to Take Medicine	810	416	392
Other Access Barriers ⁷	694	495	199

*Low precision; no estimate reported.

NOTE: Unmet Need for Mental Health Treatment/Counseling is defined as a perceived need for treatment that was not received.

¹ Respondents could indicate multiple reasons; thus, these response categories are not mutually exclusive.

² Estimates in the Total column represent reasons for not receiving mental health treatment/counseling for all persons aged 18 or older with an unmet need for treatment, including those with unknown mental health treatment/counseling information.

³ Mental Health Treatment/Counseling is defined as having received inpatient care, outpatient care, or using prescription medication for problems with emotions, nerves, or mental health. Respondents were not to include treatment for drug or alcohol use. Respondents with missing treatment/counseling information are excluded.

⁴ Includes reasons of "Could not afford," "Health insurance does not pay enough," "Health insurance does not cover mental health treatment," and other specify responses of "No health insurance."

⁵ Includes reasons of "Might cause neighbors/community to have negative opinion," "Might have negative effect on job," "Concerned about confidentiality," "Did not want others to find out," and other specify responses of "Ashamed/embarrassed/afraid," "Concerned how court system would treat me," and "Concerned how it would affect future insurability."

⁶ Includes reasons of "Did not feel need for treatment," "Could handle problem without treatment," and other specify responses of "Work on problems with family/friends" and "Work on problems through religion/spirituality."

⁷ Includes reasons of "No transportation/inconvenient" and other specify responses of "Too much red tape/hassle to get services," "No openings/long waiting lists/delays," "Services unavailable/limited in area," "Attempted to get treatment but unsuccessful in finding help," and "Could not find program/counselor comfortable with."

Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2003.

Table 6.39B Reasons for Not Receiving Mental Health Treatment/Counseling in the Past Year among Persons Aged 18 or Older with an Unmet Need for Mental Health Treatment in the Past Year, by Receipt of Past Year Mental Health Treatment: Percentages, 2003

Reason Did Not Receive Treatment/Counseling ¹	Total ²	MENTAL HEALTH TREATMENT/COUNSELING ³	
		Received	Not Received
Cost/Insurance Barriers ⁴	46.9	48.7	45.1
Stigma ⁵	22.6	22.4	22.8
Did Not Feel Need for Treatment/Could Handle the Problem Without Treatment ⁶	34.6	28.6	40.6
Treatment Would Not Help	9.7	9.1	10.3
Did Not Have Time	17.7	17.2	18.1
Did Not Know Where to Go for Services	19.4	15.9	22.9
Fear of Being Committed/Have to Take Medicine	7.5	7.8	7.2
Other Access Barriers ⁷	6.4	9.3	3.7

*Low precision; no estimate reported.

NOTE: Unmet Need for Mental Health Treatment/Counseling is defined as a perceived need for treatment that was not received.

¹ Respondents could indicate multiple reasons; thus, these response categories are not mutually exclusive.

² Estimates in the Total column represent reasons for not receiving mental health treatment/counseling for all persons aged 18 or older with an unmet need for treatment, including those with unknown mental health treatment/counseling information.

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⁴ Includes reasons of "Could not afford," "Health insurance does not pay enough," "Health insurance does not cover mental health treatment," and other specify responses of "No health insurance."

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⁶ Includes reasons of "Did not feel need for treatment," "Could handle problem without treatment," and other specify responses of "Work on problems with family/friends" and "Work on problems through religion/spirituality."

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Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2003.

Table 6.40A Detailed Reasons for Not Receiving Mental Health Treatment/Counseling in the Past Year among Persons Aged 18 or Older with an Unmet Need for Mental Health Treatment in the Past Year, by Receipt of Past Year Mental Health Treatment: Numbers in Thousands, 2002 and 2003

Reason Did Not Receive Treatment/Counseling ¹	Total ²		MENTAL HEALTH TREATMENT/COUNSELING ³			
			Received		Not Received	
	2002	2003	2002	2003	2002	2003
Could Not Afford Cost	4,302	4,226	2,095	2,104	2,196	2,111
Might Cause Neighbors/Community to Have Negative Opinion ⁴	1,152	938	486	388	667	551
Might Have Negative Effect on Job	880	673	426	325	444	349
Health Insurance Does Not Cover Any Mental Health Treatment/Counseling	659	552	265	254	394	298
Health Insurance Does Not Cover Enough Mental Health Treatment/Counseling	1,258	1,472	810	926	447	546
Did Not Know Where to Go for Services	2,013	2,091	800	842	1,208	1,248
Concerned About Confidentiality	1,332 ^a	974	528	534	795 ^b	440
Fear of Being Committed/Have to Take Medicine	876	810	500	416	376	392
Did Not Feel Need for Treatment ⁴	--	1,143	--	483	--	659
Could Handle the Problem Without Treatment ⁴	--	3,353	--	1,341	--	2,011
Treatment Would Not Help ⁴	--	1,050	--	485	--	563
Did Not Have Time ⁴	--	1,906	--	911	--	988
Did Not Want Others to Find Out ⁴	--	704	--	301	--	403
No Transportation/Inconvenient ⁴	--	432	--	297	--	135
Some Other Reason ⁴	--	810	--	474	--	334

*Low precision; no estimate reported.

-- Not available.

NOTE: Unmet Need for Mental Health Treatment/Counseling is defined as a perceived need for treatment that was not received.

^aDifference between estimate and 2003 estimate is statistically significant at the 0.05 level.

^bDifference between estimate and 2003 estimate is statistically significant at the 0.01 level.

¹ Respondents could indicate multiple reasons; thus, these response categories are not mutually exclusive.

² Estimates in the Total column represent reasons for not receiving mental health treatment/counseling for all persons aged 18 or older with an unmet need for treatment, including those with unknown mental health treatment/counseling information.

³ Mental Health Treatment/Counseling is defined as having received inpatient care, outpatient care, or using prescription medication for problems with emotions, nerves, or mental health. Respondents were not to include treatment for drug or alcohol use. Respondents with missing treatment/counseling information are excluded.

⁴ Due to questionnaire changes in 2003, these 2002 estimates are not comparable with those published in prior NSDUH reports.

Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2002 and 2003.

Table 6.40B Detailed Reasons for Not Receiving Mental Health Treatment/Counseling in the Past Year among Persons Aged 18 or Older with an Unmet Need for Mental Health Treatment in the Past Year, by Receipt of Past Year Mental Health Treatment: Percentages, 2002 and 2003

Reason Did Not Receive Treatment/Counseling ¹	Total ²		MENTAL HEALTH TREATMENT/COUNSELING ³			
			Received		Not Received	
	2002	2003	2002	2003	2002	2003
Could Not Afford Cost	38.2	39.2	39.8	39.6	36.6	38.7
Might Cause Neighbors/Community to Have Negative Opinion ⁴	10.2	8.7	9.2	7.3	11.1	10.1
Might Have Negative Effect on Job	7.8	6.2	8.1	6.1	7.4	6.4
Health Insurance Does Not Cover Any Mental Health Treatment/Counseling	5.8	5.1	5.0	4.8	6.6	5.5
Health Insurance Does Not Cover Enough Mental Health Treatment/Counseling	11.2	13.7	15.4	17.4	7.5	10.0
Did Not Know Where to Go for Services	17.9	19.4	15.2	15.9	20.1	22.9
Concerned About Confidentiality	11.8 ^a	9.0	10.0	10.1	13.3 ^b	8.1
Fear of Being Committed/Have to Take Medicine	7.8	7.5	9.5	7.8	6.3	7.2
Did Not Feel Need for Treatment ⁴	--	10.6	--	9.1	--	12.1
Could Handle the Problem Without Treatment ⁴	--	31.1	--	25.2	--	36.9
Treatment Would Not Help ⁴	--	9.7	--	9.1	--	10.3
Did Not Have Time ⁴	--	17.7	--	17.2	--	18.1
Did Not Want Others to Find Out ⁴	--	6.5	--	5.7	--	7.4
No Transportation/Inconvenient ⁴	--	4.0	--	5.6	--	2.5
Some Other Reason ⁴	--	7.5	--	8.9	--	6.1

*Low precision; no estimate reported.

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NOTE: Unmet Need for Mental Health Treatment/Counseling is defined as a perceived need for treatment that was not received.

^aDifference between estimate and 2003 estimate is statistically significant at the 0.05 level.

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⁴ Due to questionnaire changes in 2003, these 2002 estimates are not comparable with those published in prior NSDUH reports.

Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2002 and 2003.

Table 6.41A Reasons for Not Receiving Mental Health Treatment/Counseling in the Past Year among Persons Aged 18 or Older with an Unmet Need for Mental Health Treatment and Serious Mental Illness in the Past Year, by Receipt of Past Year Mental Health Treatment: Numbers in Thousands, 2003

Reason Did Not Receive Treatment/Counseling ¹	Total ²	MENTAL HEALTH TREATMENT/COUNSELING ³	
		Received	Not Received
Cost/Insurance Barriers ⁴	2,947	1,638	1,299
Stigma ⁵	1,481	802	679
Did Not Feel Need for Treatment/Could Handle the Problem Without Treatment ⁶	1,646	819	825
Treatment Would Not Help	644	363	280
Did Not Have Time	911	508	404
Did Not Know Where to Go for Services	1,304	594	710
Fear of Being Committed/Have to Take Medicine	598	331	265
Other Access Barriers ⁷	434	329	105

*Low precision; no estimate reported.

NOTE: Unmet Need for Mental Health Treatment/Counseling is defined as a perceived need for treatment that was not received.

NOTE: Serious Mental Illness (SMI) is defined as having a diagnosable mental, behavioral, or emotional disorder that met the criteria found in the 4th edition of the *Diagnostic and Statistical Manual of Mental Disorders (DSM-IV)* and resulted in functional impairment that substantially interfered with or limited one or more major life activities. See Section B.4 of Appendix B of the *Results from the 2003 National Survey on Drug Use and Health: National Findings*.

¹ Respondents could indicate multiple reasons; thus, these response categories are not mutually exclusive.

² Estimates in the Total column represent reasons for not receiving mental health treatment/counseling for all persons aged 18 or older with an unmet need for treatment and serious mental illness, including those with unknown mental health treatment/counseling information.

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⁴ Includes reasons of "Could not afford," "Health insurance does not pay enough," "Health insurance does not cover mental health treatment," and other specify responses of "No health insurance."

⁵ Includes reasons of "Might cause neighbors/community to have negative opinion," "Might have negative effect on job," "Concerned about confidentiality," "Did not want others to find out," and other specify responses of "Ashamed/embarrassed/afraid," "Concerned how court system would treat me," and "Concerned how it would affect future insurability."

⁶ Includes reasons of "Did not feel need for treatment," "Could handle problem without treatment," and other specify responses of "Work on problems with family/friends" and "Work on problems through religion/spirituality."

⁷ Includes reasons of "No transportation/inconvenient" and other specify responses of "Too much red tape/hassle to get services," "No openings/long waiting lists/delays," "Services unavailable/limited in area," "Attempted to get treatment but unsuccessful in finding help," and "Could not find program/counselor comfortable with."

Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2003

Table 6.41B Reasons for Not Receiving Mental Health Treatment/Counseling in the Past Year among Persons Aged 18 or Older with an Unmet Need for Mental Health Treatment and Serious Mental Illness in the Past Year, by Receipt of Past Year Mental Health Treatment: Percentages, 2003

Reason Did Not Receive Treatment/Counseling ¹	Total ²	MENTAL HEALTH TREATMENT/COUNSELING ³	
		Received	Not Received
Cost/Insurance Barriers ⁴	50.2	49.1	51.4
Stigma ⁵	25.2	24.1	26.9
Did Not Feel Need for Treatment/Could Handle the Problem Without Treatment ⁶	28.0	24.6	32.7
Treatment Would Not Help	11.0	10.9	11.1
Did Not Have Time	15.5	15.2	16.0
Did Not Know Where to Go for Services	22.2	17.8	28.1
Fear of Being Committed/Have to Take Medicine	10.2	9.9	10.5
Other Access Barriers ⁷	7.4	9.9	4.1

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Table 6.42A Detailed Reasons for Not Receiving Mental Health Treatment/Counseling in the Past Year among Persons Aged 18 or Older with an Unmet Need for Mental Health Treatment and Serious Mental Illness in the Past Year, by Receipt of Past Year Mental Health Treatment: Numbers in Thousands, 2002 and 2003

Reason Did Not Receive Treatment/Counseling ¹	Total ²		MENTAL HEALTH TREATMENT/COUNSELING ³			
			Received		Not Received	
	2002	2003	2002	2003	2002	2003
Could Not Afford Cost	2,360	2,510	1,333	1,363	1,018	1,136
Might Cause Neighbors/Community to Have Negative Opinion ⁴	610	578	335	268	275	310
Might Have Negative Effect on Job	440	448	265	218	167	231
Health Insurance Does Not Cover Any Mental Health Treatment/Counseling	371	327	199	155	172	172
Health Insurance Does Not Cover Enough Mental Health Treatment/Counseling	684	858	506	529	178 ^a	329
Did Not Know Where to Go for Services	1,093	1,304	536	594	557	710
Concerned About Confidentiality	716	581	371	369	336 ^a	213
Fear of Being Committed/Have to Take Medicine	615	598	417	331	198	265
Did Not Feel Need for Treatment ⁴	--	603	--	325	--	276
Could Handle the Problem Without Treatment ⁴	--	1,441	--	699	--	741
Treatment Would Not Help ⁴	--	644	--	363	--	280
Did Not Have Time ⁴	--	911	--	508	--	404
Did Not Want Others to Find Out ⁴	--	421	--	186	--	235
No Transportation/Inconvenient ⁴	--	267	--	194	--	73
Some Other Reason ⁴	--	486	--	345	--	140

*Low precision; no estimate reported.

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Reason Did Not Receive Treatment/Counseling ¹	Total ²		MENTAL HEALTH TREATMENT/COUNSELING ³			
			Received		Not Received	
	2002	2003	2002	2003	2002	2003
Could Not Afford Cost	44.3	42.7	42.2	40.9	47.1	45.0
Might Cause Neighbors/Community to Have Negative Opinion ⁴	11.4	9.8	10.6	8.0	12.7	12.3
Might Have Negative Effect on Job	8.3	7.6	8.4	6.5	7.7	9.1
Health Insurance Does Not Cover Any Mental Health Treatment/Counseling	7.0	5.6	6.3	4.6	8.0	6.8
Health Insurance Does Not Cover Enough Mental Health Treatment/Counseling	12.8	14.6	16.0	15.9	8.2	13.0
Did Not Know Where to Go for Services	20.5	22.2	17.0	17.8	25.8	28.1
Concerned About Confidentiality	13.4	9.9	11.7	11.0	15.5 ^b	8.4
Fear of Being Committed/Have to Take Medicine	11.5	10.2	13.2	9.9	9.2	10.5
Did Not Feel Need for Treatment ⁴	--	10.3	--	9.7	--	10.9
Could Handle the Problem Without Treatment ⁴	--	24.5	--	21.0	--	29.3
Treatment Would Not Help ⁴	--	11.0	--	10.9	--	11.1
Did Not Have Time ⁴	--	15.5	--	15.2	--	16.0
Did Not Want Others to Find Out ⁴	--	7.2	--	5.6	--	9.3
No Transportation/Inconvenient ⁴	--	4.6	--	5.8	--	2.9
Some Other Reason ⁴	--	8.3	--	10.3	--	5.5

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