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Supplementary Material

Article Title: Mental Healthcare Resource Utilization and Barriers to Receiving Mental Health Services Among US Adults With a Major Depressive Episode and Suicidal Ideation or Behavior With Intent

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Supplementary Materials

Supplementary Table 1. Definitions of MDE Cohorts Based on NSDUH Questions

Population	Definition
Major depressive episode (MDE)	<p>Respondents who reported they had experienced ≥ 5 out of the 9 symptom criteria for MDD as described in the DSM-5, where ≥ 1 of the criteria was either depressed mood or loss of interest or pleasure in daily activities, in the past 12 months. The 9 symptoms of MDD are as follows:</p> <ol style="list-style-type: none"> 1. Sad/empty/depressed most of day or discouraged 2. Lost interest or pleasure in most things 3. Changes in appetite or weight 4. Sleep problems 5. Others noticed that was restless or lethargic 6. Felt tired/low energy nearly every day 7. Felt worthless nearly every day 8. Inability to concentrate or make decisions 9. Any thoughts or plans of suicide
Suicidal ideation or behavior	<p>Respondents who reported ‘Yes’ to either of the following questions:</p> <p>During the past 12 months, did you make any plans to kill yourself?</p> <p>During the past 12 months, did you try to kill yourself?</p>
MDSI cohort	Respondents who met criteria for MDE with suicidal ideation or behavior with intent
MDE cohort	Respondents who met criteria for MDE and responded “No” to the question “Did you seriously think about trying to kill yourself?”
Non-MDE cohort	Respondents who did not meet criteria for MDE or suicidal ideation or behavior

Abbreviations: DSM-5 = *Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition*; MDD = major depressive disorder; MDE = major depressive episode; MDSI = major depressive episode with suicidal ideation or behavior with intent; MHRU = mental healthcare resource utilization.

Supplementary Table 2. Unadjusted Results of MHRU by Cohorts

Resource utilization	MDSI (n = 572)	MDE (n = 2,513)	Non-MDE (n = 36,903)	MDSI vs MDE	MDSI vs non- MDE
	% weighted	% weighted	% weighted	OR ^a (95% CI)	OR ^a (95% CI)
Inpatient	18.8	2.2	0.6	10.3 (7.1-14.8)	38.9 (27.2-55.7)
Outpatient	51.9	33.4	4.7	2.1 (1.5-3.0)	21.8 (16.0-29.7)
Prescription medication	59.6	45.0	8.6	1.8 (1.4-2.4)	15.7 (11.9-20.8)
Any treatment	69.4	53.0	10.8	2.0 (1.5-2.8)	18.7 (13.8-25.4)

Abbreviations: CI = confidence interval; MDE = major depressive episode; MDSI = major depressive episode with suicidal ideation or behavior with intent; MHRU = mental healthcare resource utilization; OR = odds ratio.

^aUnadjusted.

Supplementary Table 3. Unadjusted Results of Past-year Patient-reported Barriers to Receiving Mental Health Services^a

	MDSI (n = 572) % weighted	MDE (n = 2,513) % weighted	OR ^b (95% CI)
Any barriers	52.5	28.6	2.8 (2.2-3.6)
Cost/affordability	24.8	13.7	2.1 (1.6-2.7)
Couldn't afford the cost of mental health treatment or counseling	23.1	11.8	2.2 (1.7-3.0)
Health insurance didn't cover <i>any</i> mental health treatment or counseling	5.0	2.3	2.2 (1.2-4.1)
Health insurance didn't pay <i>enough</i> for mental health treatment or counseling	6.3	4.5	1.4 (0.9-2.3)
Stigma or fear of negative impact	29.5	8.4	4.6 (3.3-6.4)
Feared being committed to a psychiatric hospital or having to take medicine	15.1	2.6	6.6 (4.5-9.7)
Feared neighbors' negative opinion	8.5	3.1	2.9 (1.8-4.6)
Feared that getting treatment might have a negative effect on their job	11.4	2.6	4.8 (2.8-8.4)
Concerned about confidentiality	9.8	2.6	4.1 (2.5-6.8)
Did not want others to find out	5.3	2.3	2.3 (1.2-4.4)
Minimization	14.5	9.8	1.6 (1.0-2.4)
Did not think treatment was needed	7.1	3.2	2.4 (1.3-4.3)
Thought they could handle the problem without treatment	13.2	9.3	1.5 (0.9-2.3)
Low expectation of treatment benefit			
Did not think treatment would help	8.3	4.1	2.1 (1.3-3.6)
Structural barrier	18.6	14.2	1.4 (1.0-1.9)
Did not know where to go	12.1	8.6	1.5 (1.0-2.1)
Did not have time	7.8	6.4	1.2 (0.7-2.1)
No transportation, too far away, or inconvenient	3.1	2.2	1.5 (0.7-2.9)
Other reasons	4.9	3.0	1.7 (0.9-3.0)

Abbreviations: CI = confidence interval; MDE = major depressive episode; MDSI = major depressive episode with suicidal ideation or behavior with intent; OR = odds ratio.

^aRespondents were asked about each of the individual questions listed in the table, and thus the categories are not mutually exclusive and do not add up to 100%.

^bUnadjusted.