



Appendix 2

This appendix was part of the submitted manuscript and has been peer reviewed. It is posted as supplied by the authors.

Appendix to: Harris MG, Hobbs MJ, Burgess PM, et al. Frequency and quality of mental health treatment for affective and anxiety disorders among Australian adults. *Med J Aust* 2015; 202: 185-189. doi: 10.5694/mja14.00297.

Appendix 2. Health care sectors used by persons with past-year affective and/or anxiety disorder who consulted a health professional for mental health in the past year, by disorder type and severity

	n	GP only*	Primary care allied health*	Specialised mental health*
		% (95% CI)	% (95% CI)	% (95% CI)
Any affective and/or anxiety disorder	620	28% (23%-33%)	43% (37%-48%)	31% (24%-39%)
Disorder type				
Anxiety only	283	27% (21%-34%)	41% (33%-49%)	27% (14%-40%)
Affective only	114	36% (24%-48%)	45% (33%-58%)	30% (18%-42%)
Comorbid affective and anxiety	223	24% (17%-32%)	43% (34%-53%)	38% (28%-48%)
		χ^2 (p)		
		2.5 (0.305)	0.4 (0.829)	2.9 (0.248)
Severity				
Mild	115	30% (19%-41%)	49% (34%-64%)	26% (9%-43%)
Moderate	259	30% (24%-37%)	40% (34%-47%)	23% (14%-32%)
Severe	246	24% (17%-32%)	42% (32%-51%)	43% (33%-53%)
		χ^2 (p)		
		1.4 (0.497)	1.1 (0.580)	15.6 (0.001)

GP, general practitioner; n, unweighted number, %, weighted percentage, CI, confidence interval. Health care sectors were: (1) GP only (seeing a GP but no other health professional); (2) primary care allied health (seeing a psychologist or a professional such as a social worker, occupational therapist or counsellor providing specialist mental health services, except those whose services were provided within public sector mental health services - with or without a GP or other providers); (3) specialised mental health (seeing either: a psychiatrist or mental health nurse, or; a psychologist or other professional providing specialist mental health services, whose services were provided within public sector mental health services - with or without a GP or other providers), or; (4) other health (seeing: a professional such as a social worker, occupational therapist or counsellor providing general services; a specialist doctor/surgeon other than a psychiatrist, or; a complementary/alternative providers - but not seeing a GP only, a primary care allied health provider or a specialised mental health provider). Sectors were largely mutually exclusive, other than 55 respondents who consulted sectors (2) and (3). Because only a small number of respondents with past-year affective and/or anxiety disorder(s) (n=65 or 9% (95% CI 1%-12%)) received treatment from the other health sector, detailed data for this sector are not reported. * Rows will sum to more than 100% because some respondents consulted both the primary care allied health and specialised mental health sectors (n=55).