



Appendix 3

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 3. Level of treatment received, among persons with past-year affective and/or anxiety disorder who consulted a health professional for mental health in the past year, by health care sector

	GP only			Primary care allied health			Specialised mental health		
		Received an evidence-based intervention	Received minimally adequate treatment [§]		Received an evidence-based intervention	Received minimally adequate treatment [§]		Received an evidence-based intervention	Received minimally adequate treatment [§]
	n	% (95% CI)	% (95% CI)	n	% (95% CI)	% (95% CI)	n	% (95% CI)	% (95% CI)
Any affective and/or anxiety disorder	197	61% (52%-69%)	19% (11%-27%)	232	73% (64%-82%)	51% (41%-62%)	181	80% (70%-90%)	68% (57%-79%)
Disorder type									
Anxiety only	98	58% (48%-69%)	14% (7%-21%) [†]	102	68% (54%-82%)	39% (20%-58%)	61	76% (60%-93%) [†]	59% (36%-81%)
Affective only	40	61% (43%-78%)		42	65% (40%-90%)	46% (23%-69%)	34		59% (26%-93%)
Comorbid affective and anxiety	59	64% (44%-83%)	29% (10%-49%)	88	82% (71%-94%)	69% (56%-81%)	86	85% (73%-97%)	79% (66%-92%)
	χ^2 (p) [*]	0.3 (0.877)	2.0 (0.164)		3.7 (0.175)	6.8 (0.042)		0.9 (0.359)	4.1 (0.143)
Severity									
Mild	44	62% (47%-78%)	15% (7%-23%) ^{††}	38	67% (54%-79%) ^{††}	40% (26%-54%) ^{††}	23	85% (71%-99%) ^{††}	70% (52%-87%) ^{††}
Moderate	85	64% (51%-77%)		99			54		
Severe	68	55% (40%-71%)	27% (11%-43%)	95	82% (71%-93%)	70% (58%-81%)	104	76% (61%-91%)	67% (52%-82%)
	χ^2 (p) [*]	0.8 (0.662)	1.7 (0.191)		4.2 (0.044)	9.6 (0.003)		0.7 (0.410)	0.1 (0.818)

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 provider - 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 relatively small number of respondents with past-year affective and/or anxiety disorder(s) (n=65) received treatment from the other health sector, detailed data for this sector are not reported. * df=2 for most comparisons; df=1 where disorder or severity categories were combined; † Due to small numbers, anxiety disorder only and affective disorder only groups were combined for analysis. †† Due to small numbers, mild and moderate severity groups were combined for analysis. § Because data on the frequencies of consultation with each type of professional were only available in grouped form, minimally adequate treatment status was deemed for 55 respondents with affective or anxiety disorders using available data regarding their possible range of eligible consultations.