**APPENDIX**

**Table A1:** Descriptives (unstandardized, weighted data)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **N** | **%** | **Mean** | **S.D.** | **χ² a** |
| Use of medicines in the past 24 hours | 7,214 |  |  |  | \*\*\* |
|  | No psycholeptics or psychoanaleptics (ref) | 543 | 75.270% |  |  |  |
|  | Only psycholeptics (N05) | 784 | 10.868% |  |  |  |
|  | Only psychoanaleptics (N06) | 525 | 7.278% |  |  |  |
|  | Both psycholeptics and psychoanaleptics (N05+N06) | 475 | 6.584% |  |  |  |
| Wave | 13,575 |  |  |  | - |
|  | 2008 (ref) | 4,217 | 31.064% |  |  |  |
|  | 2004 | 5,006 | 36.877% |  |  |  |
|  | 2013 | 4,352 | 32.059% |  |  |  |
| Anxiety feelings SCL-90-R  | 11,037 |  | 1.296 | 0.519 | \*\*\* |
| Depressive feelings SCL-90-R | 11,056 |  | 1.407 | 0.595 | \*\*\* |
| Level of education | 13,005 |  |  |  | \*\*\* |
|  | No diploma (ref) | 2,072 | 15.932% |  |  |  |
|  | Secondary education diploma | 6,492 | 49.919% |  |  |  |
|  | High education diploma | 4,441 | 34.148% |  |  |  |
| Help-seeking behavior in the past 12 months | 13,575 |  |  |  | \*\*\* |
|  | Visited no GP or psychologist (ref) | 2,744 | 20.865% |  |  |  |
|  | Visited only a GP | 9,703 | 73.781% |  |  |  |
|  | Visited both a GP and a psychologist | 704 | 5.186% |  |  |  |
| Age | 13,575 |  | 48.942 |  | \*\*\* |
| Gender | 13,575 |  |  |  | \*\*\* |
|  | Male (ref) | 4,450 | 32.781% |  |  |  |
|   | Female  | 9,125 | 67.219% |   |   |   |

a Pearson’s chi-square was calculated for the association between each variable and wave.
\* p<0.05 \*\* p<0.01 \*\*\* p<0.001

**Table A2.** Multinomial logistic regression results for association between mental health care use and the use of psycholeptics, psychoanaleptics and both psycholeptics and psychoanaleptics, in reference to use of neither psycholeptics nor psychoanaleptics.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|   |   | *Use of psycholeptics* |  | *Use of psychoanaleptics*  |   | *Use of both psycholeptic and psychoanaleptics* |
|  |  |  |  |
|  | *OR* | *Sig.* |   | *OR* | *Sig.* |   | *OR* | *Sig.* |
| Intercept | 0.002 | \*\*\* |  | 0.0003 | \*\*\* |  | 0.000 | \*\*\* |
| Waves (ref. 2008) |  |  |  |  |  |  |  |  |
|  | 2004 | 1.105 |  |  | 1.037 |  |  | 1.108 |  |
|  | 2013 | 0.578 | \*\*\* |  | 0.929 |  |  | 0.549 | \*\*\* |
| Anxiety or depression feelings |  |  |  |  |  |  |  |  |
|  | Anxiety (max. 5) | 2.091 | \*\*\* |  | 1.348 | \* |  | 1.905 | \*\*\* |
|  | Depression (max. 5) | 1.480 | \*\* |  | 1.811 | \*\*\* |  | 2.253 | \*\*\* |
| Highest individual diploma |  |  |  |  |  |  |  |  |
| (ref. no diploma) |
|  | Secondary school diploma  | 0.991 |  |  | 0.922 |  |  | 1.042 | \* |
|  | Higher education diploma | 0.568 | \*\*\* |  | 0.925 |  |  | 0.648 |  |
| Help-seeking last 12 months (ref. neither) |  |  |  |  |  |  |  |  |
|  | Only GP | 1.026 |  |  | 2.609 | \*\* |  | 1.707 |  |
|  | Only psychologist | 3.323 | \* |  | 16.414 | \*\*\* |  | 4.345 |  |
|  | Both GP and psychologist | 3.417 | \*\*\* |  | 10.195 | \*\*\* |  | 8.592 | \*\*\* |
| Social correlates |  |  |  |  |  |  |  |  |
|  | Female gender (ref. male) | 1.248 | \*\*\* |  | 1.477 | \*\*\* |  | 2.081 | \*\*\* |
|  | Age  | 1.065 | \*\*\* |  | 1.146 | \*\*\* |  | 1.227 | \*\*\* |
|   | Age² | 1.000 |   |   | 0.999 | \*\*\* |   | 0.998 | \*\*\* |

\* p<0.05 \*\* p<0.01 \*\*\* p<0.001; n=7214.

**Figure A1** Trends for persons with DD and use of medicine (left) and for persons with AD and use of medicine (right).

