Appendix Table 1: Socio-demographic characteristics, health insurance, and mental health service use in low-income adult participants of the National Survey on Drug Use and Health 2009-2013 and 2014-2018 with psychological distress.[a]

	2009-2013 weighted %	2014-2018 weighted %	AOR[b]	95% CI[b]	p
Sex					
Female	65.6	66.0	--	--	--
Male	34.4	34.0	.98	.88-1.09	.692
Race/ethnicity[c]					
Non-Hispanic white	53.9	53.7	1.01	.91-1.12	.852
Non-Hispanic black	19.4	17.9	.91	.79-1.04	.146
Hispanic	20.1	20.2	.96	.85-1.17	.953
Other	6.7	8.1	1.21	1.00-1.47	.047
Age, years[d]					
18-25	30.1	32.2	1.09	.99-1.20	.076
26-34	19.4	18.9	.97	.86-1.09	.629
35-49	26.3	23.8	.88	.80-.97	.013
≥50	24.3	25.2	1.05	.90-1.24	.513
County of residence[e]					
Large metropolitan	46.5	47.2	1.03	.91-1.16	.634
Small metropolitan	33.2	33.7	1.02	.89-1.17	.777
Non-metropolitan	20.3	19.1	.93	.80-1.08	.347
Health insurance[f]					
Medicaid	43.9	52.6	1.48	1.32-1.65	<.001
Medicare	16.6	16.4	.99	.82-1.18	.885
Private insurance	18.0	21.9	1.25	1.09-1.42	.001
Other health insurance	22.1	22.2	1.00	.87-1.16	.953
Any health insurance	70.9	81.5	1.81	1.61-2.04	<.001
Any mental health service use	45.6	46.4	1.04	.92-1.18	.496

[a] n=7,834 in 2009-2013 and n=8,134 in 2014-2018.
[b] Adjusted odds ratio (AOR) and confidence interval (CI) from logistic regression comparing years 2009-2013 and 2014-2018. The regression models adjusted for age, sex, race/ethnicity, and urbanicity of residence (large metropolitan, small metropolitan and non-metropolitan area residence). Models further adjusted for survey weight, clustering, and stratification.
[c] Each racial/ethnic group was compared with the others combined.
[d] Each age group was compared with the other age groups combined.
[e] Each county type was compared with the other county types combined.
[f] Health insurance categories are not mutually exclusive. Individuals may be covered by more than one type of insurance.

Appendix Table 2: Barriers to needed mental health care in low-income adult participants of the National Survey on Drug Use and Health 2009-2013 and 2014-2018[a] with psychological distress who reported not having used mental health services and who perceived an unmet need for mental health care in the past year.

	2009-2013 weighted %	2014-2018 weighted %	AOR[b]	95% CI[b]	p
Which of these statements explain why you did not get the mental health treatment or counseling you needed?					
Financial barriers					
You couldn't afford the cost.	52.4	46.6	.79	.59-1.06	.120
Your health insurance does not cover any mental health treatment or counseling.	3.6	6.1	1.75	1.11-2.77	.017
Your health insurance does not pay enough for mental health treatment or counseling.	6.1	9.9	1.70	.95-3.06	.075
Any financial reason	56.3	51.3	.82	.61-1.10	.177
Attitudinal barriers					
You didn't think treatment would help.	4.2	6.6	1.64	1.10-2.46	.017
You thought you could handle the problem without treatment.	14.3	16.1	1.16	.87-1.56	.307
You didn't think you needed treatment at the time	5.2	5.3	1.03	.64-1.65	.900
You were concerned that you might be committed to a psychiatric hospital or might have to take medicine.	11.1	16.1	1.55	1.09-2.20	.015
You were concerned that the information you gave the counselor might not be kept confidential.	11.1	10.1	.90	.59-1.38	.633
You were concerned that getting mental health treatment or counseling might have a negative effect on your job.	9.1	12.1	1.40	.90-2.19	.134
You were concerned that getting mental health treatment or counseling might cause your neighbors or community to have a negative opinion of you.	8.3	10.9	1.36	.89-2.09	.155
You didn't want others to find out that you needed treatment.	4.6	4.9	1.08	.73-1.58	.707
Any attitudinal reasons	37.9	44.7	1.35	1.03-1.77	.031
Structural barriers					
You did not know where to go to get services.	24.0	31.3	1.45	1.09-1.94	.012
You didn't have time (because of job, childcare, or other commitments).	8.1	11.4	1.48	1.07-2.05	.017
You had no transportation, or treatment was too far away, or the hours were not convenient.	4.9	6.5	1.36	.83-2.23	.225
Any structural reasons	32.6	41.3	1.46	1.11-1.92	.006
More than 1 barrier	28.3	38.9	1.65	1.24-2.20	.001

[a] n=1,069 in 2009-2013 and n=988 in 2014-2018.
[b] Adjusted odds ratio (AOR) and confidence interval (CI) from logistic regression comparing years 2009-2013 and 2014-2018. The regression model adjusted for age, sex, race/ethnicity, and urbanicity of residence (large metropolitan, small metropolitan and non-metropolitan area residence). Models further adjusted for survey weight, clustering, and stratification.