

Mental health atlas 2011

Resources for mental health in the Eastern Mediterranean Region



**World Health
Organization**

Regional Office for the Eastern Mediterranean

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Foreword

It is my pleasure to introduce this regional review of the Mental Health Atlas 2011. Mental disorders touch all our lives, regardless of age and social group. One person in every ten suffers from a mental disorder, and one in four of us has a family member with a mental disorder. Mental disorders have a profound effect on individuals, their families and society, and are responsible for 11% of disease burden in the Eastern Mediterranean Region. However, despite the overwhelming evidence that mental disorders are common and disabling, very few resources are invested in their care and the majority of people with mental disorder do not receive treatment.

To close this treatment gap, in 2008, the World Health Organization launched the mental health gap action programme (mhGAP) to improve the provision of effective and humane care for people with mental and neurological disorders. In 2012, the Sixty-fifth World Health Assembly further endorsed global commitment to reducing the burden of mental disorders by urging Member States to mobilize a comprehensive, coordinated response from health and social sectors.

Relevant and accurate information about mental health resources is required to inform the development, implementation and improvement of mental health services. To this end, a key objective of the regional strategy on mental health and substance abuse 2012–2016 is to make comparable comprehensive assessments of each country's mental health system and its capacity, to monitor progress and inform planning.

WHO's Project Atlas 2011 collected and compiled information about mental health resources in countries around the world. It builds on the experience of previous Atlas publications in 2000 and 2005, and the WHO Assessment Instrument for Mental Health Systems project of 2005. It represents the most comprehensive and authoritative source of information on mental health resources regionally. Every effort was made to ensure the data are comprehensive, reliable and recent and to validate these with countries. However, countries are encouraged to review the information and advise WHO of any updates.

The WHO Eastern Mediterranean Region is undergoing rapid sociocultural change. Within the Region, nations differ in their economies, stability and culture; and this diversity is evident in the resources and development of services for mental health. This regional review aims to meet the specific needs of the Eastern Mediterranean by incorporating region-specific data, presenting comparisons with other regions, comparing countries with similar health system characteristics within the Region, and providing concise summary sheets for each country that provided data for the Atlas 2011 Project. I hope that this will assist stakeholders in the countries of the Region to identify gaps in current provision and will inform decision-making so that resources to scale up services for mental health can be increased.

Ala Alwan

WHO Regional Director
for the Eastern Mediterranean

I. Background

The Atlas Project was first launched in 2000 to map mental health resources around the world (1). The project was repeated and published in 2005 (2), and the information was updated for a third time and published in 2011 (3). This latest version of the Atlas built on the two previous versions, and also used experience from the WHO Assessment Instrument for Mental Health Systems (WHO-AIMS) (4).

2. Methodology

The Atlas questionnaire was developed at WHO headquarters in collaboration with WHO regional offices. The questionnaire is designed to collect data on mental health governance, financing, mental health services, human resources, medicines for mental and behavioural disorders and information systems, and it incorporates a glossary to standardize terminology. It was drafted in English and translated into French, Russian and Spanish. The questionnaire was modified following peer review by WHO regional advisers for mental health, and experts in the field, mainly from low-income and middle-income countries.

The survey questionnaire was sent to be completed by a nominated focal point identified by the respective ministry of health in all Member States and associate territories. The focal point was encouraged to contact other experts to obtain the information to complete the questionnaire. During this phase, a staff member at WHO headquarters was available to answer questions and provide guidance on completing the questionnaire.

Of 193 Member States, 184 completed the Atlas questionnaire in 2010. These included 19 of the 22 Member States in the Eastern Mediterranean Region and the occupied Palestinian territory¹. Completed questionnaires were submitted to WHO headquarters, where they were checked

for completeness and internal consistency. Country focal points were contacted to resolve any queries. Data were entered into a statistical package (SPSS) and a spreadsheet (Excel), and analysed by examining frequency distributions and measures of central tendency aggregated by WHO region and regional health system group (5). Rates per 100 000 population were calculated using regional population data from the Eastern Mediterranean Regional Health Observatory (6) and world population prospects data from the United Nations (7). The global results were published in the Mental Health Atlas 2011 (3).

This review of the findings of the Mental Health Atlas focuses on the Eastern Mediterranean Region and makes some comparisons with the global data. It is organized under the same theme headings as the original questionnaire: mental health governance, financing, mental health services, human resources, medicines for mental and behavioural disorders and information systems. Since the publication of the Mental Health Atlas 2011, some countries in the Eastern Mediterranean Region have provided additional information, which has been incorporated into this review.

The following countries and areas in the Eastern Mediterranean Region participated in the survey.

- Afghanistan
- Bahrain
- Egypt
- Iran, Islamic Republic of
- Iraq
- Jordan
- Kuwait
- Lebanon
- Morocco

¹ The country assessments that inform this report were conducted in 2010, before South Sudan became an independent Member State in the Region in September 2011. Thus, the information contained in the report does not provide disaggregated data for Sudan and South Sudan. As of June 2013 South Sudan is a Member State of the WHO African Region.

- Oman
- occupied Palestinian territory
- Pakistan
- Qatar
- Saudi Arabia
- Somalia
- Sudan
- Syrian Arab Republic
- Tunisia
- United Arab Emirates
- Yemen

3. General information

There are large variations among the countries of the Eastern Mediterranean Region in terms of their size, population, education and health (Table 1).

The WHO Regional Office for the Eastern Mediterranean has grouped countries based on broadly similar characteristics in terms of population, health outcomes, health system

performance and level of health expenditure (Table 2) (5).

Table 3 shows how the countries in each of the health system groups differ in terms of demographics, education and health expenditure. The populations of group 1 countries are smaller and include a greater proportion of men and fewer people aged under 15 years or over 65 years. Group 1 countries have substantial expatriate populations, which contribute to these age and gender distributions. Life expectancy and literacy rates for men and women are lower in group 3 countries. Per capita expenditure on health is highest in group 1 countries and lowest in group 3 countries, although for group 1 countries this represents a lower percentage of GDP. There is a progressive increase from group 3 to group 1 countries in the contribution of neuropsychiatric disorders to the global burden of disease.

Table 1. General information about the size, population, education, wealth and health of countries of the Eastern Mediterranean Region

	Number of countries for which data is available	Median for countries of Region	Range for countries of Region
Area (1000 km ²)	20	372	0.76–2,506
Population (million)	20	9.6	1.2–173.5
Sex ratio (men per 100 women)	20	103	95–305
Population under 15 years (%)	20	32.7	13.7–46.0
Population above 65 years (%)	20	3.3	0.9–9.7
Life expectancy at birth for men (years)	20	71.5	43–80
Life expectancy at birth for women (years)	20	74.5	45–83
Suicide rate for men (per 100 000 population)	6	0.25	0.1–4.0
Suicide rate for women (per 100 000 population)	6	0.05	0–3.5
Literacy rate for men (%)	20	88.5	25–97
Literacy rate for women (%)	20	79	13–98
Expenditure on health as percentage of GDP (US\$)	20	4.95	2.5–15.6
Per capita government expenditure on health (US\$)	20	98	2.7–1361
Contribution of neuropsychiatric disorders to global burden of diseases (%)	19	15.7	4.9–20.8

Source: references 6–9

Table 2. Regional health system groups (5)

Group 1	Group 2	Group 3
Countries where socioeconomic development has progressed considerably over the past decades, supported by high income	Largely middle-income countries which have developed extensive public health service delivery infrastructure but face resource constraints	Countries which face major constraints in improving population health outcomes as a result of lack of resources for health, political instability, and other complex development challenges
Bahrain Kuwait Oman Qatar Saudi Arabia United Arab Emirates	Egypt, Islamic Republic of Iran Iraq Jordan Lebanon Libya ^a Morocco occupied Palestinian territory Syrian Arab Republic Tunisia	Afghanistan Djibouti ^a Pakistan Somalia Sudan Yemen

^a Did not participate in the survey

Table 3. Area, population, education, life expectancy and expenditure on health of countries of the Region according to regional health system group

	Median by health system group			P
	Group 1	Group 2	Group 3	
Area (1000 km ²)	50 709	185 180	652 226	Not significant
Population (million)	3.4	10.5	26.0	0.021
Sex ratio (men per 100 women)	156	101	102	0.002
Population under 15 years (%)	20.7	31.7	44.4	0.006
Population above 65 years (%)	1.9	4.1	3.5	0.003
Life expectancy at birth for men (years)	73	72	53	0.005
Life expectancy at birth for women (years)	78	74	56	0.002
Literacy rate for men (%)	92.5	88.0	58.0	0.007
Literacy rate for women (%)	91.5	78.0	31.0	0.001
Expenditure on health as percentage of GDP (US\$)	3.2	5.5	5.6	0.034
Per capita government expenditure on health (US\$)	907	91	11	<0.001
Contribution of neuropsychiatric disorders to global burden of diseases (%)	19.3	15.8	6.7	0.003

Sources: references 6,7,9

4. Governance

Mental health policy

The mental health policy is a statement of the values, principles, objectives and areas for action to improve mental health. This is in the form of an officially approved policy dedicated to mental health and/or by inclusion of mental

health in the general health policy. Countries were asked about the presence of a mental health policy and the year of its latest revision.

Thirteen (13) of the 20 reporting countries (65%) in the Region had an officially approved mental health policy when global Atlas data were collected. Twelve (12) countries (60%) had developed or revised their mental

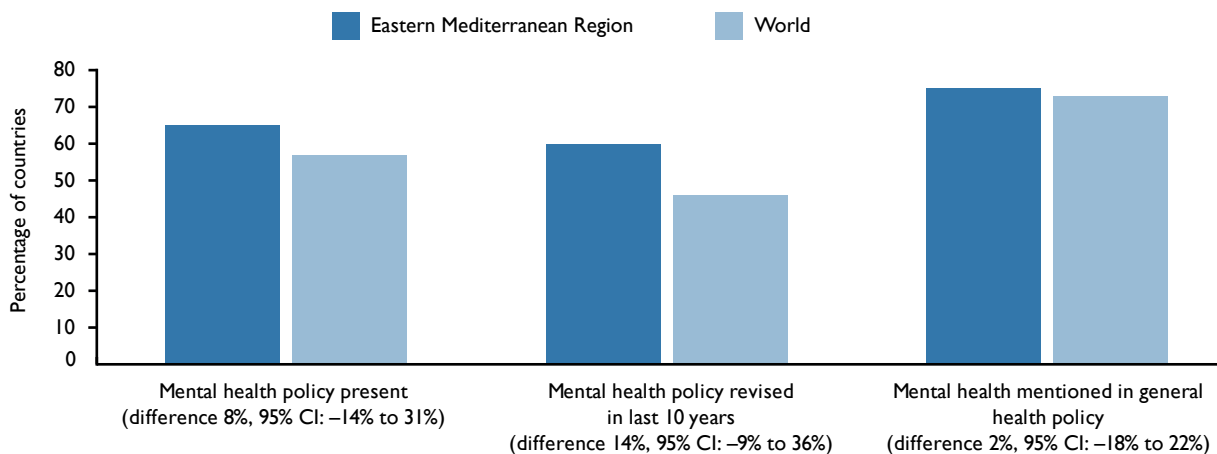


Figure 1. Mental health policy (countries reporting a mental health policy when global Atlas data were collected, as a percentage of all countries)

health policy within the past 10 years. These percentages are both slightly higher than the corresponding global rates (Figure 1), but they do not reach the level of 95% confidence, because the 95% confidence intervals for the differences span zero. Mental health is specifically mentioned in the general health policy of 15 (75%) countries in the Region, which is also similar to the global rate.

At the time that the Atlas data were collected in 2010, five (25%) countries neither had a dedicated mental health policy, nor was mental health mentioned in the general health policy: Iraq, Jordan, Lebanon, Somalia and Yemen. Subsequently, in 2010–2011, Jordan and Lebanon developed mental health policies.

Mental health plan

The mental health plan is an officially approved scheme detailing the strategies and activities to implement the objectives of the mental health policy. A plan should include an implementation timeline and budget. Countries were asked about the presence of a mental health plan, the presence of key elements, and the year of its latest revision.

Fifteen (15) of the 20 reporting countries (75%) in the Region have an officially approved

mental health plan. Of these, 14 countries (70%) have developed or revised their plan in the past 10 years. Mental health plans include an implementation timeline in 13 countries (65%). In 10 countries (50%) funding is allocated for half or more of the items in the plan. Most countries in the Region plan to shift services and resources from mental hospitals to community mental health facilities ($n = 12$, 60%), and to integrate mental health services into primary care ($n = 15$, 75%). Each of these figures is about 10% higher than the corresponding the global rate, but these differences do not reach the 95% confidence level (Figure 2).

At the time that the Atlas data were collected in 2010, five (25%) countries had no mental health plan: Afghanistan, Jordan, Lebanon, Somalia and Yemen. Subsequently, Afghanistan, Jordan and Lebanon developed plans.

Mental health legislation

The Atlas survey asked countries asked about two types of mental health legislation. First, countries were asked about the presence of dedicated mental health legislation addressing issues relevant to people with mental disorder

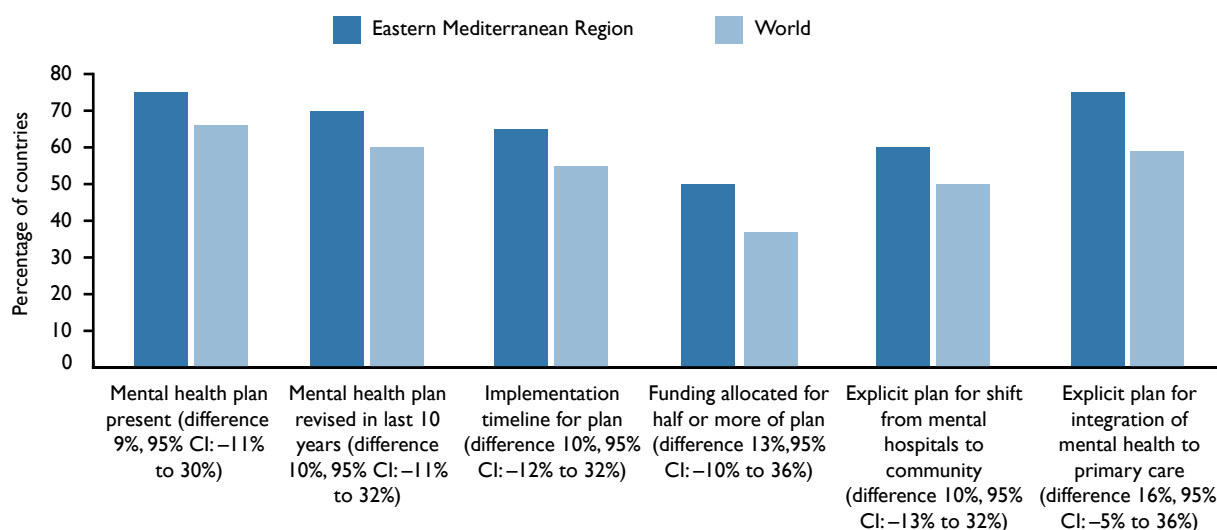


Figure 2. Mental health plan (countries reporting a mental health plan as a percentage of all countries)

and the year of its latest revision. Second, countries were asked about the wider range of legislation that relates to mental health, covering issues such as access to care, quality of care, consent, capacity, human and social rights, and discrimination. This latter group may be found in other laws, such as welfare, disability, employment, anti-discrimination, general health legislation etc.

Eleven (11) (55%) countries in the Region have dedicated mental health legislation, 7 (35%) countries have revised their mental health legislation in the past 20 years and 3 countries

have older legislation dating back to 1953, 1958 and 1983 (the date of legislation is not available for one country). These are similar to global rates (Figure 3). Legal provisions on mental health exist in other laws (e.g. welfare, disability, general health legislation) in 16 (80%) countries.

In three (15%) countries, Somalia, Sudan and Yemen, there is neither dedicated mental health legislation nor mental health provision in other laws.

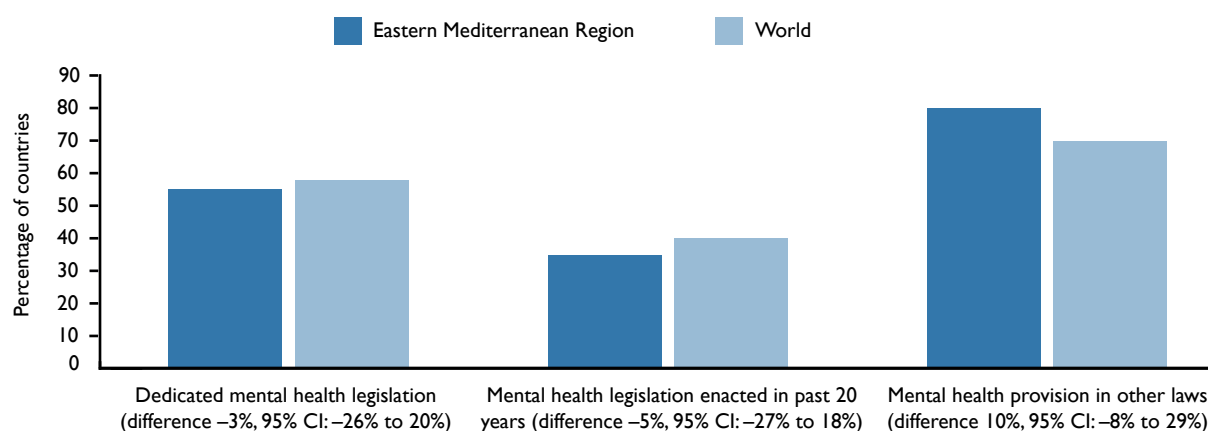


Figure 3. Mental health legislation (countries reporting legislation as a percentage of all countries)

5. Financing

Mental health expenditures by the government health department/ministry are available for only a minority of countries in the Region.

The median mental health expenditure is 3.7% of the total health budget, with a range of between 2% and 5% (based on 6 countries). There is a very wide range of mental hospital expenditure as a percentage of total mental health budget between 17% and 94%, with a median of 36% (based on 4 countries).

6. Mental health care delivery

Primary health care

Regulation of primary health care doctors and nurses in relation to mental disorders

Primary health care is the entry point to the health care system. It often provides initial assessment and treatment, and is a key referral route to specialist mental health services. For primary health care to function effectively as the cornerstone of mental health care, primary health care clinicians need to have the permission, skills and knowledge to identify, treat and refer people with mental health problems. Countries were asked about the regulation of primary health care doctors and nurses in relation to the diagnosis and treatment of mental disorders, the provision of in-service training in mental health, the availability of mental health treatment manuals in primary health care settings, and the presence of referral procedures from primary health care to secondary/tertiary care and back.

Primary health care doctors are authorized to prescribe psychotherapeutic medicines with or without restrictions in 18 (90%) countries in the Region. They can prescribe without restrictions (i.e. they are allowed to initiate

prescriptions and they are not restricted in the categories of medicine they can prescribe) in 10 (50%) countries; while in 2 (10%) countries they are not allowed to prescribe. The two (occupied Palestinian territory and Yemen) that do not allow primary health care doctors to prescribe do not have mental health policies and until recently (2010) neither had mental health plans. The occupied Palestinian territory developed its mental health plan in 2010, which includes integration of mental health into primary health care. The percentage of countries in which primary health care doctors are authorized to prescribe is similar to the global data (Figure 4).

Primary health care nurses are able to independently diagnose and treat mental disorders within the primary health care system in four countries (20%). This is twice the global rate (although this difference does not reach the 95% confidence level). Primary health care nurses are not allowed to prescribe psychotherapeutic medication in any country, except Somalia where they are allowed to prescribe with restrictions. The percentage of countries in which nurses are allowed to prescribe with or without restrictions is significantly lower than the global rate. No countries permit primary health care nurses to prescribe without restrictions, compared with 3% of countries in the global data.

The small number of countries within the Region prevents a meaningful analysis of factors contributing to differences in regulation of primary health care. However, the global mental health Atlas report suggested that World Bank income group, the availability of psychiatrists and geographical barriers to accessing secondary care played a role in determining whether countries permit primary health care clinicians to treat mental disorders (3).

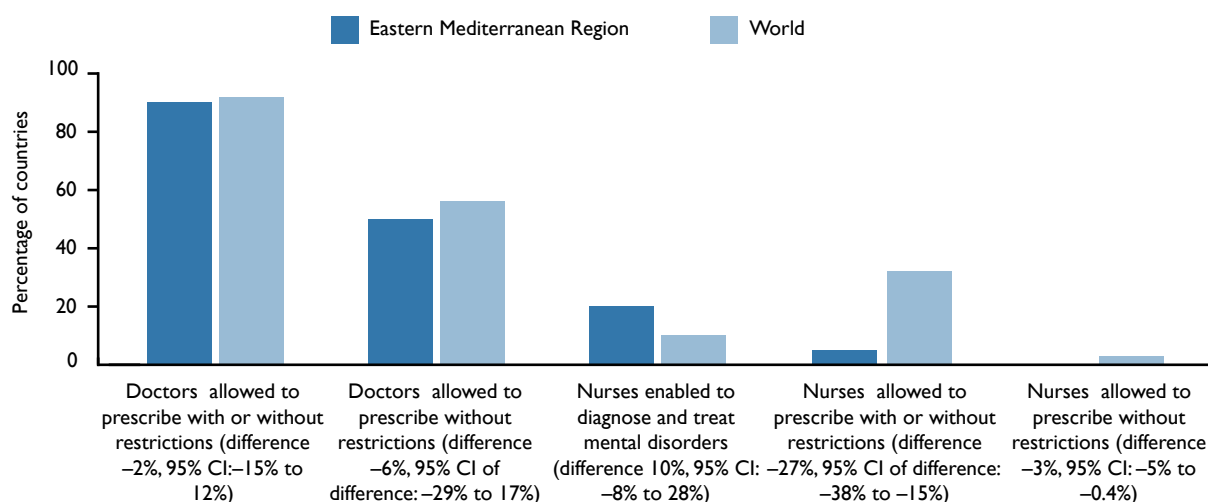


Figure 4. Regulation of primary health care doctors and nurses in relation to mental disorders (countries reporting regulation as a percentage of all countries)

In-service training and support for primary health care in delivering mental health care

In the last 5 years in-service training on mental health for primary health care staff has been provided for more than half of the primary health care doctors in 25% of countries in the Region, and for more than half the primary health care nurses in 10% of countries. In comparison with the global data, neither of

these differences reaches the 95% confidence level (Figure 5). The global mental health Atlas reports that a similar proportion of high-income and low-income countries provided training for primary health care physicians, whereas more low-income countries provided training for nurses (3). Albeit with very small numbers, this pattern is more marked in the Region, where of the five countries providing training for primary health care physicians, three are high-income and none are low-

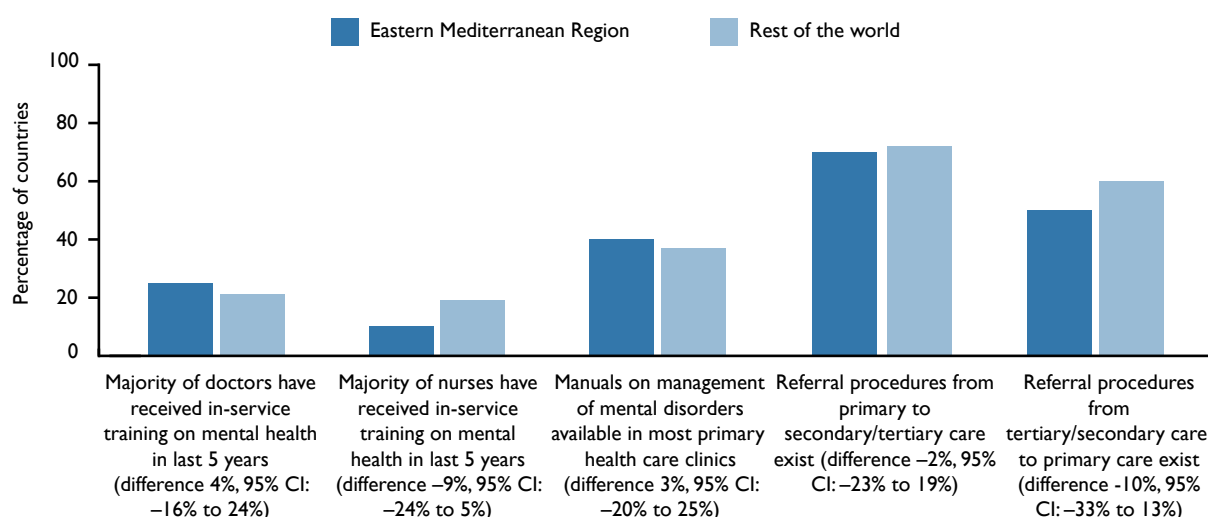


Figure 5. Support for primary health care in delivering mental health care: training, manuals and referral procedures (countries reporting support as a percentage of all countries)

income countries; whereas the two countries providing training for primary health care nurses comprise no high-income countries and one low-income country.

Treatment manuals on the management of mental disorders are available in more than half of primary health care clinics in 40% of countries, which is similar to the global rate (Figure 5).

Official referral procedures from primary health care to secondary/tertiary care exist in 70% of countries, which is similar to the 72% in the global data (Figure 5). Back-referral procedures from secondary/tertiary care exist in 50% of countries. Although this is 10% lower than the global data, the difference does not reach the 95% confidence level.

Progress towards integration of mental health into primary health care

A crude measure of progress along the pathway to the integration of mental health into primary health care can be estimated by summing seven individual indicators: 1) Psychotherapeutic prescribing allowed in

primary health care; 2) primary health care nurses able to diagnose and treat mental disorders; 3) majority of primary health care doctors had in-service training in mental health in last five years; 4) majority of primary health care nurses had in-service training in mental health in last 5 years; 5) treatment manuals available in primary health care; 6) official referral; and 7) back-referral procedures exist (Figure 6). All countries have made some progress, but there is considerable variation in the extent of progress. Eleven (11) countries reported positive for three or fewer indicators, 8 were positive for four or five indicators, and 1 country reported positive for all seven indicators.

Regional health system group does not appear to be strongly associated with progress towards integration of mental health into primary health care (Figure 7). Countries from all three groups are among those positive for four or more indicators of integration of mental health into primary health care.

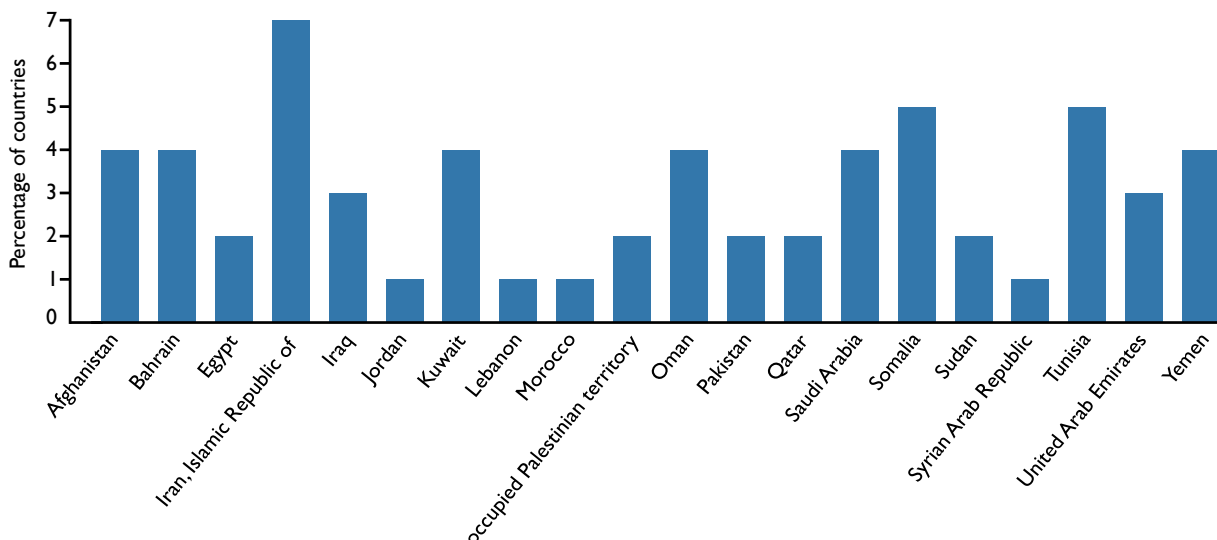
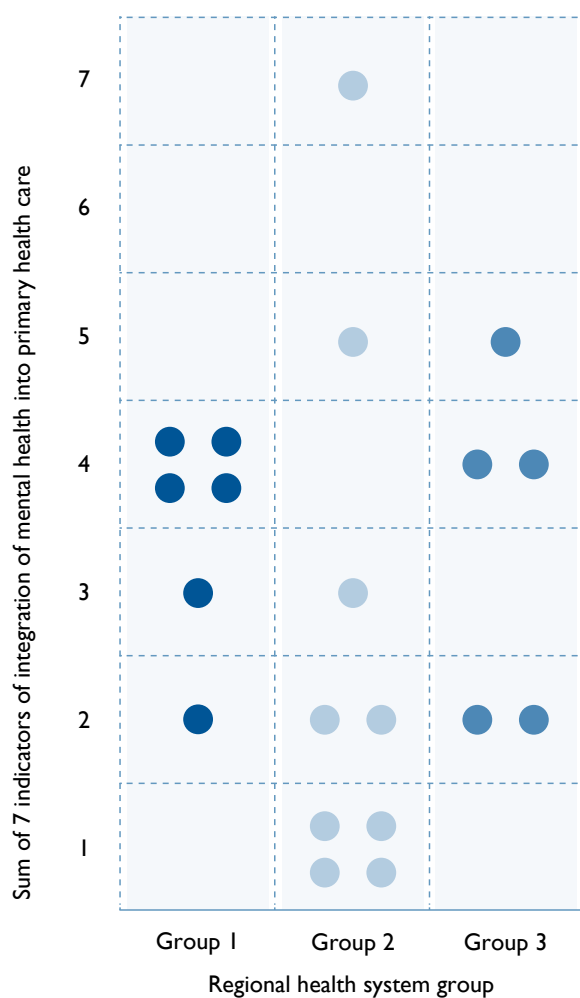


Figure 6. Progress towards integration of mental health into primary health care: crude sum of seven indicators



Each dot represents a country in the Region

Figure 7. Progress towards integration of mental health into primary health care, sum of seven relevant indicators by regional health system group

Mental health services

Countries were asked about the number of mental health facilities, and the number of beds, admissions or contacts provided by each

of the following five types of mental health facilities:

- mental health outpatient facilities: outpatient facilities that focus on mental disorders and have health care staff specially trained in mental health
- mental health day treatment facilities: facilities with scheduled face-to-face and/or therapeutic activities during the day, which are usually attended for half or full days for one or more days per week
- psychiatric ward in a general hospital: a ward in a general medical hospital that is specifically for the care of people with mental disorder
- community residential facility: a community-based facility providing overnight residence for people with mental disorders
- mental hospital: a specialized hospital providing inpatient and long-stay care for people with severe mental disorders

Every country in the Region provides mental health outpatient facilities and mental hospital beds. The majority of countries have at least one day treatment facility (70%) and psychiatric beds in general hospitals (80%). 40% of countries have at least one community residential facility. There is a very wide range in the availability of mental health facilities per 100 000 population across the Region (Table 4).

Outpatient facilities

Across the Region there is a median of 0.28 mental health outpatient facilities per

Table 4. Number and rate of available mental health facilities in countries of the Region

	Median number	Range	Median number per 100 000 population	Range per 100 000 population
Mental health outpatient facilities	25	3–3729	0.28	0.035–2.1
Day treatment facilities	1	0–92	0.005	0–0.17
Psychiatric beds in general hospital	90	0–3231	0.51	0–3.4
Community residential facilities	1	0–82	0.005	0–0.17
Mental hospitals	2.5	1–41	0.03	0.003–0.13

100 000 population. This rate is about half that of the global rate (0.66 per 100 000), but this difference is not statistically significant.

The rate of outpatient facilities per 100 000 population varies widely between the different WHO regions (Figure 8). The European Region and Western Pacific Region each have median rates of outpatient facilities per 100 000 that are almost five times greater than Eastern Mediterranean Region countries. The Eastern Mediterranean Region has a similar rate to the South-East Asia Region, while the African Region has the lowest rate.

The availability of outpatient facilities within the Region varies according to health system group, with group 1 countries having most facilities per 100 000 population and group 3 countries having fewest (Figure 9).

The median annual rate of persons treated in mental health outpatient facilities was 297 per 100 000 population. This rate is less than half that of the global rate (673 per 100 000), but this difference is not statistically different.

The annual rate of outpatients per 100 000 population varies widely between the different WHO regions. By far the highest rate is in Europe, which has a rate six times greater than the Eastern Mediterranean Region (Figure 10).

Day treatment facilities

70% of countries have at least one day treatment facility. More than half the countries that have a day treatment facility have one facility, the others have either two or three, with the exception of Islamic Republic of Iran, which has 92. Across the Region there is a median of 0.005 mental health day treatment facilities per 100 000 population. This rate is 17 times lower than that the global rate (0.086 per 100 000). This difference is statistically significant ($P = 0.017$, Mann-Whitney U test).

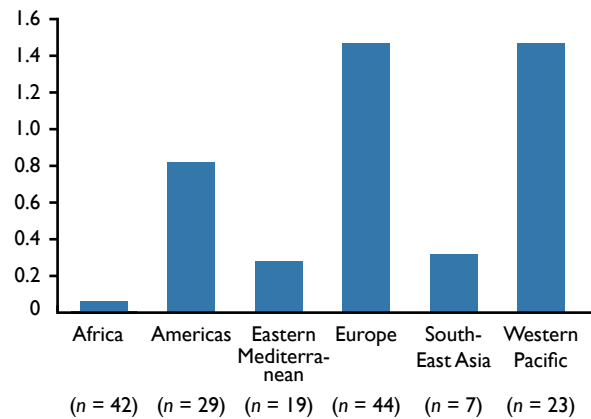


Figure 8. Median rate of mental health outpatient facilities per 100 000 population by WHO region

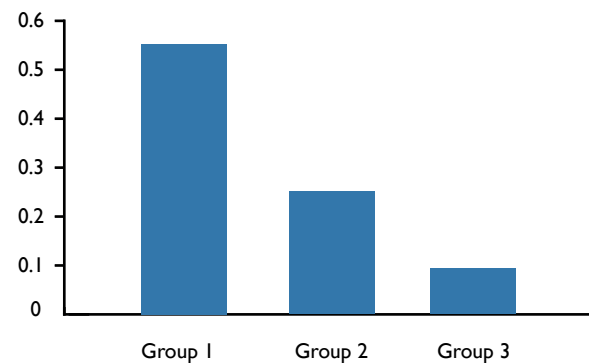


Figure 9. Median rate of outpatient facilities per 100 000 population by regional health system group

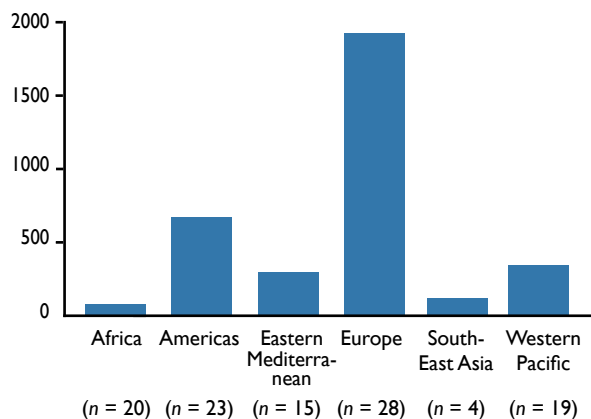


Figure 10. Median annual rate of outpatients per 100 000 population by WHO region

The rate of day treatment facilities per 100 000 varies widely between the WHO regions (Figure 11). The median rate of day treatment facilities is highest in Europe and Western Pacific; the Eastern Mediterranean Region has relatively low rates, similar to South-East Asia and Africa.

The availability of day treatment facilities within the Region varies according to income group, with group 1 countries having the most day treatment facilities per 100 000 population and group 3 countries having the fewest (Figure 12).

The median annual rate of persons treated in mental health day treatment facilities is 0.48 per 100 000 population. This rate is considerably lower than the global rate (3.14 per 100 000).

The annual rate of persons treated in mental health day treatment facilities per 100,000 population varies widely between the different WHO regions. By far the highest rate is in Europe, where the rate is 50 times higher than any other region (Figure 13).

Psychiatric beds in general hospitals

80% of countries provide psychiatric beds in general hospitals. Across the Region there is a median of 0.51 psychiatric beds in general hospitals per 100 000 population. This rate is about one third of the global rate (1.5 per 100 000).

The rate of psychiatric beds in general hospitals per 100 000 population varies between the different WHO regions. Europe has the highest rate, and the Eastern Mediterranean Region has one of the lowest (Figure 14).

The availability of psychiatric beds in general hospitals within the Region varies according to regional health system group, with group 2 and 3 countries having more psychiatric beds

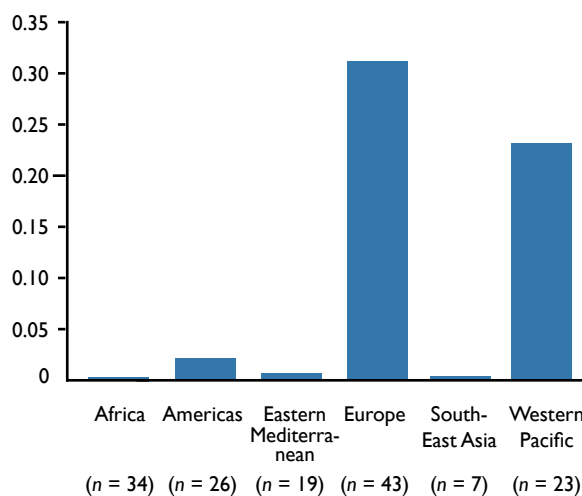


Figure 11. Median rate of day treatment facilities per 100 000 population by WHO region

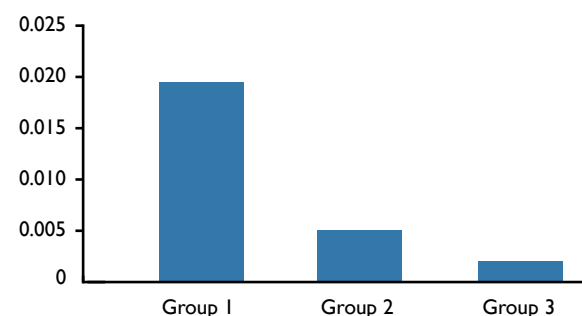


Figure 12. Median rate of day treatment facilities per 100 000 population by regional health system group

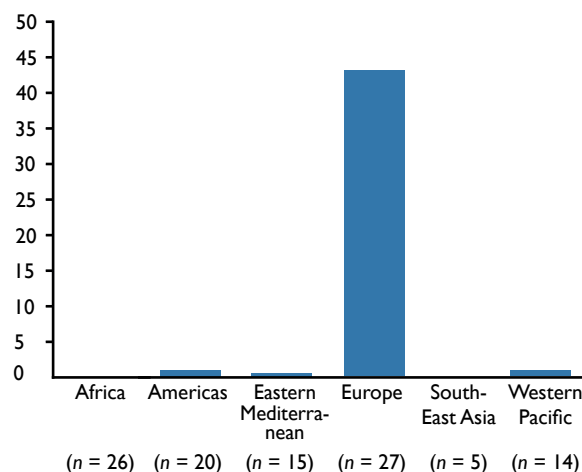


Figure 13. Median annual rate of persons per 100 000 population treated in mental health day treatment facilities by WHO region

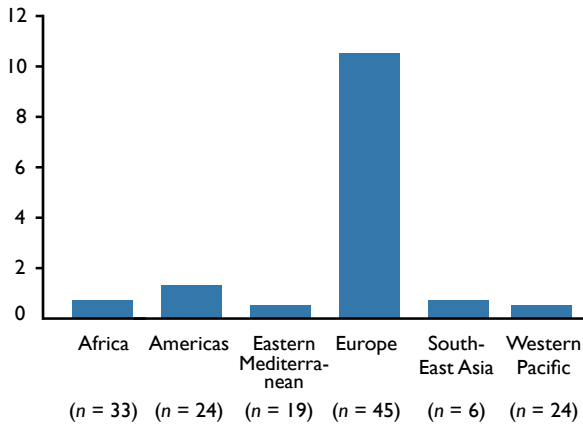


Figure 14. Median rate of psychiatric beds in general hospitals per 100 000 population by WHO region

in general hospitals per 100 000 population than group 1 countries (Figure 15).

The median annual rate of persons admitted to psychiatric beds in general hospitals is 4.8 per 100 000 population. This rate is less than one sixth of the global rate (33.2 per 100 000).

The annual rate of admissions to psychiatric beds in general hospitals per 100 000 population varies between the different WHO regions. The rate for the Eastern Mediterranean Region is among the lower rates, between that of South-East Asia and Africa (Figure 16).

Community residential facilities

40% of countries have at least one community residential facility. Across the Region there is a median of 0.005 community residential facilities per 100 000 population. This rate is similar to the global rate (0.008 per 100 000), and is similar to that of other regions, except Europe, which has a greater number of community facilities than the other regions (Figure 17).

Due to the low rates of community residential facilities and missing data from some countries, an analysis by regional health system group is not possible. Globally, rates

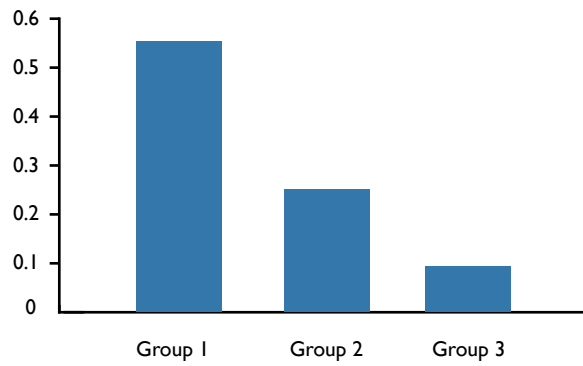


Figure 15. Median rate of psychiatric beds in general hospitals per 100 000 population by regional health system group

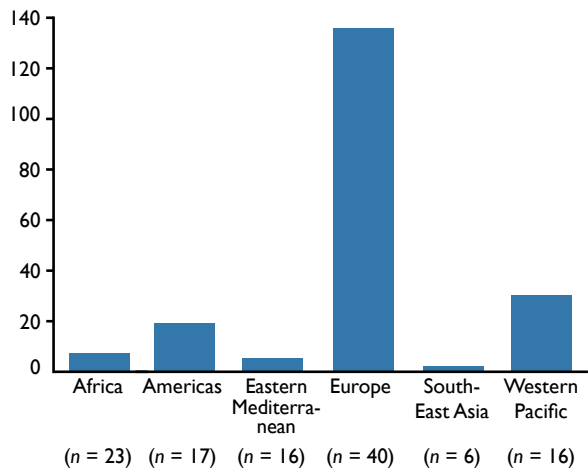


Figure 16. Median annual rate of admissions to psychiatric beds in general hospitals per 100 000 population by WHO region

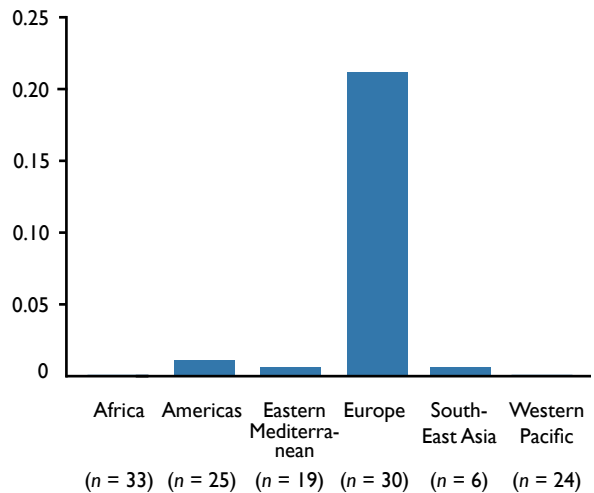


Figure 17. Median rate of community residential facilities per 100 000 population by WHO region

of community facilities are much higher in high-income countries (0.066 per 100 000) compared with low (0 per 100 000), lower-middle (0.003 per 100 000) and upper-middle (0.005 per 100 000) income countries (3). Likewise, it is not possible to analyse the number of persons staying in community residential facilities, because only four countries of the Region reported more than one person staying in community residential facilities at the end of the year.

Mental hospitals

All countries have at least one mental hospital. Across the Region there is a median of 0.03 mental hospitals per 100 000 population, which is similar to the global rate (0.03 per 100 000).

The rate of mental hospitals per 100 000 population varies between the different WHO regions, with the Eastern Mediterranean Region being mid-range (Figure 18).

Across the Region there is a median of 5.4 mental hospital beds per 100 000 population, which is slightly lower than the global rate (7.5 per 100 000).

The rate of mental hospital beds per 100 000 population varies between the different WHO regions, with the Eastern Mediterranean Region being mid-range (Figure 19).

The availability of mental hospital beds within the Region varies according to regional health system group, with group 1 and 2 countries having more mental hospital beds per 100 000 population than group 3 countries (Figure 20).

The median annual rate of persons admitted to mental hospitals is 22.5 per 100 000 population. This rate is lower than the global rate (32.6 per 100 000).

The annual rate of admissions to mental hospitals per 100 000 population varies between the different WHO regions. The rate

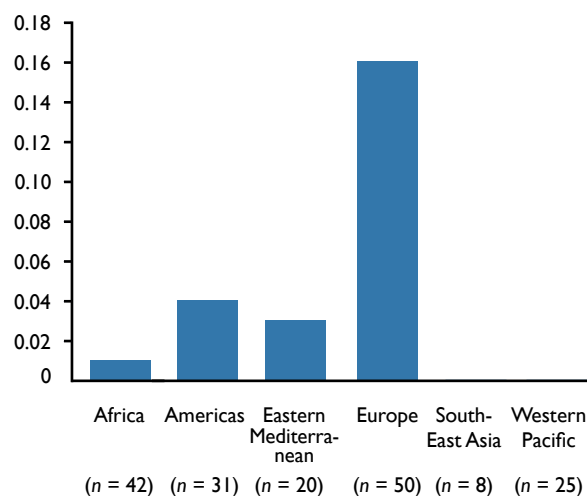


Figure 18. Median rate of mental hospitals per 100 000 population by WHO region

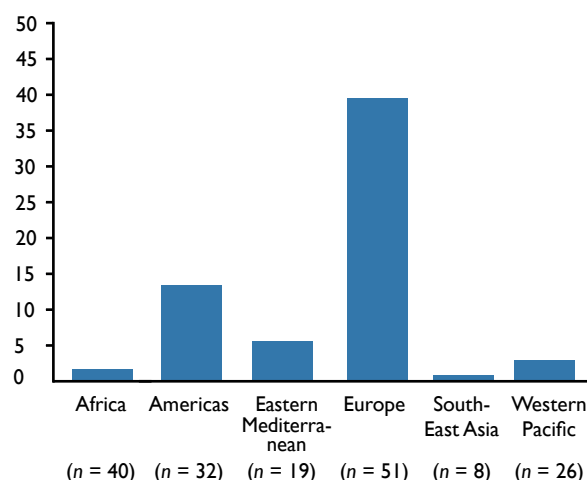


Figure 19. Median rate of mental hospital beds per 100 000 population by WHO region

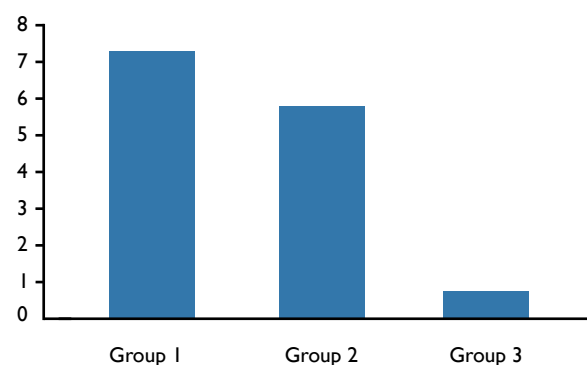


Figure 20. Median rate of mental hospital beds per 100 000 population by regional health system group

for the Eastern Mediterranean Region is near the middle of the range (Figure 21).

The rate of admissions to mental hospital beds varies according to regional health system group, with group 1 countries having the highest rate per 100 000 population and group 3 countries having the lowest (Figure 22).

Total psychiatric beds

Throughout the Region, there is a median of 7.0 psychiatric beds per 100 000 population. This rate varies between countries from 0.73 to 41.16 per 100 000 population, with higher rates in health system group 1 and 2 countries (Figure 23).

Within the Region, 66% of psychiatric beds are located in mental hospitals and 34% are located in community settings: general hospitals (18%) and community residential facilities (16%). There is a wide variation (0–86%) between countries in the extent to which their psychiatric beds are located in “community” settings (Figure 24). Sudan, Tunisia, Pakistan and Islamic Republic of Iran have more than half their beds in the community.

Compared with the global data, the Eastern Mediterranean Region has a greater proportion of mental hospital beds (9% more), and a smaller proportion of beds in community residential facilities (9% fewer) (Figure 25).

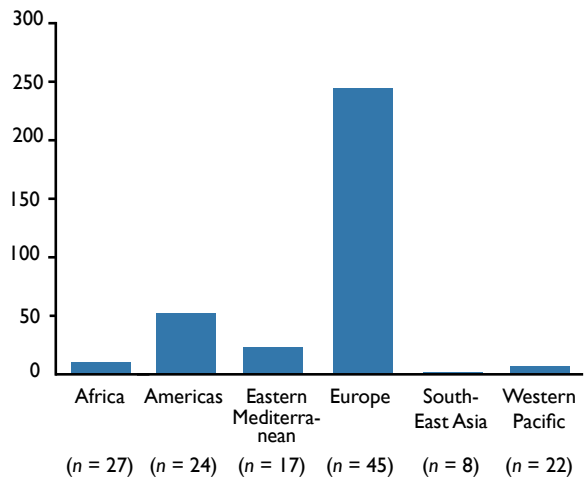


Figure 21. Median annual rate of admissions to mental hospitals per 100 000 population by WHO region

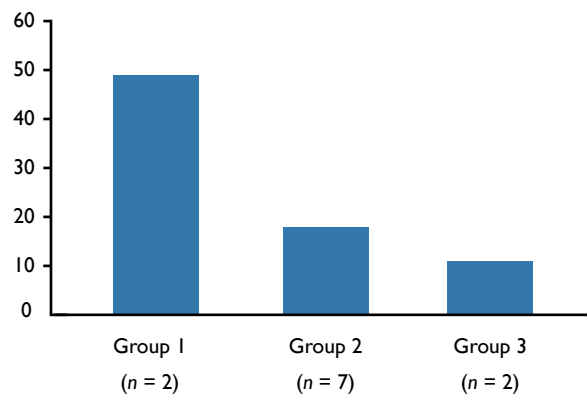


Figure 22. Median annual rate of admissions to mental hospital beds per 100 000 population by regional health system group

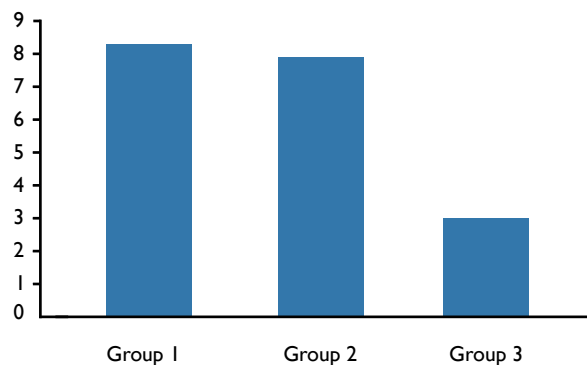


Figure 23. Median rate of psychiatric beds per 100 000 population by regional health system group

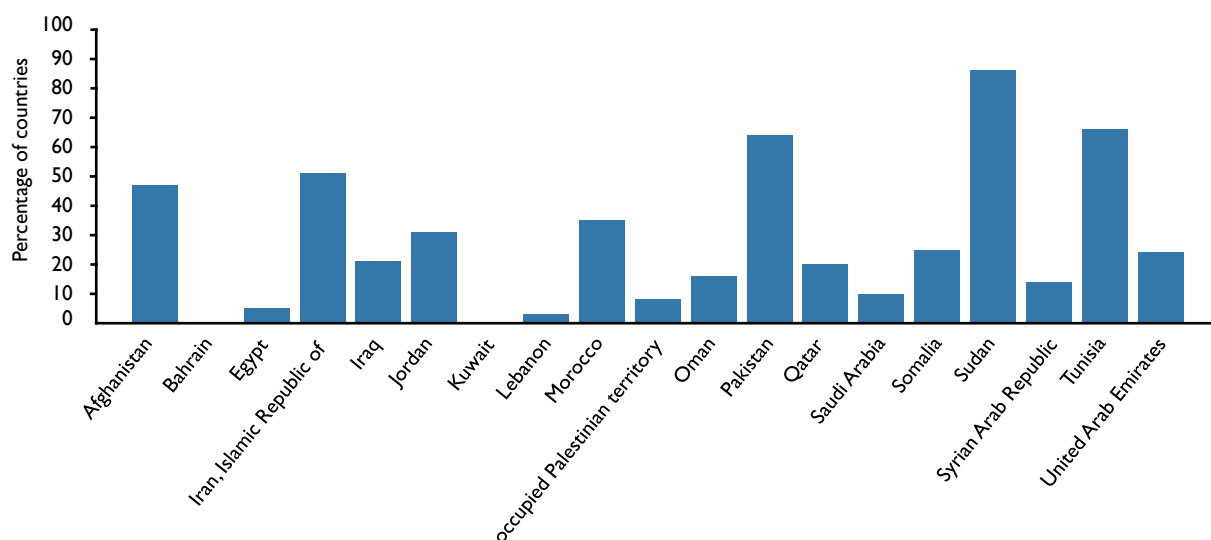


Figure 24. Percentage of all psychiatric beds that are in general hospitals and community residential facilities

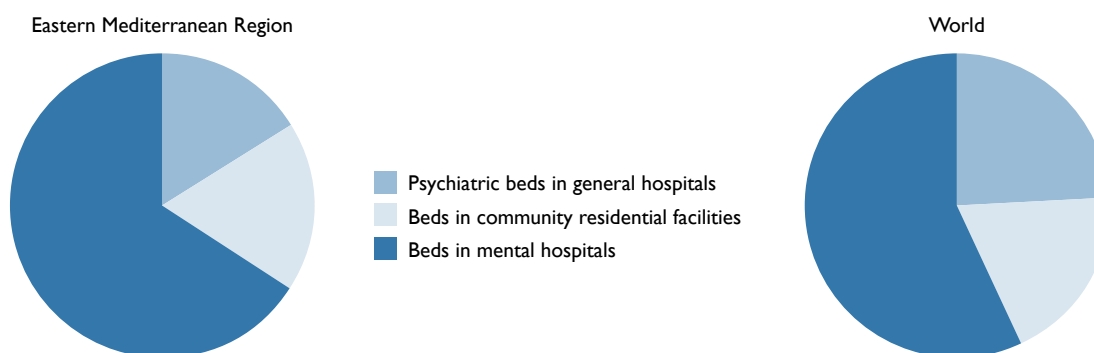


Figure 25. Relative proportions of mental health beds in the Eastern Mediterranean Region and the world

7. Human resources

Training

Countries were asked about the training of health professionals in the different disciplines providing mental health care including psychiatrists, medical doctors (not specializing in psychiatry), nurses, psychologists, social workers and occupational therapists.

Among those countries in the Region that reported on training of health professionals in educational institutions (including schools of medicine, nursing, midwifery and other

health services), all countries provide training for medical doctors not specializing in psychiatry and nurses, and most have training for psychiatrists (Table 5). At least half have training for psychologists, social workers, and occupational therapists. These are at least as high as the corresponding global percentages.

Across the Region, as in the global data, more nurses (6.67 per 100 000 population per year) are trained than any other health profession working in mental health (Table 6). Next are medical doctors (2.81 per 100 000 population per year). Compared with nurses and medical doctors, there are relatively few psychologists

Table 5. Availability of training for mental health professionals

	Number of countries reporting	Number of countries with training	Percentage of countries with training	Percentage of countries in the world with training
Psychiatrists	16	14	88	63
Medical doctors, not specializing in psychiatry	15	15	100	74
Nurses	15	15	100	87
Psychologists	11	7	64	58
Social workers	11	7	64	52
Occupational therapists	12	6	50	34

Table 6. Mental health professionals trained each year per 100 000 population

	Median number trained per year per 100 000 population		
	Eastern Mediterranean Region	World	Mann-Whitney U Test
Psychiatrists	0.10	0.03	0.238
Medical doctors, not specializing in psychiatry	2.81	3.01	0.430
Nurses	6.67	5.25	0.963
Psychologists	0.15	0.24	0.819
Social workers	0.12	0.005	0.536
Occupational therapists	0.001	<0.001	0.396

and social workers trained each year, and an even smaller number of occupational therapists.

The median numbers of mental health professionals trained each year per 100 000 population are not significantly different from the corresponding rates in the global data (Table 6).

In the Region, 2.8% of training for medical doctors, and 3.4% of training for nurses is devoted to psychiatry and mental health-related subjects, similar to the global data.

Workforce

There is a huge variation in the size and composition of the mental health workforce per 100 000 population between the countries of the Region. This is exemplified in Figure 26, which shows the rates for nurses working in mental health facilities.

Wide ranging distributions are also evident for other mental health professionals, especially psychiatrists, other doctors and other health or mental health workers (Table 7 and Figure 27).

The largest group in the health workforce across the Region is made up of other health or mental health workers working in mental health facilities (4.48 per 100 000) and nurses (3.61 per 100 000). Psychiatrists have the next highest median rate (0.90 per 100 000), although the wide range of other medical doctors indicates that they make a very large contribution to the workforce in some

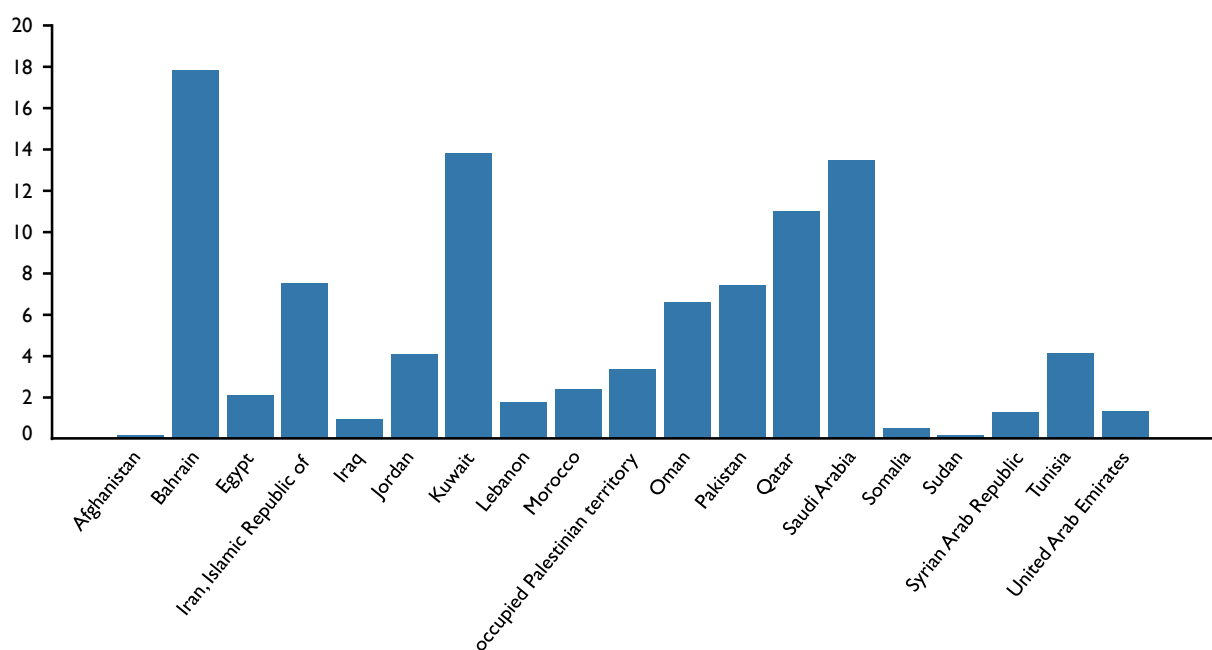


Figure 26. Rate of nurses working in mental health facilities per 100 000 population

Table 7. Rate of health professionals per 100 000 population

	Median rate	Range
Psychiatrists	0.90	0.01–5.35
Other medical doctors, not specializing in psychiatry	0.30	0.01–14.86
Nurses (including both psychiatric nurses and general nurses working in mental health facilities)	3.61	0.10–19.04
Psychologists	0.35	0–2.2
Social workers	0.44	0–2.8
Occupational therapists	0.04	0–1.2
Other health or mental health workers working in mental health facilities	4.48	0.03–59.13

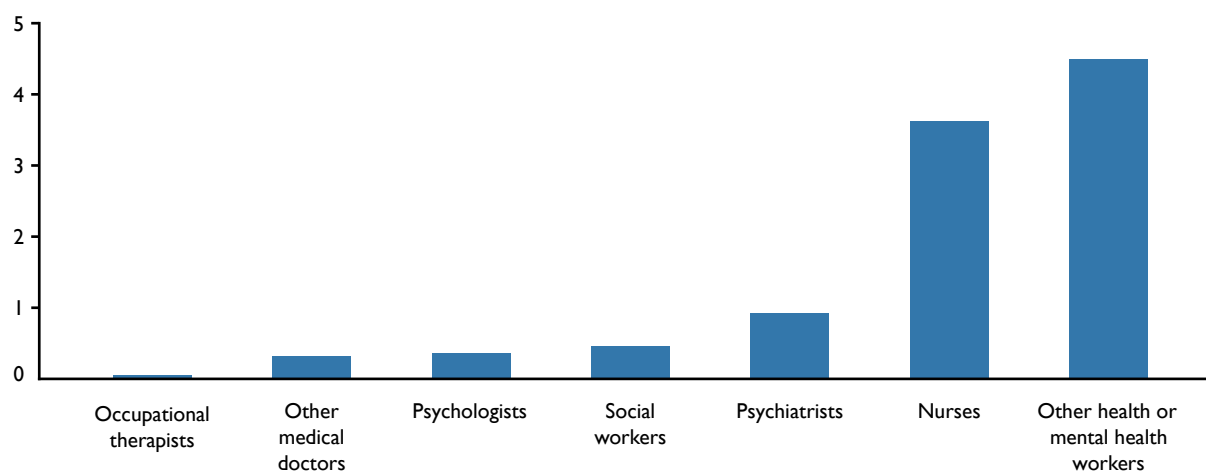


Figure 27. Median rate of health professionals per 100 000 population

countries. Psychologists and social workers have similar median rates of 0.35 and 0.44 per 100 000 respectively, and are not present in at least one country of the Region. At a median rate of 0.04 per 100 000, occupational therapists are the smallest group of mental health professionals in the Region, and are only reported present in 12 (60%) countries.

The Mental Health Atlas 2011 demonstrates that there is a clear trend globally for the rate of human resources provided by countries to increase with income group (3). The next set of analyses explores the relationship between rate of human resources and regional health system group. The numbers of countries in each group are small, and therefore the data provide only a rough indication of whether the trends in the Region are similar to the global trends.

Psychiatrists

The number of psychiatrists per 100 000 population shows a progressive trend with the highest median rate in group 1 countries and the lowest median rate in group 3 countries (Figure 28).

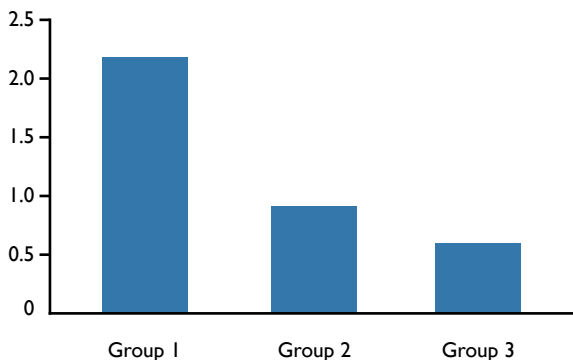


Figure 28. Median rate of psychiatrists per 100 000 population by regional health system group

Other medical doctors working in mental health facilities

The rate of medical doctors working in mental health facilities shows a progressive trend with the lowest median rate in group 1 countries and the highest rate in group 3 countries (Figure 29).

Nurses

The median number of nurses per 100 000 population shows a progressive trend with the highest median rate in group 1 countries and the lowest median rate in group 3 countries (Figure 30).

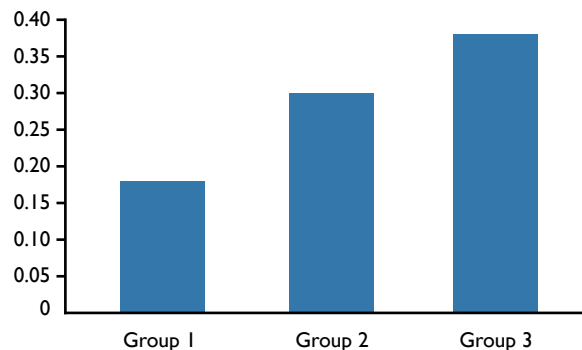


Figure 29. Median rate of other medical doctors working in mental health facilities per 100 000 population by regional health system group

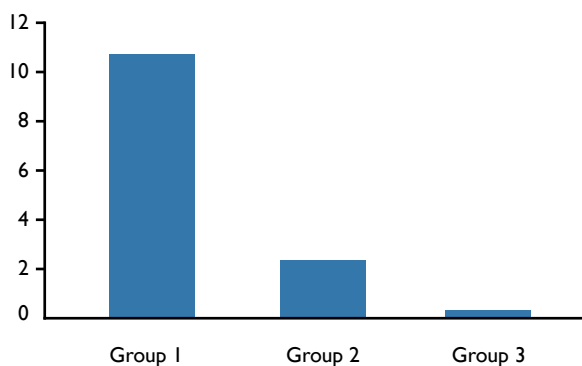


Figure 30. Median rate of nurses working in mental health facilities per 100 000 population by regional health system group

Psychologists

The rate of psychologists shows a trend with highest rates in group 1 countries and the lowest rates in group 3 countries (Figure 31).

Social workers

There rate of social workers per 100 000 population does not show a clear trend. The highest median rate is in Group 3 countries, and the lowest in Group 2 countries (Figure 32).

Occupational therapists

The rate of occupational therapists shows a trend with highest rates in group 1 countries and the lowest rates in group 3 countries (Figure 33).

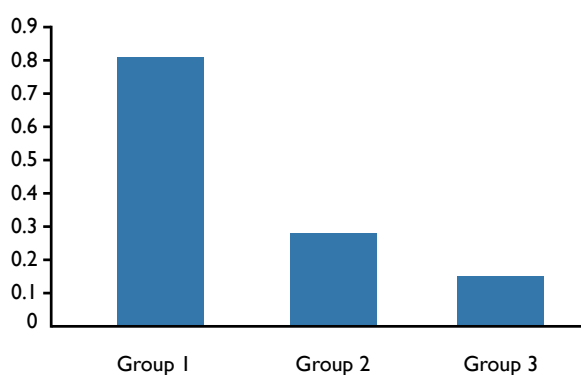


Figure 31. Median rate of psychologists working in mental health facilities per 100 000 population by regional health system group

Other health or mental health workers working in mental health facilities

The number of other health or mental health workers working in mental health facilities does not show a clear trend. The highest median rate is in group 3 countries, and the lowest in group 2 countries (Figure 34).

In summary, there are three patterns of relationship between rate of human resources and regional health system group. The professions of psychiatrists, nurses, psychologists and occupational therapists show a progressive trend from highest rates in group 1 countries to lowest rates in group 3 countries. The trend for other medical

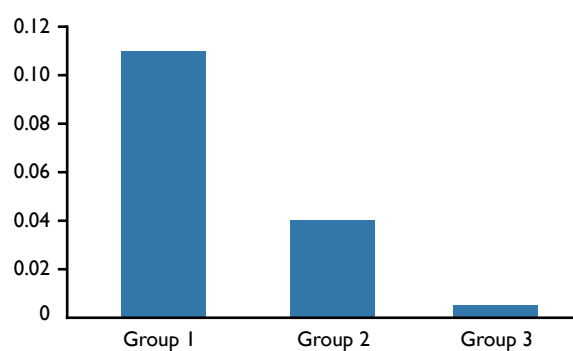


Figure 33. Median rate of occupational therapists working in mental health facilities per 100 000 population by regional health system group

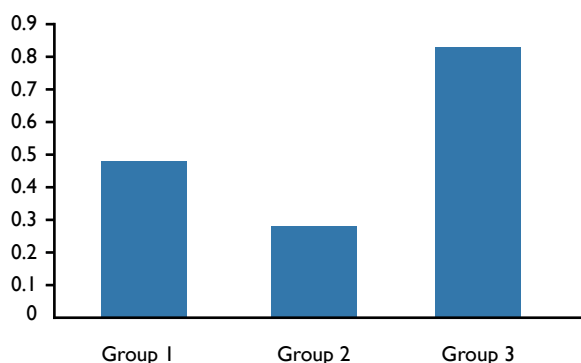


Figure 32. Median rate of social workers per 100 000 population by regional health system group

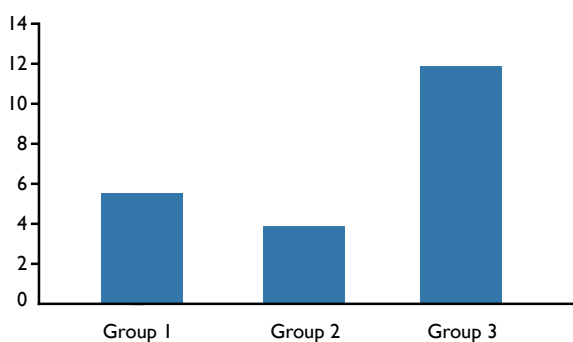


Figure 34. Median rate of other health or mental health workers working in mental health facilities per 100 000 population by regional health system group

doctors is in the opposite direction, with the lowest rate in group 1 and highest in group 3. The rates for social workers and other health or mental health workers working in mental health facilities do not show a clear trend, with highest rates in group 3 countries and lowest rates in group 2 countries.

Comparison of human resources with the world

The median numbers of psychiatrists and nurses tend to be lower in countries of the Eastern Mediterranean Region than the global data, but these differences are short of statistical significance (Table 8). On the other hand, the median numbers of psychologists, social workers and other health or mental

health workers are greater in countries of the Eastern Mediterranean Region, but again this is not statistically significant.

Based on comparison of the total numbers of mental health professionals, the Eastern Mediterranean Region has a greater proportion of other health or mental health workers working in mental health facilities (64.4% vs 5.1%), and smaller proportions of other medical doctors (17.3% vs 43.4%) and nurses (12.6% vs 43.6%) compared with the global data (Figure 35).

Comparison with the global data conceals the variation in human resources between the different WHO regions. Using data from the Mental Health Atlas 2011, Table 4.2.1 (3), comparisons can be made of total mental

Table 8. Median rate of mental health professionals per 100 000 population

	Median rate per 100 000 population		
	Eastern Mediterranean Region	World	Mann-Whitney U Test
Psychiatrists	0.90	1.36	NS
Other medical doctors, not specializing in psychiatry	0.30	0.42	NS
Nurses (including both psychiatric nurses and general nurses working in mental health facilities)	3.61	6.67	NS
Psychologists	0.35	0.34	NS
Social workers	0.44	0.18	NS
Occupational therapists	0.04	0.06	NS
Other health or mental health workers working in mental health facilities	4.48	2.99	NS

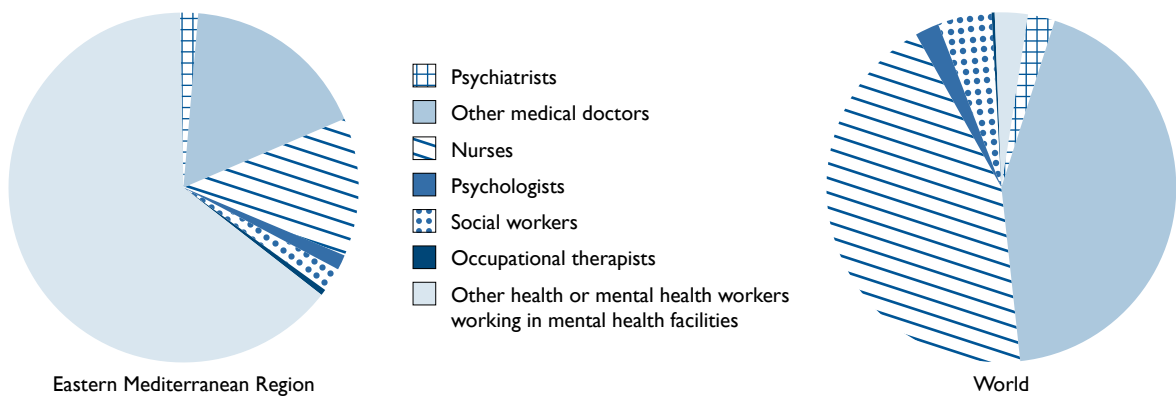


Figure 35. Relative proportions of different mental health professionals

health human resources (Figure 36). Total human resources in the European Region are considerably greater than any other region. Human resources in the African Region and South-East Asia are very sparse. The Eastern Mediterranean Region falls in a middle group with fewer human resources than the Americas and Western Pacific. Human resources for each individual professional group are greatest in the European region, with the Eastern Mediterranean Region ranking second among the regions for social workers; third for psychiatrists, psychologists, occupational therapists and other health workers; and fourth for nurses and other medical doctors.

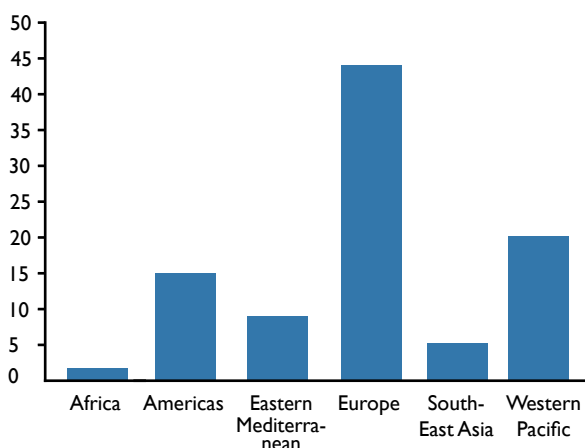


Figure 36. Median total mental health human resources per 100 000 population by WHO region

Informal human resources – user and family associations

Countries were asked whether user and family associations were present in the country, and if so how many members comprise these associations. They were also asked the extent to which these associations participated in the formulation and implementation of mental health policies, plans or legislation at a national level in the previous two years.

User associations are reported to be definitely present in six countries. This rate of 30% is about half the global rate (difference = -31%, 95% CI: -53% to -10%) (Figure 37).

Family associations are reported to be definitely present in seven countries. This rate of 35% is about two thirds of the global rate (difference = -20%, 95% CI: -42% to 3%).

Among countries that reported the presence of user and family associations, 18% have user associations that frequently participate in meetings for the formulation/implementation of policy/plans/legislation, and 27% have family associations that frequently participate in meetings for the formulation/implementation of policy/plans/legislation. There is a tendency for existing user and family associations in the countries of the Region to participate less frequently than in the global data (Figures 38 and 39).

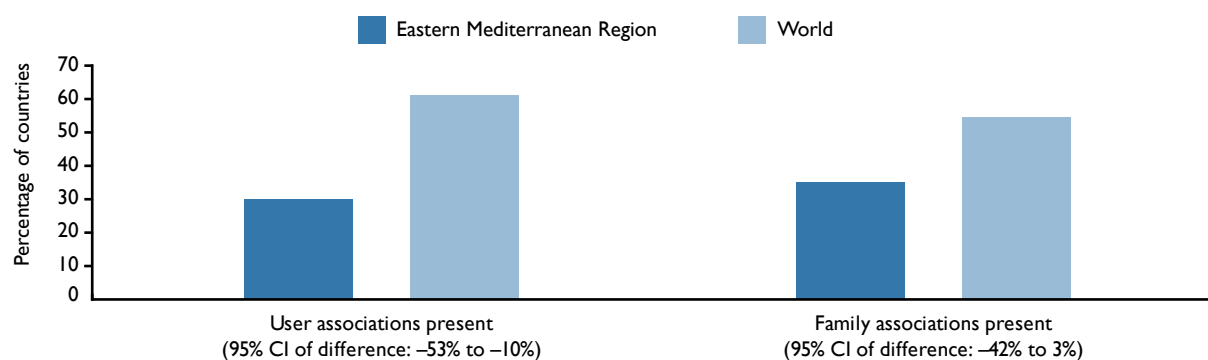


Figure 37. Percentage of countries with user and family associations definitely present

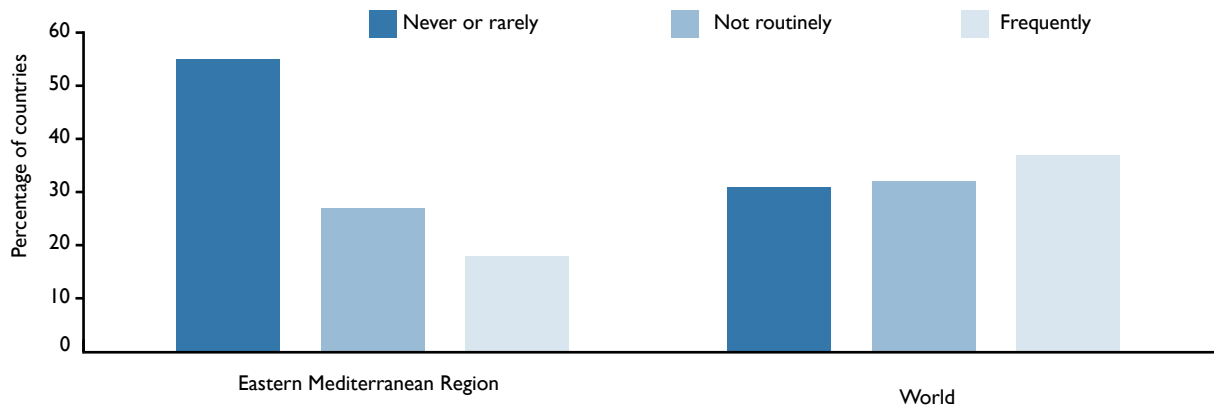


Figure 38. Involvement of user associations in meetings to formulate/implement policy/plans/legislation

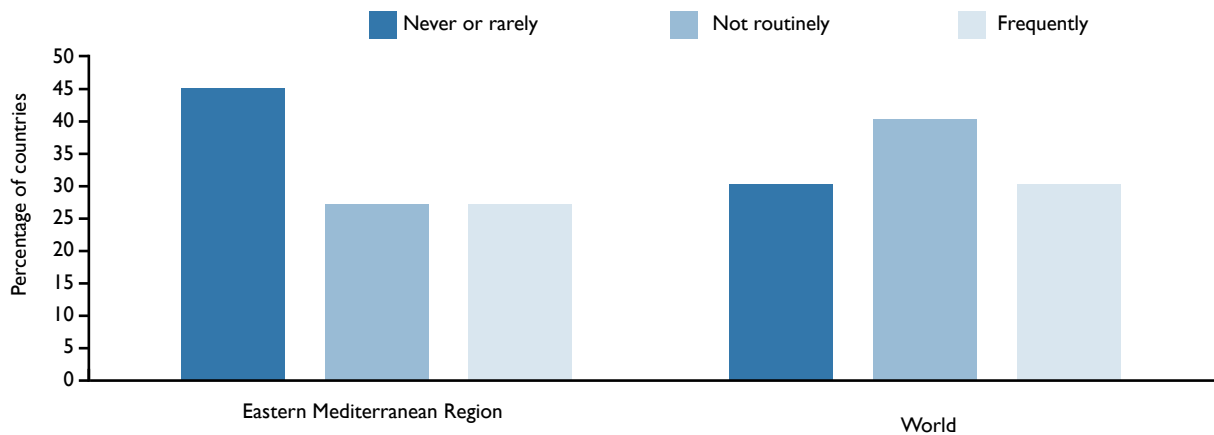


Figure 39. Involvement of family associations in meetings to formulate/implement policy/plans/legislation

8. Psychotherapeutic medicines

Data on expenditure on medicines for mental and behavioural disorders are only available for four countries (Table 9).

The Mental Health Atlas 2011 presented median annual expenditure (US\$) by region on medicines for mental and behavioural disorders per 100 000 population (page 64 of Mental Health Atlas 2001) (3). This suggested that the expenditure in countries of the Eastern Mediterranean Region fell well below the world median of US\$ 680 000. However, the number of reporting countries was very low,

and the world median was probably inflated by the relatively high reporting rates of high-income countries compared with lower-income countries.

9. Information systems

Countries were asked whether data are routinely available in the Ministry of Health on the number of contacts, interventions delivered, days spent, or numbers of admissions in primary care, mental, health outpatient facilities, day treatment facilities, general hospitals with psychiatric beds community residential facilities and mental hospitals.

Table 9. Expenditure (US\$) on medicines for mental and behavioural disorders per year and per 100 000 population

	Number of countries for which data is available	Median for countries of Region (US\$)	Range for countries of Region (US\$)
All psychotherapeutic medicines	4 ^a	149 367	6 071–236 839
Medicines used for bipolar disorder	4	134 780	6 963–1 505 304
Medicines for psychotic disorders	3	67 682	50 419–185 080
Medicines used for general anxiety	4	41 257	1 659–4 848 991
Medicines used for mood disorders	3	20 784	17 043–63 740

^a The four countries reporting on all the psychotherapeutic medicines are not the same as the four reporting medicines used in specific disorders

Persons with mental disorders treated in primary health care

Half of the countries of the Region reported that mental health data are routinely collected and reported to the Ministry of Health on persons with mental disorders treated in primary health care (Figure 40). There is a tendency for more countries of the Eastern Mediterranean Region to report on age, sex and diagnosis, compared with the global data, but these differences do not reach 95% confidence.

Interventions (psychopharmacological and psychosocial) delivered in primary health care for people with mental disorders

Mental health data are routinely collected and reported to the Ministry of Health on psychopharmacological and psychosocial interventions delivered in primary health care for people with mental disorders in about one quarter of the countries of the Region (Figure 41). Where data are collected, these data include numbers, age, sex and diagnosis. This proportion of countries with routine data on numbers is similar to the global data.

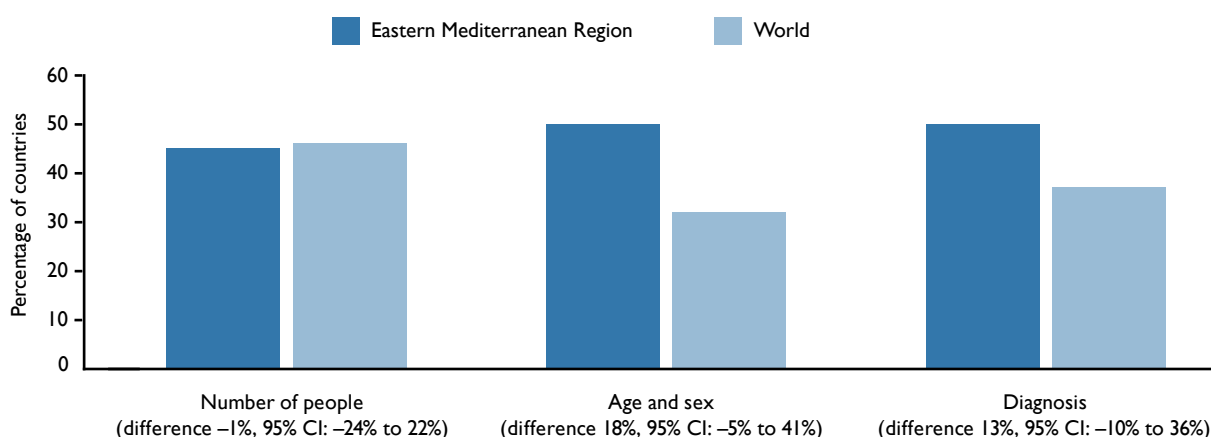


Figure 40. Percentage of countries in which data are collected and reported on persons with mental disorders treated in primary health care

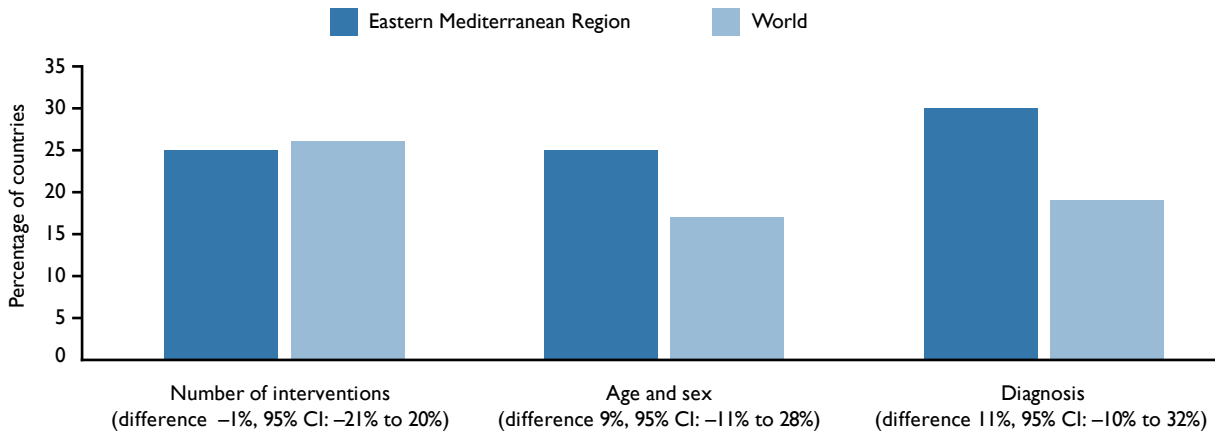


Figure 41. Percentage of countries in which data are collected and reported on interventions delivered in primary health care for people with mental disorders

Persons treated in mental health outpatient facilities

Mental health data are routinely collected and reported to the Ministry of Health on the number of persons treated in mental health outpatient facilities in 80% of the countries of the Region (Figure 42). In most countries this includes data on age and sex (75%), and diagnosis (65%). There is a trend for a greater proportion of countries in the Eastern Mediterranean Region to collect these data than in the global data, and for age and sex these differences reach the 95% confidence level.

Contacts in mental health outpatient facilities

Mental health data are routinely collected and reported to the Ministry of Health on contacts in mental health outpatient facilities in 80% of the countries of the Region (Figure 43). In most countries this includes data on age and sex (80%), and diagnosis (75%). A greater proportion of countries in the Eastern Mediterranean Region collect these data than in the global data, with more than 95% confidence for all three indicators.

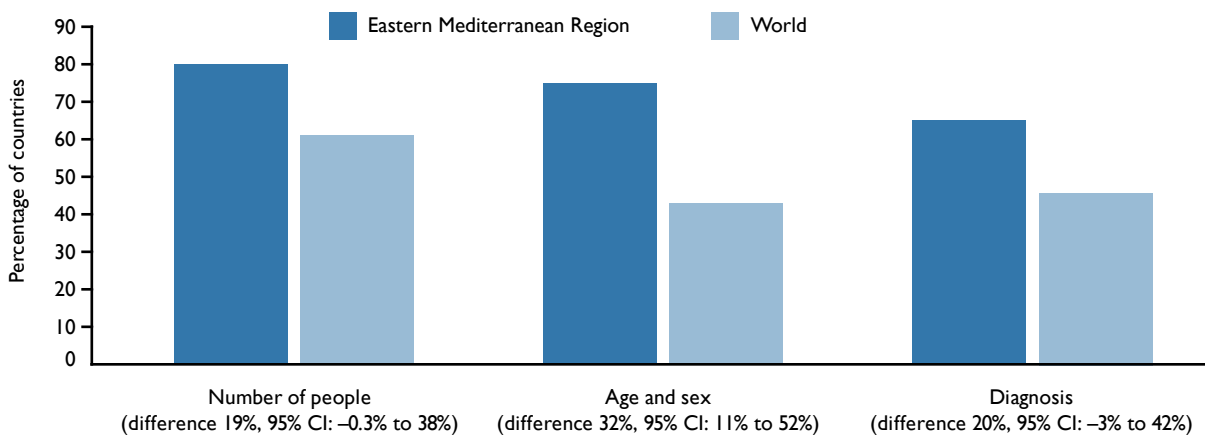


Figure 42. Percentage of countries in which data are collected and reported on persons treated in mental health outpatient facilities

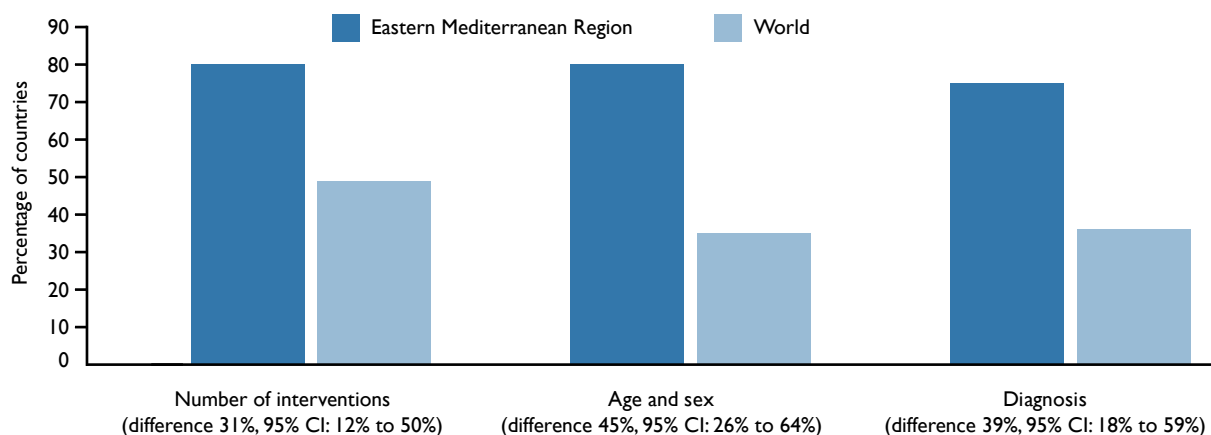


Figure 43. Percentage of countries in which data are collected and reported on contacts in mental health outpatient facilities

Persons treated in mental health day treatment facilities

Mental health data are routinely collected and reported to the Ministry of Health on the number, age and sex of persons treated in mental health outpatient facilities in 65% of the countries of the Region (Figure 44). In 45% of countries this also includes data on diagnosis. There is a tendency for a greater proportion of countries in the Region to collect these data than in the global data, and for age and sex these differences reach the 95% confidence level (difference of 35%, 95% CI: 13% to 57%).

Admissions in general hospitals with psychiatric beds

Mental health data are routinely collected and reported to the Ministry of Health on the numbers, age and sex of persons treated in general hospitals with psychiatric beds in 55% of the countries of the Region (Figure 45). In 45% of countries this also includes data on diagnosis. The proportions of countries with these data available in the Eastern Mediterranean Region are similar to those in the global data.

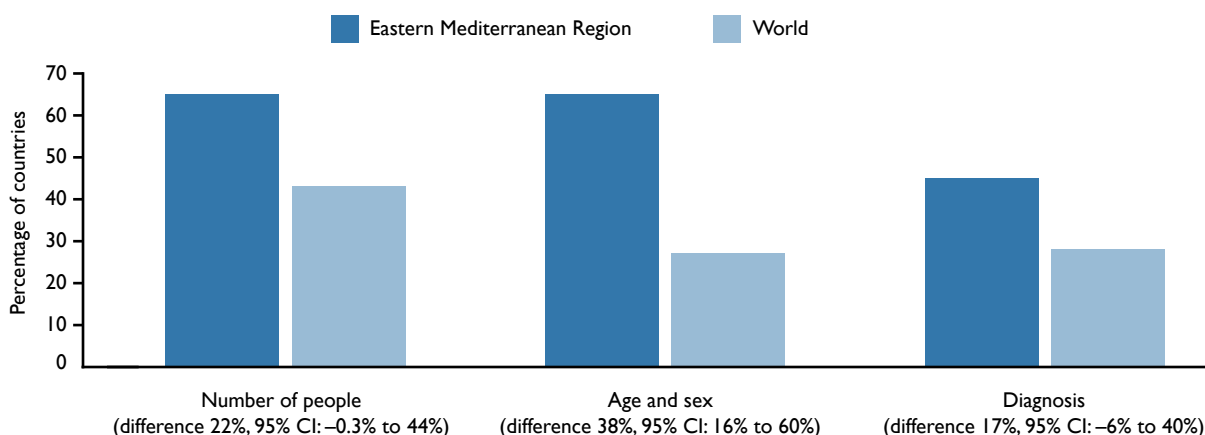


Figure 44. Percentage of countries in which data are collected and reported on persons treated in mental health day treatment facilities

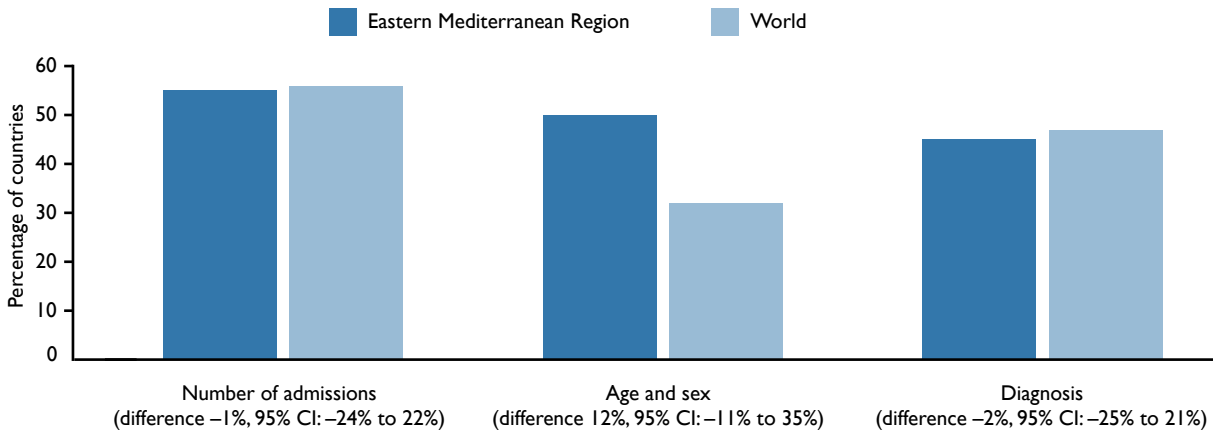


Figure 45. Percentage of countries in which data are collected and reported on admissions in general hospitals with psychiatric beds

Admissions in mental hospitals

Mental health data are routinely collected and reported to the Ministry of Health on the number, age and sex of persons admitted to mental hospitals in 85% of the countries of the Region (Figure 46). In 80% of countries this also includes data on diagnosis. A significantly greater proportion of countries in the Eastern Mediterranean Region collect these data than in the global data.

number of days spent in mental hospital in 80% of the countries of the Region (Figure 47). In most countries this also includes data on age and gender (70%), and diagnosis (65%). A greater proportion of countries in the Eastern Mediterranean Region collect these data than in the global data.

Days spent in mental hospitals

Mental health data are routinely collected and reported to the Ministry of Health on the

Admissions in community residential facilities

Mental health data is routinely collected and reported to the Ministry of Health on numbers, age and sex of admissions to community residential facilities in 20% of the countries of the Region (Figure 48). In 15%

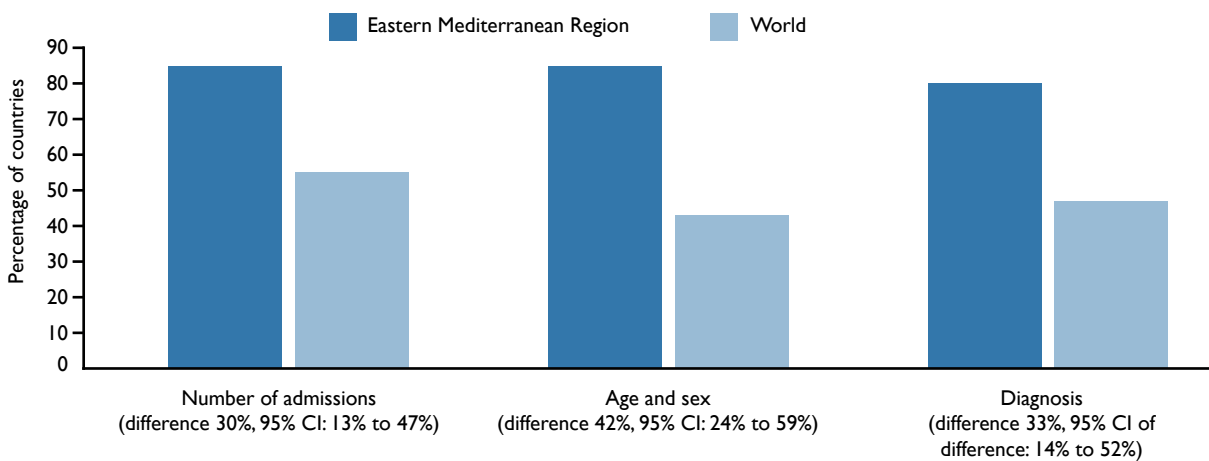


Figure 46. Percentage of countries in which data are collected and reported on admissions in mental hospitals

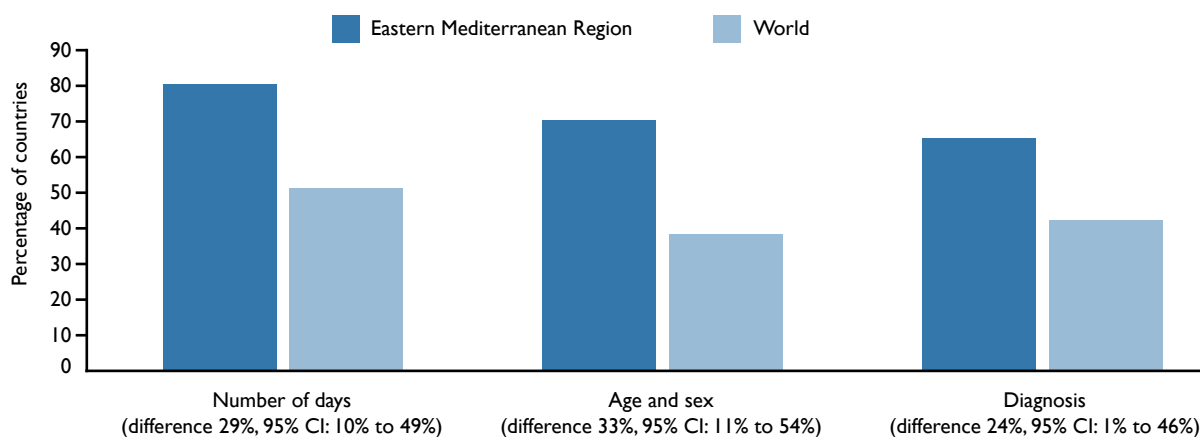


Figure 47. Percentage of countries in which data are collected and reported on days spent in mental hospitals

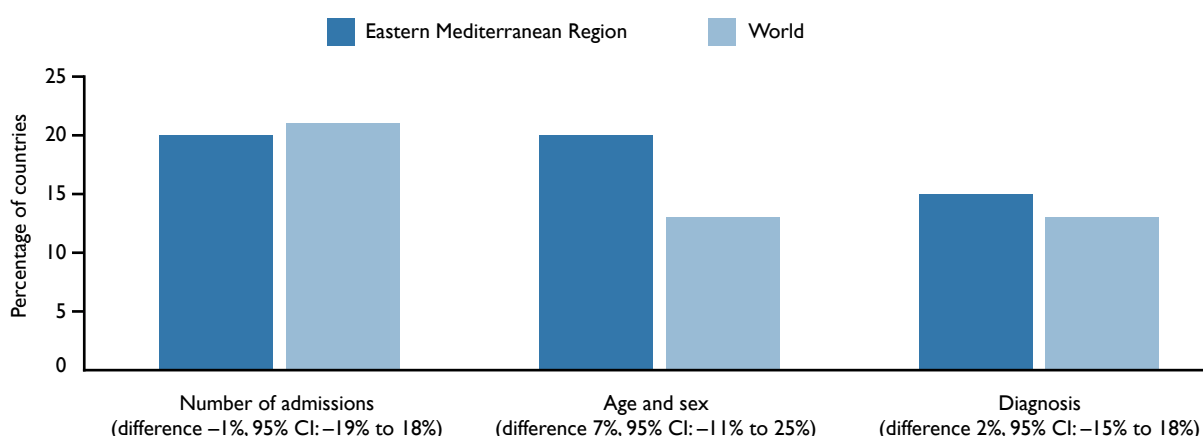


Figure 48. Percentage of countries in which data are collected and reported on admissions in community residential facilities

of countries this also includes data diagnosis. The proportions of countries with these data available in the Eastern Mediterranean Region are similar to those in the global data.

10. Summary of results

There are large variations in the countries of the Eastern Mediterranean Region in terms of their size, population, education and health. The regional health system groups classify countries into three groups which are broadly similar in terms of population health outcomes,

health system performance and level of health expenditure.

Governance

1. At the time the Atlas data were collected in 2010, 65% of countries of the Region had contemporary mental health policies, and 75% had contemporary mental health plans. These percentages were at least as high as in the global data. By 2012, these rates had risen such that 75% of countries have mental health policies and 90% have mental health plans. All plans involve integration of mental health into

primary care, and most include timelines, shift from mental hospitals to community care, and funding.

2. At the time the Atlas data were collected in 2010, 55% of countries had dedicated mental health legislation, although only one third had been enacted within the previous 20 years. This means that 65% of countries did not have mental health legislation enacted in the last 20 years. This is similar to the global data.

Financing

3. Very few countries have data on mental health financing. What little data there are suggest that about 3.7% of the health budget goes to mental health, and that there is a wide range of mental hospital expenditure as a percentage of total mental health budget (17%–94%).

Mental health care delivery

4. 90% of countries permit their primary care doctors to prescribe psychotherapeutic medication, and 50% permit this without restriction, which is similar to the global data. 20% of countries have enabled their primary care nurses to diagnose and treat mental disorders. Only one country permits primary care nurses to prescribe, which is significantly fewer than in the global data.

5. 25% of countries have trained the majority of primary care doctors on mental health in the past 5 years, and 10% of countries have trained primary care nurses on mental health in the same period. 40% of countries have manuals on the management of mental disorders available in most primary health care clinics. Referral procedures from primary to secondary/tertiary mental health care exist in 70% of countries, and back-referral exists in 50% of countries. These rates are all similar to the global data.

6. All countries in the Region have made some progress towards the integration of mental health into primary care. The extent of this progress varies greatly between countries, irrespective of regional health system group.

7. The availability of mental health facilities per 100 000 population varies between countries, and this is partly explained by regional health system group. For example, group 1 and 2 countries have more psychiatric beds than group 3 countries (although group 1 countries have fewer psychiatric beds in general hospitals per 100 000 population than group 2 and 3 countries).

8. The Eastern Mediterranean Region has significantly fewer psychiatric day treatment facilities and contacts per 100 000 population compared with the global data.

9. The Region tends to have fewer outpatient facilities and contacts, and psychiatric beds and admissions in general hospitals per 100 000 population compared with the global data.

10. The Region has similar rates of community residential facilities to the global data, though far fewer than in Europe.

11. The Region has similar rates of mental hospital beds to the global data.

12. When all psychiatric beds are considered, the Eastern Mediterranean Region has a greater proportion in mental hospitals (66%) as opposed to community/general hospital settings than in the global data (57%). This distribution varies greatly between individual countries of the Region, with between 0% and 86% of beds being located in community settings.

Human resources

13. The median numbers of mental health professionals trained each year per 100 000 population in the Region are comparable with the corresponding global rates.

14. There are large variations in the mental health workforce between countries. The workforces of psychiatrists, nurses, psychologists and occupational therapists are largest in group 1 countries and smallest in group 3 countries. The rates for other medical doctors and other health or mental workers working in mental health facilities tend to be higher in group 3 countries. The Eastern Mediterranean Region's mental health workforce includes a large percentage of other health or mental health workers compared with the global data (64.4% compared with 5.1%); and relatively few other medical doctors (17.3% compared with 43.4%) and nurses (12.6% compared with 43.6%).

15. User and family associations exist in fewer countries of the Region than in the global data, and where they do exist they are less frequently involved in meetings to formulate/implement policy/plans/legislation.

Psychotherapeutic medicines

16. There are insufficient data to comment meaningfully on expenditure on psychotherapeutic medications.

Information systems

17. 80% or more of countries regularly collect and report data on persons treated in mental health outpatient facilities, contacts in mental health outpatient facilities, admissions to mental hospitals, and days spent in mental hospitals, and these exceed the corresponding global rates in most aspects.

18. Between 45% and 65% of countries regularly collect and report data on persons with mental disorders treated in primary care, persons treated in mental health day treatment facilities, and admissions to general hospitals with psychiatric beds. These rates are similar to the global rates (except for age and sex for persons treated in mental health day treatment facilities, which are more frequently reported in countries of the Eastern Mediterranean Region).

19. A minority (<30%) of countries regularly collect and report data on interventions delivered in primary health care for people with mental disorders, and admissions to community residential facilities, which is similar to the global data.

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6. World Health Organization. Regional Office for the Eastern Mediterranean, Regional Health Observatory, available at <http://www.emro.who.int/entity/statistics/data-and-statistics.html> (accessed 22 September 2012)
7. *World population prospects: the 2010 revision*, New York, United Nations, Department of Economic and Social Affairs, Population Division, 2011. Available at <http://www.un.org/esa/population/unpop.htm> (accessed 22.09.2012)
8. World Health Organization. Suicide Prevention Programme, *Suicide rates per 100 000 by country, year and sex*, available at http://www.who.int/mental_health/prevention/suicide_rates/en/index.html (accessed 22 September 2012)
9. *The global burden of disease – 2004 update*. Geneva, World Health Organization, 2008. http://www.who.int/healthinfo/global_burden_disease/2004_report_update/en/

**Country fact sheets:
resources for mental health**

Afghanistan

General information					
Area ¹	652 225 km ²		Male	Female	
Population ¹	26 000 000	Adult literacy rate ¹	39%	13%	
Sex ratio (M:F) ²	1.07	Life expectancy at birth ¹	47 years	45 years	
Under 15 years ¹	46.0%	Suicide rate ³	UN	UN	
Over 65 years ¹	4.0%				
World Bank income group				Low	
Expenditure on health as a percentage of gross domestic product ¹				7.4%	
Per capita government expenditure on health (PPP int. \$) ¹				\$11	
Contribution of neuropsychiatric disorders to global burden of disease ⁴				6.7%	
Governance					
	Enacted				
Mental health policy	2010	• Mental health mentioned in general health policy ✓			
Mental health legislation	1996	• Mental health covered in other laws ✓			
Mental health plan exists and was most recently approved in 2011; its components include:					
• Timelines for implementation ✓		• Shift from mental hospitals to community facilities ✓			
• Funding allocated for ≥50% of items ✓		• Integration of mental health into primary health care ✓			
Financing					
Mental health expenditures by the government are not available					
Mental hospital expenditures as a percentage of total mental health budget are not available					
Mental health care delivery					
Primary health care					
Doctors authorized to prescribe and/or continue prescription of psychotherapeutic medicines ✓					
Doctors authorized to prescribe and/or continue prescription of psychotherapeutic medicines ✓					
Nurses authorized to prescribe and/or continue prescription of psychotherapeutic medicines ✗					
Nurses authorized to independently diagnose and treat mental disorders within primary health care system ✗					
Majority of doctors have received official training on mental health within the last five years ✗					
Majority of nurses have received official training on mental health within the last five years ✗					
Officially approved manuals on management of mental disorders available in majority of primary health care clinics ✓					
Official referral procedures from primary health care to secondary/tertiary mental health care exist ✓					
Official back-referral procedures from secondary/tertiary mental health care to primary health care exist ✓					
Availability of mental health facilities		Total facilities/beds		Reserved for children and adolescents	
		Number	Rate per 100 000 population	Number	Rate per 100 000 population
Mental health outpatient facilities		9	0.04	0	0
Day treatment facilities		1	0.004	0	0
Psychiatric beds in general hospitals		90	0.35	0	0
Community residential facilities		0	0	0	0
Beds/places in community residential facilities		0	0	0	0
Mental hospitals		1	0.004	0	0
Beds in mental hospitals		100	0.38	0	0

¹World Health Organization, Regional Office for the Eastern Mediterranean, Regional Health Observatory, available at <http://www.emro.who.int/entity/statistics/data-and-statistics.html> (accessed 22.09.2012)

²United Nations, Department of Economic and Social Affairs, Population Division (2011), *World population prospects: the 2010 revision*, available at <http://www.un.org/esa/population/unpop.htm> (accessed 22.09.2012)

³World Health Organization, Suicide Prevention Programme, *Suicide rates per 100,000 by country, year and sex*, available at http://www.who.int/mental_health/prevention/suicide_rates/en/index.html (accessed 22.09.2012)

⁴World Health Organization, 2008.

Mental health care delivery			
Access to mental health care	Rate per 100 000 population	Females (%)	Age <18 (%)
Persons treated in mental health outpatient facilities	1864.30	65%	UN
Persons treated in mental health day treatment facilities	4.82	69%	UN
Admissions to psychiatric beds in general hospitals	16.89	49%	UN
Persons staying in community residential facilities at end of year	NA	NA	NA
Admissions to mental hospitals	3.52	43%	UN
Long term care in mental hospitals (% of persons staying)			
Less than 1 year		UN	
More than 1 and less than 5 years		UN	
More than 5 years		UN	
Human resources			
Workforce and training	Health professionals working in the mental health sector	Training of health professions in educational institutions	
Rates per 100 000 population			
Psychiatrists	0.01		UN
Medical doctors, not specialized in psychiatry	0.38		UN
Nurses	0.16		UN
Psychologists	0.01		UN
Social workers	0.00		UN
Occupational therapists	0.01		UN
Other health workers	0.04		UN
Informal human resources	User associations	Family associations	
Present in the country	x		x
Number of members	NA		NA
Participation in the formulation/implementation of policy/plan/legislation	NA		NA
Medicines			
Expenditures at country level per year and per 100 000 population (US\$)			
All the psychotherapeutic medicines		UN	
Medicines used for bipolar disorders		UN	
Medicines for psychotic disorders		UN	
Medicines used for general anxiety		UN	
Medicines used for mood disorders		UN	
Information systems			
Data collected and reported	Number	Age and sex	Diagnosis
Persons with mental disorders treated in primary health care	✓	✓	✓
Interventions delivered in primary health care for people with mental disorders	x	x	x
Persons treated in mental health outpatient facilities	✓	✓	✓
Contacts in mental health outpatient facilities	✓	✓	✓
Persons treated in mental health day treatment facilities	✓	✓	✓
Admissions in general hospitals with psychiatric beds	✓	✓	✓
Admissions in mental hospitals	✓	✓	✓
Days spent in mental hospitals	✓	✓	✓
Admissions in community residential facilities	NA	NA	NA

UN=information not available, NA=item not applicable

Bahrain

General information				
Area ¹	760 km ²		Male	Female
Population ¹	1 235 000	Adult literacy rate ¹	93%	83%
Sex ratio (M:F) ²	1.67	Life expectancy at birth ¹	73 years	77 years
Under 15 years ¹	20.1%	Suicide rate ³	4.0/100 000	3.5/100 000
Over 65 years ¹	2.1%			
World Bank income group				Low
Expenditure on health as a percentage of gross domestic product ¹				4.5%
Per capita government expenditure on health (PPP int. \$) ¹				\$761
Contribution of neuropsychiatric disorders to global burden of disease ⁴				18.6%
Governance				
	Enacted			
Mental health policy	1993	• Mental health mentioned in general health policy ✓		
Mental health legislation	Draft, awaiting approval by parliament	• Mental health covered in other laws ✓		
Mental health plan exists and was most recently approved in 1997; its components include:				
• Timelines for implementation ✓		• Shift from mental hospitals to community facilities ✓		
• Funding allocated for ≥50% of items ✓		• Integration of mental health into primary health care ✓		
Financing				
Mental health expenditures by the government are not available				
Mental hospital expenditures as a percentage of total mental health budget are not available				
Mental health care delivery				
Primary health care				
Doctors authorized to prescribe and/or continue prescription of psychotherapeutic medicines, but with restrictions ✓				
Nurses authorized to prescribe and/or continue prescription of psychotherapeutic medicines ✗				
Nurses authorized to independently diagnose and treat mental disorders within primary health care system ✗				
Majority of doctors have received official training on mental health within the last five years ✓				
Majority of nurses have received official training on mental health within the last five years ✗				
Officially approved manuals on management of mental disorders available in majority of primary health care clinics ✗				
Official referral procedures from primary health care to secondary/tertiary mental health care exist ✓				
Official back-referral procedures from secondary/tertiary mental health care to primary health care exist ✓				
Availability of mental health facilities	Total facilities/beds		Reserved for children and adolescents	
	Number	Rate per 100 000 population	Number	Rate per 100 000 population
Mental health outpatient facilities	5	0.41	1	0.08
Day treatment facilities	2	0.16	1	0.08
Psychiatric beds in general hospitals	0	0.35	0	0
Community residential facilities	0	0	0	0
Beds/places in community residential facilities	0	0	0	0
Mental hospitals	1	0.08	0	0
Beds in mental hospitals	226	18.30	12	0.97

¹World Health Organization, Regional Office for the Eastern Mediterranean, Regional Health Observatory, available at <http://www.emro.who.int/entity/statistics/data-and-statistics.html> (accessed 22.09.2012)

²United Nations, Department of Economic and Social Affairs, Population Division (2011), *World population prospects: the 2010 revision*, available at <http://www.un.org/esa/population/unpop.htm> (accessed 22.09.2012)

³World Health Organization, Suicide Prevention Programme, *Suicide rates per 100,000 by country, year and sex*, available at http://www.who.int/mental_health/prevention/suicide_rates/en/index.html (accessed 22.09.2012)

⁴World Health Organization, 2008.

Mental health care delivery			
Access to mental health care	Rate per 100 000 population	Females (%)	Age <18 (%)
Persons treated in mental health outpatient facilities	43.08	UN	UN
Persons treated in mental health day treatment facilities	NA	UN	UN
Admissions to psychiatric beds in general hospitals	NA	NA	UN
Persons staying in community residential facilities at end of year	84.45	NA	NA
Admissions to mental hospitals	3.52	35%	8%
Long term care in mental hospitals (% of persons staying)			
Less than 1 year	39%		
More than 1 and less than 5 years	10%		
More than 5 years	51%		
Human resources			
Workforce and training	Health professionals working in the mental health sector	Training of health professions in educational institutions	
Rates per 100 000			
Psychiatrists	5.35		0.0
Medical doctors, not specialized in psychiatry	UN		11.90
Nurses	19.04		9.96
Psychologists	0.33		NA
Social workers	0.62		7.85
Occupational therapists	1.14		NA
Other health workers	11.01		NA
Informal human resources	User associations	Family associations	
Present in the country	✓		✓
Number of members	3		1
Participation in the formulation/implementation of policy/plan/legislation	Frequently		Frequently
Medicines			
Expenditures at country level per year and per 100 000 population (US\$)			
All the psychotherapeutic medicines	UN		
Medicines used for bipolar disorders	1 505 304		
Medicines for psychotic disorders	UN		
Medicines used for general anxiety	4 848 991		
Medicines used for mood disorders	UN		
Information systems			
Data collected and reported	Number	Age and sex	Diagnosis
Persons with mental disorders treated in primary health care	✓	✓	✓
Interventions delivered in primary health care for people with mental disorders	✓	✓	✓
Persons treated in mental health outpatient facilities	x	x	x
Contacts in mental health outpatient facilities	✓	✓	x
Persons treated in mental health day treatment facilities	✓	✓	x
Admissions in general hospitals with psychiatric beds	NA	NA	NA
Admissions in mental hospitals	✓	✓	✓
Days spent in mental hospitals	✓	✓	✓
Admissions in community residential facilities	NA	NA	NA

UN=information not available, NA=item not applicable

Egypt

General information				
Area ¹	1 009 500 km ²		Male	Female
Population ¹	78 728 000	Adult literacy rate ¹	78%	63%
Sex ratio (M:F) ²	1.01	Life expectancy at birth ¹	76 years	71 years
Under 15 years ¹	31.7%	Suicide rate ³	0.1/100 000	0.0/100 000
Over 65 years ¹	3.7%			
World Bank income group				Low
Expenditure on health as a percentage of gross domestic product ¹				5.0%
Per capita government expenditure on health (PPP int. \$) ¹				\$47
Contribution of neuropsychiatric disorders to global burden of disease ⁴				15.1%
Governance				
	Enacted			
Mental health policy	2006	• Mental health mentioned in general health policy ✓		
Mental health legislation	2009	• Mental health covered in other laws ✓		
Mental health plan exists and was most recently approved in 2011; its components include:				
• Timelines for implementation ✓		• Shift from mental hospitals to community facilities ✓		
• Funding allocated for ≥50% of items ✗		• Integration of mental health into primary health care ✓		
Financing				
Mental health expenditures by the government are 2.29% of the total health budget				
Mental hospital expenditures as a percentage of total mental health budget are not available				
Mental health care delivery				
Primary health care				
Doctors authorized to prescribe and/or continue prescription of psychotherapeutic medicines, but with restrictions ✓				
Nurses authorized to prescribe and/or continue prescription of psychotherapeutic medicines ✗				
Nurses authorized to independently diagnose and treat mental disorders within primary health care system ✗				
Majority of doctors have received official training on mental health within the last five years ✗				
Majority of nurses have received official training on mental health within the last five years ✗				
Officially approved manuals on management of mental disorders available in majority of primary health care clinics ✓				
Official referral procedures from primary health care to secondary/tertiary mental health care exist ✗				
Official back-referral procedures from secondary/tertiary mental health care to primary health care exist ✗				
Availability of mental health facilities	Total facilities/beds		Reserved for children and adolescents	
	Number	Rate per 100 000 population	Number	Rate per 100 000 population
Mental health outpatient facilities	96	0.122	11	0.01
Day treatment facilities	2	0.003	0	0
Psychiatric beds in general hospitals	399	0.51	UN	UN
Community residential facilities	0	0	0	0
Beds/places in community residential facilities	0	0	0	0
Mental hospitals	38	0.05	0	0
Beds in mental hospitals	7940	10.09	11	0.01

¹World Health Organization, Regional Office for the Eastern Mediterranean, Regional Health Observatory, available at <http://www.emro.who.int/entity/statistics/data-and-statistics.html> (accessed 22.09.2012)

²United Nations, Department of Economic and Social Affairs, Population Division (2011), *World population prospects: the 2010 revision*, available at <http://www.un.org/esa/population/unpop.htm> (accessed 22.09.2012)

³World Health Organization, Suicide Prevention Programme, *Suicide rates per 100,000 by country, year and sex*, available at http://www.who.int/mental_health/prevention/suicide_rates/en/index.html (accessed 22.09.2012)

⁴World Health Organization, 2008.

Mental health care delivery			
Access to mental health care	Rate per 100 000 population	Females (%)	Age <18 (%)
Persons treated in mental health outpatient facilities	49.65	23%	29%
Persons treated in mental health day treatment facilities	1.81	30%	UN
Admissions to psychiatric beds in general hospitals	2.53	UN	UN
Persons staying in community residential facilities at end of year	NA	NA	NA
Admissions to mental hospitals	12.80	19%	UN
Long term care in mental hospitals (% of persons staying)			
Less than 1 year	87%		
More than 1 and less than 5 years	4%		
More than 5 years	9%		
Human resources			
Workforce and training	Health professionals working in the mental health sector	Training of health professions in educational institutions	
Rates per 100 000			
Psychiatrists	0.58		UN
Medical doctors, not specialized in psychiatry	0.33		UN
Nurses	2.23		UN
Psychologists	0.14		UN
Social workers	0.25		UN
Occupational therapists	0		UN
Other health workers	UN		NA
Informal human resources	User associations	Family associations	
Present in the country	x		x
Number of members	NA		NA
Participation in the formulation/implementation of policy/plan/legislation	NA		NA
Medicines			
Expenditures at country level per year and per 100 000 population (US\$)			
All the psychotherapeutic medicines	6 072		
Medicines used for bipolar disorders	UN		
Medicines for psychotic disorders	UN		
Medicines used for general anxiety	UN		
Medicines used for mood disorders	UN		
Information systems			
Data collected and reported	Number	Age and sex	Diagnosis
Persons with mental disorders treated in primary health care	x	x	x
Interventions delivered in primary health care for people with mental disorders	x	x	x
Persons treated in mental health outpatient facilities	✓	✓	✓
Contacts in mental health outpatient facilities	✓	✓	✓
Persons treated in mental health day treatment facilities	✓	✓	x
Admissions in general hospitals with psychiatric beds	✓	✓	x
Admissions in mental hospitals	✓	✓	✓
Days spent in mental hospitals	✓	✓	✓
Admissions in community residential facilities	x	x	x

UN=information not available, NA=item not applicable

Islamic Republic of Iran

General information					
Area ¹	1 648 195 km ²		Male	Female	
Population ¹	74 733 000	Adult literacy rate ¹	88%	78%	
Sex ratio (M:F) ²	1.03	Life expectancy at birth ¹	71 years	73 years	
Under 15 years ¹	22.5%	Suicide rate ³	0.3/100 000	0.1/100 000	
Over 65 years ¹	5.0%				
World Bank income group			Upper middle		
Expenditure on health as a percentage of gross domestic product ¹			5.5%		
Per capita government expenditure on health (PPP int. \$) ¹			\$10		
Contribution of neuropsychiatric disorders to global burden of disease ⁴			16.6%		
Governance					
	Enacted				
Mental health policy	2007	• Mental health mentioned in general health policy ✓			
Mental health legislation	2009	• Mental health covered in other laws ✓			
Mental health plan exists and was most recently approved in 2011; its components include:					
• Timelines for implementation ✓		• Shift from mental hospitals to community facilities ✓			
• Funding allocated for ≥50% of items ✓		• Integration of mental health into primary health care ✓			
Financing					
Mental health expenditures by the government are 3.6% of the total health budget					
Mental hospital expenditures are 17% of the total mental health budget					
Mental health care delivery					
Primary health care					
Doctors authorized to prescribe and/or continue prescription of psychotherapeutic medicines ✓					
Doctors authorized to prescribe and/or continue prescription of psychotherapeutic medicines ✓					
Nurses authorized to prescribe and/or continue prescription of psychotherapeutic medicines ✗					
Nurses authorized to independently diagnose and treat mental disorders within primary health care system ✗					
Majority of doctors have received official training on mental health within the last five years ✗					
Majority of nurses have received official training on mental health within the last five years ✗					
Officially approved manuals on management of mental disorders available in majority of primary health care clinics ✓					
Official referral procedures from primary health care to secondary/tertiary mental health care exist ✓					
Official back-referral procedures from secondary/tertiary mental health care to primary health care exist ✓					
Availability of mental health facilities		Total facilities/beds		Reserved for children and adolescents	
		Number	Rate per 100 000 population	Number	Rate per 100 000 population
Mental health outpatient facilities		1074	1.44	16	0.02
Day treatment facilities		92	0.12	12	0.02
Psychiatric beds in general hospitals		1487	1.99	43	0.06
Community residential facilities		82	0.11	0	0
Beds/places in community residential facilities		4350	5.82	0	0
Mental hospitals		41	0.05	0	0
Beds in mental hospitals		5505	7.37	192	0.26

¹World Health Organization, Regional Office for the Eastern Mediterranean, Regional Health Observatory, available at <http://www.emro.who.int/entity/statistics/data-and-statistics.html> (accessed 22.09.2012)

²United Nations, Department of Economic and Social Affairs, Population Division (2011), *World population prospects: the 2010 revision*, available at <http://www.un.org/esa/population/unpop.htm> (accessed 22.09.2012)

³World Health Organization, Suicide Prevention Programme, *Suicide rates per 100,000 by country, year and sex*, available at http://www.who.int/mental_health/prevention/suicide_rates/en/index.html (accessed 22.09.2012)

⁴World Health Organization, 2008.

Mental health care delivery			
Access to mental health care	Rate per 100 000 population	Females (%)	Age <18 (%)
Persons treated in mental health outpatient facilities	1053.08	55%	25%
Persons treated in mental health day treatment facilities	7.20	60%	11%
Admissions to psychiatric beds in general hospitals	36.81	28%	20%
Persons staying in community residential facilities at end of year	8.15	60%	UN
Admissions to mental hospitals	118.5	46%	4%
Long term care in mental hospitals (% of persons staying)			
Less than 1 year	94%		
More than 1 and less than 5 years	4%		
More than 5 years	2%		
Human resources			
Workforce and training	Health professionals working in the mental health sector	Training of health professions in educational institutions	
Rates per 100 000			
Psychiatrists	1.50		0.09
Medical doctors, not specialized in psychiatry	11.48		5.35
Nurses	7.49		9.36
Psychologists	2.20		UN
Social workers	0.67		0.87
Occupational therapists	0.59		UN
Other health workers	41.9		NA
Informal human resources	User associations	Family associations	
Present in the country	✓		✓
Number of members	945		441
Participation in the formulation/implementation of policy/plan/legislation	Not routinely		Not routinely
Medicines			
Expenditures at country level per year and per 100 000 population (US\$)			
All the psychotherapeutic medicines	UN		
Medicines used for bipolar disorders	UN		
Medicines for psychotic disorders	UN		
Medicines used for general anxiety	UN		
Medicines used for mood disorders	UN		
Information systems			
Data collected and reported	Number	Age and sex	Diagnosis
Persons with mental disorders treated in primary health care	✓	✓	✓
Interventions delivered in primary health care for people with mental disorders	✓	✓	✓
Persons treated in mental health outpatient facilities	✓	✓	✓
Contacts in mental health outpatient facilities	✓	✓	✓
Persons treated in mental health day treatment facilities	✓	✓	✗
Admissions in general hospitals with psychiatric beds	✓	✓	✗
Admissions in mental hospitals	✓	✓	✗
Days spent in mental hospitals	✓	✓	✗
Admissions in community residential facilities	✓	✓	✗

UN=information not available, NA=item not applicable

Iraq

General information				
Area ¹	435 052 km ²		Male	Female
Population ¹	32 326 000	Adult literacy rate ¹	65%	65%
Sex ratio (M:F) ²	1.01	Life expectancy at birth ¹	69 years	73 years
Under 15 years ¹	42.9%	Suicide rate ³	UN	UN
Over 65 years ¹	2.8%			
World Bank income group			Lower middle	
Expenditure on health as a percentage of gross domestic product ¹			3.9%	
Per capita government expenditure on health (PPP int. \$) ¹			\$71	
Contribution of neuropsychiatric disorders to global burden of disease ⁴			6.1%	
Governance				
	Enacted			
Mental health policy	×	• Mental health mentioned in general health policy	×	
Mental health legislation	2004	• Mental health covered in other laws	✓	
Mental health plan exists and was most recently approved in 2011; its components include:				
• Timelines for implementation	✓	• Shift from mental hospitals to community facilities	✓	
• Funding allocated for ≥50% of items	✓	• Integration of mental health into primary health care	✓	
Financing				
Mental health expenditures by the government are not available				
Mental hospital expenditures as a percentage of total mental health budget are not available				
Mental health care delivery				
Primary health care				
Doctors authorized to prescribe and/or continue prescription of psychotherapeutic medicines, but with restrictions				
Nurses authorized to prescribe and/or continue prescription of psychotherapeutic medicines				
Nurses authorized to independently diagnose and treat mental disorders within primary health care system				
Majority of doctors have received official training on mental health within the last five years				
Majority of nurses have received official training on mental health within the last five years				
Officially approved manuals on management of mental disorders available in majority of primary health care clinics				
Official referral procedures from primary health care to secondary/tertiary mental health care exist				
Official back-referral procedures from secondary/tertiary mental health care to primary health care exist - UN				
Availability of mental health facilities	Total facilities/beds		Reserved for children and adolescents	
	Number	Rate per 100 000 population	Number	Rate per 100 000 population
Mental health outpatient facilities	34	0.105	5	0.02
Day treatment facilities	1	0.003	UN	UN
Psychiatric beds in general hospitals	350	1.08	10	0.03
Community residential facilities	UN	UN	UN	UN
Beds/places in community residential facilities	UN	UN	UN	UN
Mental hospitals	3	0.01	0	0
Beds in mental hospitals	1340	4.15	0	0

¹World Health Organization, Regional Office for the Eastern Mediterranean, Regional Health Observatory, available at <http://www.emro.who.int/entity/statistics/data-and-statistics.html> (accessed 22.09.2012)

²United Nations, Department of Economic and Social Affairs, Population Division (2011), *World population prospects: the 2010 revision*, available at <http://www.un.org/esa/population/unpop.htm> (accessed 22.09.2012)

³World Health Organization, Suicide Prevention Programme, *Suicide rates per 100,000 by country, year and sex*, available at http://www.who.int/mental_health/prevention/suicide_rates/en/index.html (accessed 22.09.2012)

⁴World Health Organization, 2008.

Mental health care delivery			
Access to mental health care	Rate per 100 000 population	Females (%)	Age <18 (%)
Persons treated in mental health outpatient facilities	217.6	25%	17%
Persons treated in mental health day treatment facilities	UN	UN	UN
Admissions to psychiatric beds in general hospitals	4.8	37%	36%
Persons staying in community residential facilities at end of year	UN	UN	UN
Admissions to mental hospitals	12.37	33%	6%
Long term care in mental hospitals (% of persons staying)			
Less than 1 year	UN		
More than 1 and less than 5 years	UN		
More than 5 years	UN		
Human resources			
Workforce and training	Health professionals working in the mental health sector	Training of health professions in educational institutions	
Rates per 100 000			
Psychiatrists	0.26		0.02
Medical doctors, not specialized in psychiatry	UN		0.07
Nurses	0.87		0.43
Psychologists	UN		0.15
Social workers	UN		UN
Occupational therapists	UN		UN
Other health workers	UN		NA
Informal human resources	User associations	Family associations	
Present in the country	UN		UN
Number of members	UN		UN
Participation in the formulation/implementation of policy/plan/legislation	UN		UN
Medicines			
Expenditures at country level per year and per 100 000 population (US\$)			
All the psychotherapeutic medicines	UN		
Medicines used for bipolar disorders	UN		
Medicines for psychotic disorders	UN		
Medicines used for general anxiety	UN		
Medicines used for mood disorders	UN		
Information systems			
Data collected and reported	Number	Age and sex	Diagnosis
Persons with mental disorders treated in primary health care	✓	✓	✓
Interventions delivered in primary health care for people with mental disorders	✓	✓	✓
Persons treated in mental health outpatient facilities	✓	✓	✓
Contacts in mental health outpatient facilities	✓	✓	✓
Persons treated in mental health day treatment facilities	✓	✓	✓
Admissions in general hospitals with psychiatric beds	✓	✓	✓
Admissions in mental hospitals	✓	✓	✓
Days spent in mental hospitals	x	x	x
Admissions in community residential facilities	x	x	x

UN=information not available, NA=item not applicable

Jordan

General information				
Area ¹	88 778 km ²		Male	Female
Population ¹	6 113 000	Adult literacy rate ¹	96%	89%
Sex ratio (M:F) ²	1.06	Life expectancy at birth ¹	72 years	74 years
Under 15 years ¹	37.3%	Suicide rate ³	0.2/100 000	0.0/100 000
Over 65 years ¹	3.2%			
World Bank income group			Lower middle	
Expenditure on health as a percentage of gross domestic product ¹			9.3%	
Per capita government expenditure on health (PPP int. \$) ¹			\$217	
Contribution of neuropsychiatric disorders to global burden of disease ⁴			15.7%	
Governance				
	Enacted			
Mental health policy	2011	• Mental health mentioned in general health policy	✗	
Mental health legislation	✗	• Mental health covered in other laws	✓	
Mental health plan exists and was most recently approved in 2011; its components include:				
• Timelines for implementation	✓	• Shift from mental hospitals to community facilities	✓	
• Funding allocated for ≥50% of items	✓	• Integration of mental health into primary health care	✓	
Financing				
Mental health expenditures by the government are not available				
Mental hospital expenditures as a percentage of total mental health budget are not available				
Mental health care delivery				
Primary health care				
Doctors authorized to prescribe and/or continue prescription of psychotherapeutic medicines, but with restrictions				
Nurses authorized to prescribe and/or continue prescription of psychotherapeutic medicines				
Nurses authorized to independently diagnose and treat mental disorders within primary health care system				
Majority of doctors have received official training on mental health within the last five years				
Majority of nurses have received official training on mental health within the last five years				
Officially approved manuals on management of mental disorders available in majority of primary health care clinics				
Official referral procedures from primary health care to secondary/tertiary mental health care exist - UN				
Official back-referral procedures from secondary/tertiary mental health care to primary health care exist				
Availability of mental health facilities	Total facilities/beds		Reserved for children and adolescents	
	Number	Rate per 100 000 population	Number	Rate per 100 000 population
Mental health outpatient facilities	64	1.05	1	0.02
Day treatment facilities	1	0.02	0	0
Psychiatric beds in general hospitals	UN	UN	UN	UN
Community residential facilities	1	0.02	UN	UN
Beds/places in community residential facilities	150	2.45	UN	UN
Mental hospitals	2	0.03	UN	UN
Beds in mental hospitals	330	5.4	UN	UN

¹World Health Organization, Regional Office for the Eastern Mediterranean, Regional Health Observatory, available at <http://www.emro.who.int/entity/statistics/data-and-statistics.html> (accessed 22.09.2012)

²United Nations, Department of Economic and Social Affairs, Population Division (2011), *World population prospects: the 2010 revision*, available at <http://www.un.org/esa/population/unpop.htm> (accessed 22.09.2012)

³World Health Organization, Suicide Prevention Programme, *Suicide rates per 100,000 by country, year and sex*, available at http://www.who.int/mental_health/prevention/suicide_rates/en/index.html (accessed 22.09.2012)

⁴World Health Organization, 2008.

Mental health care delivery			
Access to mental health care	Rate per 100 000 population	Females (%)	Age <18 (%)
Persons treated in mental health outpatient facilities	297.4	39%	3%
Persons treated in mental health day treatment facilities	0.48	14%	0%
Admissions to psychiatric beds in general hospitals	UN	UN	UN
Persons staying in community residential facilities at end of year	2.13	0%	0%
Admissions to mental hospitals	12.75	20%	0%
Long term care in mental hospitals (% of persons staying)			
Less than 1 year	78%		
More than 1 and less than 5 years	5%		
More than 5 years	17%		
Human resources			
Workforce and training	Health professionals working in the mental health sector	Training of health professions in educational institutions	
Rates per 100 000			
Psychiatrists	1.14		0.15
Medical doctors, not specialized in psychiatry	0.03		16.36
Nurses	4.27		24.54
Psychologists	0.18		UN
Social workers	0.26		UN
Occupational therapists	0.03		UN
Other health workers	UN		NA
Informal human resources	User associations	Family associations	
Present in the country	x		x
Number of members	NA		NA
Participation in the formulation/implementation of policy/plan/legislation	NA		NA
Medicines			
Expenditures at country level per year and per 100 000 population (US\$)			
All the psychotherapeutic medicines	UN		
Medicines used for bipolar disorders	UN		
Medicines for psychotic disorders	UN		
Medicines used for general anxiety	UN		
Medicines used for mood disorders	UN		
Information systems			
Data collected and reported	Number	Age and sex	Diagnosis
Persons with mental disorders treated in primary health care	x	✓	✓
Interventions delivered in primary health care for people with mental disorders	x	x	x
Persons treated in mental health outpatient facilities	✓	✓	✓
Contacts in mental health outpatient facilities	✓	✓	✓
Persons treated in mental health day treatment facilities	✓	✓	✓
Admissions in general hospitals with psychiatric beds	x	x	x
Admissions in mental hospitals	✓	✓	✓
Days spent in mental hospitals	✓	✓	✓
Admissions in community residential facilities	✓	✓	✓

UN=information not available, NA=item not applicable

Kuwait

General information				
Area ¹	17 818 km ²		Male	Female
Population ¹	3 566 000	Adult literacy rate ¹	96%	94%
Sex ratio (M:F) ²	1.48	Life expectancy at birth ¹	76 years	79 years
Under 15 years ¹	21.2%	Suicide rate ³	1.9/100 000	1.7/100 000
Over 65 years ¹	1.7%			
World Bank income group			High	
Expenditure on health as a percentage of gross domestic product ¹			3.3%	
Per capita government expenditure on health (PPP int. \$) ¹			\$1 189	
Contribution of neuropsychiatric disorders to global burden of disease ⁴			20.2%	
Governance				
	Enacted			
Mental health policy	2005	• Mental health mentioned in general health policy ✓		
Mental health legislation	✘	• Mental health covered in other laws ✓		
Mental health plan exists and was most recently approved in 2011; its components include:				
• Timelines for implementation ✓		• Shift from mental hospitals to community facilities ✓		
• Funding allocated for ≥50% of items ✘		• Integration of mental health into primary health care ✓		
Financing				
Mental health expenditures by the government are not available				
Mental hospital expenditures as a percentage of total mental health budget are not available				
Mental health care delivery				
Primary health care				
Doctors authorized to prescribe and/or continue prescription of psychotherapeutic medicines, but with restrictions ✓				
Nurses authorized to prescribe and/or continue prescription of psychotherapeutic medicines ✘				
Nurses authorized to independently diagnose and treat mental disorders within primary health care system ✘				
Majority of doctors have received official training on mental health within the last five years ✓				
Majority of nurses have received official training on mental health within the last five years ✘				
Officially approved manuals on management of mental disorders available in majority of primary health care clinics ✘				
Official referral procedures from primary health care to secondary/tertiary mental health care exist ✓				
Official back-referral procedures from secondary/tertiary mental health care to primary health care exist ✓				
Availability of mental health facilities	Total facilities/beds		Reserved for children and adolescents	
	Number	Rate per 100 000 population	Number	Rate per 100 000 population
Mental health outpatient facilities	25	0.70	6	0.17
Day treatment facilities	1	0.03	UN	UN
Psychiatric beds in general hospitals	0	0	0	0
Community residential facilities	UN	UN	UN	UN
Beds/places in community residential facilities	UN	UN	UN	UN
Mental hospitals	1	0.03	UN	UN
Beds in mental hospitals	1000	28.04	UN	UN

¹World Health Organization, Regional Office for the Eastern Mediterranean, Regional Health Observatory, available at <http://www.emro.who.int/entity/statistics/data-and-statistics.html> (accessed 22.09.2012)

²United Nations, Department of Economic and Social Affairs, Population Division (2011), *World population prospects: the 2010 revision*, available at <http://www.un.org/esa/population/unpop.htm> (accessed 22.09.2012)

³World Health Organization, Suicide Prevention Programme, *Suicide rates per 100,000 by country, year and sex*, available at http://www.who.int/mental_health/prevention/suicide_rates/en/index.html (accessed 22.09.2012)

⁴World Health Organization, 2008.

Mental health care delivery			
Access to mental health care	Rate per 100 000 population	Females (%)	Age <18 (%)
Persons treated in mental health outpatient facilities	5608.53	60%	25%
Persons treated in mental health day treatment facilities	UN	UN	UN
Admissions to psychiatric beds in general hospitals	NA	NA	NA
Persons staying in community residential facilities at end of year	UN	UN	UN
Admissions to mental hospitals	72.92	UN	UN
Long term care in mental hospitals (% of persons staying)			
Less than 1 year	89%		
More than 1 and less than 5 years	4%		
More than 5 years	7%		
Human resources			
Workforce and training	Health professionals working in the mental health sector	Training of health professions in educational institutions	
Rates per 100 000			
Psychiatrists	2.24		0.11
Medical doctors, not specialized in psychiatry	UN		2.81
Nurses	11.78		3.36
Psychologists	1.96		1.12
Social workers	0.56		1.96
Occupational therapists	0.11		0.56
Other health workers	UN		NA
Informal human resources	User associations	Family associations	
Present in the country	✓		UN
Number of members	200		UN
Participation in the formulation/implementation of policy/plan/legislation	Not routinely		Not routinely
Medicines			
Expenditures at country level per year and per 100 000 population (US\$)			
All the psychotherapeutic medicines	UN		
Medicines used for bipolar disorders	UN		
Medicines for psychotic disorders	UN		
Medicines used for general anxiety	UN		
Medicines used for mood disorders	UN		
Information systems			
Data collected and reported	Number	Age and sex	Diagnosis
Persons with mental disorders treated in primary health care	NA	NA	NA
Interventions delivered in primary health care for people with mental disorders	NA	NA	NA
Persons treated in mental health outpatient facilities	✓	✓	✓
Contacts in mental health outpatient facilities	✓	✓	✓
Persons treated in mental health day treatment facilities	✓	✓	✓
Admissions in general hospitals with psychiatric beds	NA	NA	NA
Admissions in mental hospitals	✓	✓	✓
Days spent in mental hospitals	✓	✓	✓
Admissions in community residential facilities	NA	NA	NA

UN=information not available, NA=item not applicable

Lebanon

General information				
Area ¹	10 452 km ²		Male	Female
Population ¹	4 189 000	Adult literacy rate ¹	93%	84%
Sex ratio (M:F) ²	0.95	Life expectancy at birth ¹	80 years	83 years
Under 15 years ¹	24.6%	Suicide rate ³	UN	UN
Over 65 years ¹	9.7%			
World Bank income group			Upper middle	
Expenditure on health as a percentage of gross domestic product ¹			8.1%	
Per capita government expenditure on health (PPP int. \$) ¹			\$326	
Contribution of neuropsychiatric disorders to global burden of disease ⁴			14.5%	
Governance				
	Enacted			
Mental health policy	2011 (draft, awaiting approval by parliament)	• Mental health mentioned in general health policy ✗		
Mental health legislation	1983	• Mental health covered in other laws ✓		
Mental health plan exists and was most recently approved in 2011; its components include:				
		• Timelines for implementation ✓		• Shift from mental hospitals to community facilities ✓
		• Funding allocated for ≥50% of items ✓		• Integration of mental health into primary health care ✓
Financing				
Mental health expenditures by the government are 4.8% of the total health budget				
Mental hospital expenditures are 54% of the total mental health budget				
Mental health care delivery				
Primary health care				
Doctors authorized to prescribe and/or continue prescription of psychotherapeutic medicines ✓				
Nurses authorized to prescribe and/or continue prescription of psychotherapeutic medicines ✗				
Nurses authorized to independently diagnose and treat mental disorders within primary health care system ✗				
Majority of doctors have received official training on mental health within the last five years ✗				
Majority of nurses have received official training on mental health within the last five years ✗				
Officially approved manuals on management of mental disorders available in majority of primary health care clinics ✗				
Official referral procedures from primary health care to secondary/tertiary mental health care exist ✗				
Official back-referral procedures from secondary/tertiary mental health care to primary health care exist ✗				
Availability of mental health facilities	Total facilities/beds		Reserved for children and adolescents	
	Number	Rate per 100 000 population	Number	Rate per 100 000 population
Mental health outpatient facilities	10	0.24	UN	UN
Day treatment facilities	0	0	0	0
Psychiatric beds in general hospitals	47	1.12	0	0
Community residential facilities	7	0.17	0	0
Beds/places in community residential facilities	UN	UN	UN	UN
Mental hospitals	3	0.07	UN	UN
Beds in mental hospitals	1678	40.06	90	2.15

¹World Health Organization, Regional Office for the Eastern Mediterranean, Regional Health Observatory, available at <http://www.emro.who.int/entity/statistics/data-and-statistics.html> (accessed 22.09.2012)

²United Nations, Department of Economic and Social Affairs, Population Division (2011), *World population prospects: the 2010 revision*, available at <http://www.un.org/esa/population/unpop.htm> (accessed 22.09.2012)

³World Health Organization, Suicide Prevention Programme, *Suicide rates per 100,000 by country, year and sex*, available at http://www.who.int/mental_health/prevention/suicide_rates/en/index.html (accessed 22.09.2012)

⁴World Health Organization, 2008.

Mental health care delivery			
Access to mental health care	Rate per 100 000 population	Females (%)	Age <18 (%)
Persons treated in mental health outpatient facilities	UN	UN	UN
Persons treated in mental health day treatment facilities	NA	NA	NA
Admissions to psychiatric beds in general hospitals	24.59	34%	UN
Persons staying in community residential facilities at end of year	UN	UN	UN
Admissions to mental hospitals	40.06	38%	12%
Long term care in mental hospitals (% of persons staying)			
Less than 1 year	19%		
More than 1 and less than 5 years	15%		
More than 5 years	66%		
Human resources			
Workforce and training	Health professionals working in the mental health sector	Training of health professions in educational institutions	
Rates per 100 000			
Psychiatrists	1.43		0.12
Medical doctors, not specialized in psychiatry	0.24		0.16
Nurses	1.75		0.48
Psychologists	2.15		0.72
Social workers	0.48		0.12
Occupational therapists	1.20		0.12
Other health workers	7.16		NA
Informal human resources	User associations	Family associations	
Present in the country	✓		✓
Number of members	5		4
Participation in the formulation/implementation of policy/plan/legislation	Never or rarely		Never or rarely
Medicines			
Expenditures at country level per year and per 100 000 population (US\$)			
All the psychotherapeutic medicines	UN		
Medicines used for bipolar disorders	UN		
Medicines for psychotic disorders	UN		
Medicines used for general anxiety	UN		
Medicines used for mood disorders	UN		
Information systems			
Data collected and reported	Number	Age and sex	Diagnosis
Persons with mental disorders treated in primary health care	x	x	x
Interventions delivered in primary health care for people with mental disorders	x	x	x
Persons treated in mental health outpatient facilities	x	x	x
Contacts in mental health outpatient facilities	x	x	x
Persons treated in mental health day treatment facilities	x	x	x
Admissions in general hospitals with psychiatric beds	x	x	x
Admissions in mental hospitals	x	x	x
Days spent in mental hospitals	x	x	x
Admissions in community residential facilities	x	x	x

UN=information not available, NA=item not applicable

Morocco

General information				
Area ¹	710 850 km ²		Male	Female
Population ¹	31 851 000	Adult literacy rate ¹	69%	44%
Sex ratio (M:F) ²	0.96	Life expectancy at birth ¹	74 years	76 years
Under 15 years ¹	27.5%	Suicide rate ³	UN	UN
Over 65 years ¹	5.8%			
World Bank income group			Lower middle	
Expenditure on health as a percentage of gross domestic product ¹			5.5%	
Per capita government expenditure on health (PPP int. \$) ¹			\$54	
Contribution of neuropsychiatric disorders to global burden of disease ⁴			15.8%	
Governance				
	Enacted			
Mental health policy	2008	• Mental health mentioned in general health policy ✓		
Mental health legislation	1959	• Mental health covered in other laws ✓		
Mental health plan exists and was most recently approved in 2011; its components include:				
• Timelines for implementation ✓		• Shift from mental hospitals to community facilities ✓		
• Funding allocated for ≥50% of items ✓		• Integration of mental health into primary health care ✓		
Financing				
Mental health expenditures by the government are not available				
Mental hospital expenditures as a percentage of total mental health budget are not available				
Mental health care delivery				
Primary health care				
Doctors authorized to prescribe and/or continue prescription of psychotherapeutic medicines ✓				
Nurses authorized to prescribe and/or continue prescription of psychotherapeutic medicines ✗				
Nurses authorized to independently diagnose and treat mental disorders within primary health care system ✗				
Majority of doctors have received official training on mental health within the last five years ✗				
Majority of nurses have received official training on mental health within the last five years ✗				
Officially approved manuals on management of mental disorders available in majority of primary health care clinics ✗				
Official referral procedures from primary health care to secondary/tertiary mental health care exist ✗				
Official back-referral procedures from secondary/tertiary mental health care to primary health care exist ✗				
Availability of mental health facilities	Total facilities/beds		Reserved for children and adolescents	
	Number	Rate per 100 000 population	Number	Rate per 100 000 population
Mental health outpatient facilities	80	0.25	UN	UN
Day treatment facilities	1	0.003	1	0.003
Psychiatric beds in general hospitals	773	2.43	UN	UN
Community residential facilities	UN	UN	UN	UN
Beds/places in community residential facilities	UN	UN	UN	UN
Mental hospitals	10	0.03	UN	UN
Beds in mental hospitals	1461	4.59	UN	UN

¹World Health Organization, Regional Office for the Eastern Mediterranean, Regional Health Observatory, available at <http://www.emro.who.int/entity/statistics/data-and-statistics.html> (accessed 22.09.2012)

²United Nations, Department of Economic and Social Affairs, Population Division (2011), *World population prospects: the 2010 revision*, available at <http://www.un.org/esa/population/unpop.htm> (accessed 22.09.2012)

³World Health Organization, Suicide Prevention Programme, *Suicide rates per 100,000 by country, year and sex*, available at http://www.who.int/mental_health/prevention/suicide_rates/en/index.html (accessed 22.09.2012)

⁴World Health Organization, 2008.

Mental health care delivery			
Access to mental health care	Rate per 100 000 population	Females (%)	Age <18 (%)
Persons treated in mental health outpatient facilities	443.37	47%	UN
Persons treated in mental health day treatment facilities	UN	UN	UN
Admissions to psychiatric beds in general hospitals	UN	UN	UN
Persons staying in community residential facilities at end of year	UN	UN	UN
Admissions to mental hospitals	UN	UN	UN
Long term care in mental hospitals (% of persons staying)			
Less than 1 year	UN		
More than 1 and less than 5 years	UN		
More than 5 years	UN		
Human resources			
Workforce and training	Health professionals working in the mental health sector	Training of health professions in educational institutions	
Rates per 100 000			
Psychiatrists	0.91		0.1
Medical doctors, not specialized in psychiatry	0.01		4.52
Nurses	2.37		1.26
Psychologists	0.04		0
Social workers	0.01		0
Occupational therapists	UN		0
Other health workers	0.62		NA
Informal human resources	User associations	Family associations	
Present in the country	UN		UN
Number of members	UN		UN
Participation in the formulation/implementation of policy/plan/legislation	UN		UN
Medicines			
Expenditures at country level per year and per 100 000 population (US\$)			
All the psychotherapeutic medicines	UN		
Medicines used for bipolar disorders	UN		
Medicines for psychotic disorders	UN		
Medicines used for general anxiety	UN		
Medicines used for mood disorders	UN		
Information systems			
Data collected and reported	Number	Age and sex	Diagnosis
Persons with mental disorders treated in primary health care	✓	✓	✓
Interventions delivered in primary health care for people with mental disorders	×	×	×
Persons treated in mental health outpatient facilities	✓	✓	✓
Contacts in mental health outpatient facilities	✓	✓	✓
Persons treated in mental health day treatment facilities	UN	UN	UN
Admissions in general hospitals with psychiatric beds	✓	✓	✓
Admissions in mental hospitals	✓	✓	✓
Days spent in mental hospitals	✓	✓	✓
Admissions in community residential facilities	NA	NA	NA

UN=information not available, NA=item not applicable

Occupied Palestinian Territory

General information				
Area ¹	6 020 km ²		Male	Female
Population ¹	4 048 000	Adult literacy rate ¹	97%	90%
Sex ratio (M:F) ²	1.03	Life expectancy at birth ¹	71 years	74 years
Under 15 years ¹	41.1%	Suicide rate ³	UN	UN
Over 65 years ¹	2.9%			
World Bank income group			Lower middle	
Expenditure on health as a percentage of gross domestic product ¹			15.6%	
Per capita government expenditure on health (PPP int. \$) ¹			\$91	
Contribution of neuropsychiatric disorders to global burden of disease ⁴			UN	
Governance				
	Enacted			
Mental health policy	✗	• Mental health mentioned in general health policy	✓	
Mental health legislation	✗	• Mental health covered in other laws	✓	
Mental health plan exists and was most recently approved in 2011; its components include:				
• Timelines for implementation	✓	• Shift from mental hospitals to community facilities	✓	
• Funding allocated for ≥50% of items	✗	• Integration of mental health into primary health care	✓	
Financing				
Mental health expenditures by the government are not available				
Mental hospital expenditures as a percentage of total mental health budget are not available				
Mental health care delivery				
Primary health care				
Doctors authorized to prescribe and/or continue prescription of psychotherapeutic medicines ✗				
Nurses authorized to prescribe and/or continue prescription of psychotherapeutic medicines ✗				
Nurses authorized to independently diagnose and treat mental disorders within primary health care system ✗				
Majority of doctors have received official training on mental health within the last five years ✗				
Majority of nurses have received official training on mental health within the last five years ✗				
Officially approved manuals on management of mental disorders available in majority of primary health care clinics ✗				
Official referral procedures from primary health care to secondary/tertiary mental health care exist ✓				
Official back-referral procedures from secondary/tertiary mental health care to primary health care exist ✓				
Availability of mental health facilities	Total facilities/beds		Reserved for children and adolescents	
	Number	Rate per 100 000 population	Number	Rate per 100 000 population
Mental health outpatient facilities	18	0.45	1	0.02
Day treatment facilities	7	0.17	UN	UN
Psychiatric beds in general hospitals	20	0.49	UN	UN
Community residential facilities	0	0	0	0
Beds/places in community residential facilities	0	0	0	0
Mental hospitals	2	0.05	UN	UN
Beds in mental hospitals	231	5.71	UN	UN

¹World Health Organization, Regional Office for the Eastern Mediterranean, Regional Health Observatory, available at <http://www.emro.who.int/entity/statistics/data-and-statistics.html> (accessed 22.09.2012)

²United Nations, Department of Economic and Social Affairs, Population Division (2011), *World population prospects: the 2010 revision*, available at <http://www.un.org/esa/population/unpop.htm> (accessed 22.09.2012)

³World Health Organization, Suicide Prevention Programme, *Suicide rates per 100,000 by country, year and sex*, available at http://www.who.int/mental_health/prevention/suicide_rates/en/index.html (accessed 22.09.2012)

⁴World Health Organization, 2008.

Mental health care delivery			
Access to mental health care	Rate per 100 000 population	Females (%)	Age <18 (%)
Persons treated in mental health outpatient facilities	3693.43	UN	UN
Persons treated in mental health day treatment facilities	UN	UN	UN
Admissions to psychiatric beds in general hospitals	7.76	UN	UN
Persons staying in community residential facilities at end of year	UN	UN	UN
Admissions to mental hospitals	13.02	UN	UN
Long term care in mental hospitals (% of persons staying)			
Less than 1 year	43%		
More than 1 and less than 5 years	0%		
More than 5 years	47%		
Human resources			
Workforce and training	Health professionals working in the mental health sector	Training of health professions in educational institutions	
Rates per 100 000			
Psychiatrists	0.89		0.05
Medical doctors, not specialized in psychiatry	0.27		1.07
Nurses	3.61		7.71
Psychologists	0.37		2.22
Social workers	0.54		5.32
Occupational therapists	0.22		0.72
Other health workers	UN		NA
Informal human resources	User associations	Family associations	
Present in the country	x		✓
Number of members	UN		UN
Participation in the formulation/implementation of policy/plan/legislation	NA		Not routinely
Medicines			
Expenditures at country level per year and per 100 000 population (US\$)			
All the psychotherapeutic medicines	UN		
Medicines used for bipolar disorders	UN		
Medicines for psychotic disorders	UN		
Medicines used for general anxiety	UN		
Medicines used for mood disorders	UN		
Information systems			
Data collected and reported	Number	Age and sex	Diagnosis
Persons with mental disorders treated in primary health care	✓	✓	✓
Interventions delivered in primary health care for people with mental disorders	x	x	x
Persons treated in mental health outpatient facilities	✓	✓	✓
Contacts in mental health outpatient facilities	✓	✓	✓
Persons treated in mental health day treatment facilities	✓	✓	✓
Admissions in general hospitals with psychiatric beds	✓	✓	✓
Admissions in mental hospitals	✓	✓	✓
Days spent in mental hospitals	✓	✓	✓
Admissions in community residential facilities	x	x	x

UN=information not available, NA=item not applicable

Oman

General information					
Area ¹	309 500 km ²		Male	Female	
Population ¹	3 174 000	Adult literacy rate ¹	89%	98%	
Sex ratio (M:F) ²	1.44	Life expectancy at birth ¹	70 years	76 years	
Under 15 years ¹	34.5%	Suicide rate ³	UN	UN	
Over 65 years ¹	2.3%				
World Bank income group				High	
Expenditure on health as a percentage of gross domestic product ¹				3.0%	
Per capita government expenditure on health (PPP int. \$) ¹				\$391	
Contribution of neuropsychiatric disorders to global burden of disease ⁴				16.8%	
Governance					
	Enacted				
Mental health policy	2009	• Mental health mentioned in general health policy ✓			
Mental health legislation	✗	• Mental health covered in other laws ✓			
Mental health plan exists and was most recently approved in 2011; its components include:					
• Timelines for implementation ✓		• Shift from mental hospitals to community facilities ✗			
• Funding allocated for ≥50% of items ✓		• Integration of mental health into primary health care ✓			
Financing					
Mental health expenditures by the government are not available					
Mental hospital expenditures as a percentage of total mental health budget are not available					
Mental health care delivery					
Primary health care					
Doctors authorized to prescribe and/or continue prescription of psychotherapeutic medicines, but with restrictions					
Nurses authorized to prescribe and/or continue prescription of psychotherapeutic medicines ✗					
Nurses authorized to independently diagnose and treat mental disorders within primary health care system ✗					
Majority of doctors have received official training on mental health within the last five years ✗					
Majority of nurses have received official training on mental health within the last five years ✗					
Officially approved manuals on management of mental disorders available in majority of primary health care clinics ✓					
Official referral procedures from primary health care to secondary/tertiary mental health care exist ✓					
Official back-referral procedures from secondary/tertiary mental health care to primary health care exist ✓					
Availability of mental health facilities		Total facilities/beds		Reserved for children and adolescents	
	Number	Rate per 100 000 population	Number	Rate per 100 000 population	
Mental health outpatient facilities	26	0.82	2	0.06	
Day treatment facilities	0	0	0	0	
Psychiatric beds in general hospitals	12	0.38	0	0	
Community residential facilities	0	0	0	0	
Beds/places in community residential facilities	0	0	0	0	
Mental hospitals	1	0.03	0	0	
Beds in mental hospitals	64	2.02	0	0	

¹World Health Organization, Regional Office for the Eastern Mediterranean, Regional Health Observatory, available at <http://www.emro.who.int/entity/statistics/data-and-statistics.html> (accessed 22.09.2012)

²United Nations, Department of Economic and Social Affairs, Population Division (2011), *World population prospects: the 2010 revision*, available at <http://www.un.org/esa/population/unpop.htm> (accessed 22.09.2012)

³World Health Organization, Suicide Prevention Programme, *Suicide rates per 100,000 by country, year and sex*, available at http://www.who.int/mental_health/prevention/suicide_rates/en/index.html (accessed 22.09.2012)

⁴World Health Organization, 2008.

Mental health care delivery			
Access to mental health care	Rate per 100 000 population	Females (%)	Age <18 (%)
Persons treated in mental health outpatient facilities	329.74	47%	25%
Persons treated in mental health day treatment facilities	NA	NA	NA
Admissions to psychiatric beds in general hospitals	4.22	40%	0%
Persons staying in community residential facilities at end of year	NA	NA	NA
Admissions to mental hospitals	24.86	27%	0%
Long term care in mental hospitals (% of persons staying)			
Less than 1 year	100%		
More than 1 and less than 5 years	0%		
More than 5 years	0%		
Human resources			
Workforce and training	Health professionals working in the mental health sector	Training of health professions in educational institutions	
Rates per 100 000			
Psychiatrists	2.11		0.09
Medical doctors, not specialized in psychiatry	0.38		1.07
Nurses	6.01		22.63
Psychologists	0.16		0.31
Social workers	0.06		0.85
Occupational therapists	0.09		0.03
Other health workers	UN		NA
Informal human resources	User associations	Family associations	
Present in the country	x		x
Number of members	NA		NA
Participation in the formulation/implementation of policy/plan/legislation	NA		NA
Medicines			
Expenditures at country level per year and per 100 000 population (US\$)			
All the psychotherapeutic medicines	80 396		
Medicines used for bipolar disorders	6 963		
Medicines for psychotic disorders	50 419		
Medicines used for general anxiety	2 229		
Medicines used for mood disorders	20 784		
Information systems			
Data collected and reported	Number	Age and sex	Diagnosis
Persons with mental disorders treated in primary health care	✓	✓	✓
Interventions delivered in primary health care for people with mental disorders	✓	✓	✓
Persons treated in mental health outpatient facilities	✓	✓	✓
Contacts in mental health outpatient facilities	✓	✓	✓
Persons treated in mental health day treatment facilities	NA	NA	NA
Admissions in general hospitals with psychiatric beds	✓	✓	✓
Admissions in mental hospitals	✓	✓	✓
Days spent in mental hospitals	✓	✓	✓
Admissions in community residential facilities	NA	NA	NA

UN=information not available, NA=item not applicable

Pakistan

General information				
Area ¹	796 096 km ²		Male	Female
Population ¹	173 510 000	Adult literacy rate ¹	69%	45%
Sex ratio (M:F) ²	1.03	Life expectancy at birth ¹	64 years	65 years
Under 15 years ¹	33.4%	Suicide rate ³	UN	UN
Over 65 years ¹	4.1%			
World Bank income group			Lower middle	
Expenditure on health as a percentage of gross domestic product ¹			2.6%	
Per capita government expenditure on health (PPP int. \$) ¹			\$7	
Contribution of neuropsychiatric disorders to global burden of disease ⁴			11.9%	
Governance				
	Enacted			
Mental health policy	2003	• Mental health mentioned in general health policy ✓		
Mental health legislation	2003	• Mental health covered in other laws ✓		
Mental health plan exists and was most recently approved in 2011; its components include:				
• Timelines for implementation ✓		• Shift from mental hospitals to community facilities ✗		
• Funding allocated for ≥50% of items ✗		• Integration of mental health into primary health care ✓		
Financing				
Mental health expenditures by the government are not available				
Mental hospital expenditures as a percentage of total mental health budget are not available				
Mental health care delivery				
Primary health care				
Doctors authorized to prescribe and/or continue prescription of psychotherapeutic medicines ✓				
Nurses authorized to prescribe and/or continue prescription of psychotherapeutic medicines ✗				
Nurses authorized to independently diagnose and treat mental disorders within primary health care system ✗				
Majority of doctors have received official training on mental health within the last five years ✗				
Majority of nurses have received official training on mental health within the last five years ✗				
Officially approved manuals on management of mental disorders available in majority of primary health care clinics ✗				
Official referral procedures from primary health care to secondary/tertiary mental health care exist ✓				
Official back-referral procedures from secondary/tertiary mental health care to primary health care exist ✗				
Availability of mental health facilities	Total facilities/beds		Reserved for children and adolescents	
	Number	Rate per 100 000 population	Number	Rate per 100 000 population
Mental health outpatient facilities	3729	2.15	UN	UN
Day treatment facilities	0	0	0	0
Psychiatric beds in general hospitals	3231	1.86	UN	UN
Community residential facilities	0	0	0	0
Beds/places in community residential facilities	0	0	0	0
Mental hospitals	5	0.003	UN	UN
Beds in mental hospitals	1825	1.05	UN	UN

¹World Health Organization, Regional Office for the Eastern Mediterranean, Regional Health Observatory, available at <http://www.emro.who.int/entity/statistics/data-and-statistics.html> (accessed 22.09.2012)

²United Nations, Department of Economic and Social Affairs, Population Division (2011), *World population prospects: the 2010 revision*, available at <http://www.un.org/esa/population/unpop.htm> (accessed 22.09.2012)

³World Health Organization, Suicide Prevention Programme, *Suicide rates per 100,000 by country, year and sex*, available at http://www.who.int/mental_health/prevention/suicide_rates/en/index.html (accessed 22.09.2012)

⁴World Health Organization, 2008.

Mental health care delivery			
Access to mental health care	Rate per 100 000 population	Females (%)	Age <18 (%)
Persons treated in mental health outpatient facilities	331.97	69%	46%
Persons treated in mental health day treatment facilities	0	NA	NA
Admissions to psychiatric beds in general hospitals	42.83	75%	18%
Persons staying in community residential facilities at end of year	0	NA	NA
Admissions to mental hospitals	33.76	74%	24%
Long term care in mental hospitals (% of persons staying)			
Less than 1 year	84%		
More than 1 and less than 5 years	8%		
More than 5 years	8%		
Human resources			
Workforce and training	Health professionals working in the mental health sector	Training of health professions in educational institutions	
Rates per 100 000			
Psychiatrists	0.20		0.002
Medical doctors, not specialized in psychiatry	14.86		2.02
Nurses	7.86		1.41
Psychologists	0.28		0.07
Social workers	1.81		0.004
Occupational therapists	0.01		0.002
Other health workers	59.13		NA
Informal human resources	User associations	Family associations	
Present in the country	✓		✓
Number of members	360		270
Participation in the formulation/implementation of policy/plan/legislation	Never or rarely		Frequently
Medicines			
Expenditures at country level per year and per 100 000 population (US\$)			
All the psychotherapeutic medicines	UN		
Medicines used for bipolar disorders	UN		
Medicines for psychotic disorders	UN		
Medicines used for general anxiety	UN		
Medicines used for mood disorders	UN		
Information systems			
Data collected and reported	Number	Age and sex	Diagnosis
Persons with mental disorders treated in primary health care	UN	UN	UN
Interventions delivered in primary health care for people with mental disorders	UN	UN	UN
Persons treated in mental health outpatient facilities	✓	UN	NA
Contacts in mental health outpatient facilities	✓	✓	✓
Persons treated in mental health day treatment facilities	NA	NA	NA
Admissions in general hospitals with psychiatric beds	✓	✓	✓
Admissions in mental hospitals	✓	✓	✓
Days spent in mental hospitals	✓	×	×
Admissions in community residential facilities	NA	NA	NA

UN=information not available, NA=item not applicable

Qatar

General information				
Area ¹	11 607 km ²		Male	Female
Population ¹	1 714 000	Adult literacy rate ¹	94%	90%
Sex ratio (M:F) ²	3.05	Life expectancy at birth ¹	78 years	79 years
Under 15 years ¹	13.7%	Suicide rate ³	UN	UN
Over 65 years ¹	1.0%			
World Bank income group				High
Expenditure on health as a percentage of gross domestic product ¹				2.5%
Per capita government expenditure on health (PPP int. \$) ¹				\$1361
Contribution of neuropsychiatric disorders to global burden of disease ⁴				20.8%
Governance				
	Enacted			
Mental health policy	2011	• Mental health mentioned in general health policy ✓		
Mental health legislation	Draft, awaiting approval by parliament	• Mental health covered in other laws ✓		
Mental health plan exists and was most recently approved in 2011; its components include:				
• Timelines for implementation ✗		• Shift from mental hospitals to community facilities ✓		
• Funding allocated for ≥50% of items ✓		• Integration of mental health into primary health care ✓		
Financing				
Mental health expenditures by the government are not available				
Mental hospital expenditures as a percentage of total mental health budget are not available				
Mental health care delivery				
Primary health care				
Doctors authorized to prescribe and/or continue prescription of psychotherapeutic medicines ✓				
Nurses authorized to prescribe and/or continue prescription of psychotherapeutic medicines ✗				
Nurses authorized to independently diagnose and treat mental disorders within primary health care system ✗				
Majority of doctors have received official training on mental health within the last five years ✗				
Majority of nurses have received official training on mental health within the last five years ✗				
Officially approved manuals on management of mental disorders available in majority of primary health care clinics ✗				
Official referral procedures from primary health care to secondary/tertiary mental health care exist ✓				
Official back-referral procedures from secondary/tertiary mental health care to primary health care exist ✗				
Availability of mental health facilities	Total facilities/beds		Reserved for children and adolescents	
	Number	Rate per 100 000 population	Number	Rate per 100 000 population
Mental health outpatient facilities	16	0.93	3	0.18
Day treatment facilities	2	0.12	0	0
Psychiatric beds in general hospitals	0	0	0	0
Community residential facilities	1	0.06	0	0
Beds/places in community residential facilities	15	0.88	0	0
Mental hospitals	1	0.06	0	0
Beds in mental hospitals	60	3.50	0	0

¹World Health Organization, Regional Office for the Eastern Mediterranean, Regional Health Observatory, available at <http://www.emro.who.int/entity/statistics/data-and-statistics.html> (accessed 22.09.2012)

²United Nations, Department of Economic and Social Affairs, Population Division (2011), *World population prospects: the 2010 revision*, available at <http://www.un.org/esa/population/unpop.htm> (accessed 22.09.2012)

³World Health Organization, Suicide Prevention Programme, *Suicide rates per 100,000 by country, year and sex*, available at http://www.who.int/mental_health/prevention/suicide_rates/en/index.html (accessed 22.09.2012)

⁴World Health Organization, 2008.

Mental health care delivery			
Access to mental health care	Rate per 100 000 population	Females (%)	Age <18 (%)
Persons treated in mental health outpatient facilities	8.17	46%	14%
Persons treated in mental health day treatment facilities	2.33	15%	UN
Admissions to psychiatric beds in general hospitals	NA	NA	NA
Persons staying in community residential facilities at end of year	0.76	0%	0%
Admissions to mental hospitals	3.50	40%	7%
Long term care in mental hospitals (% of persons staying)			
Less than 1 year	95%		
More than 1 and less than 5 years	3%		
More than 5 years	2%		
Human resources			
Workforce and training	Health professionals working in the mental health sector	Training of health professions in educational institutions	
Rates per 100 000			
Psychiatrists	1.46		0.11
Medical doctors, not specialized in psychiatry	0.18		UN
Nurses	9.63		1.40
Psychologists	1.11		0.00
Social workers	0.40		0.00
Occupational therapists	0.35		0.00
Other health workers	UN		NA
Informal human resources	User associations	Family associations	
Present in the country	x		x
Number of members	NA		NA
Participation in the formulation/implementation of policy/plan/legislation	NA		NA
Medicines			
Expenditures at country level per year and per 100 000 population (US\$)			
All the psychotherapeutic medicines	UN		
Medicines used for bipolar disorders	UN		
Medicines for psychotic disorders	UN		
Medicines used for general anxiety	UN		
Medicines used for mood disorders	UN		
Information systems			
Data collected and reported	Number	Age and sex	Diagnosis
Persons with mental disorders treated in primary health care	x	x	x
Interventions delivered in primary health care for people with mental disorders	x	x	x
Persons treated in mental health outpatient facilities	✓	✓	x
Contacts in mental health outpatient facilities	✓	✓	✓
Persons treated in mental health day treatment facilities	✓	✓	✓
Admissions in general hospitals with psychiatric beds	NA	NA	NA
Admissions in mental hospitals	✓	✓	✓
Days spent in mental hospitals	✓	x	x
Admissions in community residential facilities	x	x	x

UN=information not available, NA=item not applicable

Saudi Arabia

General information				
Area ¹	2 000 000 km ²		Male	Female
Population ¹	27 137 000	Adult literacy rate ¹	91%	85%
Sex ratio (M:F) ²	1.23	Life expectancy at birth ¹	73 years	75 years
Under 15 years ¹	32.0%	Suicide rate ³	UN	UN
Over 65 years ¹	2.8%			
World Bank income group				High
Expenditure on health as a percentage of gross domestic product ¹				4.9%
Per capita government expenditure on health (PPP int. \$) ¹				\$478
Contribution of neuropsychiatric disorders to global burden of disease ⁴				14.0%
Governance				
	Enacted			
Mental health policy	2008	• Mental health mentioned in general health policy ✓		
Mental health legislation	2006	• Mental health covered in other laws ✓		
Mental health plan exists and was most recently approved in 2011; its components include:				
• Timelines for implementation ✓		• Shift from mental hospitals to community facilities ✓		
• Funding allocated for ≥50% of items ✓		• Integration of mental health into primary health care ✓		
Financing				
Mental health expenditures by the government are 3.89% of the total health budget				
Mental hospital expenditures as a percentage of total mental health budget are not available				
Mental health care delivery				
Primary health care				
Doctors authorized to prescribe and/or continue prescription of psychotherapeutic medicines, but with restrictions ✓				
Nurses authorized to prescribe and/or continue prescription of psychotherapeutic medicines ✗				
Nurses authorized to independently diagnose and treat mental disorders within primary health care system ✗				
Majority of doctors have received official training on mental health within the last five years ✓				
Majority of nurses have received official training on mental health within the last five years - UN				
Officially approved manuals on management of mental disorders available in majority of primary health care clinics ✗				
Official referral procedures from primary health care to secondary/tertiary mental health care exist ✓				
Official back-referral procedures from secondary/tertiary mental health care to primary health care exist ✓				
Availability of mental health facilities	Total facilities/beds		Reserved for children and adolescents	
	Number	Rate per 100 000 population	Number	Rate per 100 000 population
Mental health outpatient facilities	94	0.35	19	0.07
Day treatment facilities	3	0.01	UN	UN
Psychiatric beds in general hospitals	100	0.37	UN	UN
Community residential facilities	2	0.01	UN	UN
Beds/places in community residential facilities	240	0.88	UN	UN
Mental hospitals	20	0.07	UN	UN
Beds in mental hospitals	3 000	11.06	0	0

¹World Health Organization, Regional Office for the Eastern Mediterranean, Regional Health Observatory, available at <http://www.emro.who.int/entity/statistics/data-and-statistics.html> (accessed 22.09.2012)

²United Nations, Department of Economic and Social Affairs, Population Division (2011), *World population prospects: the 2010 revision*, available at <http://www.un.org/esa/population/unpop.htm> (accessed 22.09.2012)

³World Health Organization, Suicide Prevention Programme, *Suicide rates per 100,000 by country, year and sex*, available at http://www.who.int/mental_health/prevention/suicide_rates/en/index.html (accessed 22.09.2012)

⁴World Health Organization, 2008.

Mental health care delivery			
Access to mental health care	Rate per 100 000 population	Females (%)	Age <18 (%)
Persons treated in mental health outpatient facilities	UN	UN	UN
Persons treated in mental health day treatment facilities	UN	UN	UN
Admissions to psychiatric beds in general hospitals	UN	UN	UN
Persons staying in community residential facilities at end of year	UN	UN	UN
Admissions to mental hospitals	74.02	UN	UN
Long term care in mental hospitals (% of persons staying)			
Less than 1 year	UN		
More than 1 and less than 5 years	UN		
More than 5 years	UN		
Human resources			
Workforce and training	Health professionals working in the mental health sector	Training of health professions in educational institutions	
Rates per 100 000			
Psychiatrists	2.81		0.20
Medical doctors, not specialized in psychiatry	UN		38.66
Nurses	12.97		6.70
Psychologists	1.61		UN
Social workers	2.80		UN
Occupational therapists	UN		UN
Other health workers	UN		NA
Informal human resources	User associations	Family associations	
Present in the country	✓		✓
Number of members	3		2
Participation in the formulation/implementation of policy/plan/legislation	Never or rarely		Never or rarely
Medicines			
Expenditures at country level per year and per 100 000 population (US\$)			
All the psychotherapeutic medicines	218 337		
Medicines used for bipolar disorders	14 740		
Medicines for psychotic disorders	185 080		
Medicines used for general anxiety	1 659		
Medicines used for mood disorders	17 043		
Information systems			
Data collected and reported	Number	Age and sex	Diagnosis
Persons with mental disorders treated in primary health care	x	x	x
Interventions delivered in primary health care for people with mental disorders	x	x	x
Persons treated in mental health outpatient facilities	✓	✓	✓
Contacts in mental health outpatient facilities	✓	✓	✓
Persons treated in mental health day treatment facilities	x	x	x
Admissions in general hospitals with psychiatric beds	✓	✓	✓
Admissions in mental hospitals	✓	✓	✓
Days spent in mental hospitals	✓	✓	✓
Admissions in community residential facilities	✓	✓	✓

UN=information not available, NA=item not applicable

Somalia

General information				
Area ¹	637 700 km ²		Male	Female
Population ¹	8 698 000	Adult literacy rate ¹	25%	13%
Sex ratio (M:F) ²	0.98	Life expectancy at birth ¹	43 years	45 years
Under 15 years ¹	44.4%	Suicide rate ³	UN	UN
Over 65 years ¹	2.6%			
World Bank income group				Low
Expenditure on health as a percentage of gross domestic product ¹				3.0%
Per capita government expenditure on health (PPP int. \$) ¹				\$2.7
Contribution of neuropsychiatric disorders to global burden of disease ⁴				4.9%
Governance				
	Enacted			
Mental health policy	×	• Mental health mentioned in general health policy	×	
Mental health legislation	×	• Mental health covered in other laws	×	
Mental health plan does not exist				
Financing				
Mental health expenditures by the government are not available				
Mental hospital expenditures as a percentage of total mental health budget are not available				
Mental health care delivery				
Primary health care				
Doctors authorized to prescribe and/or continue prescription of psychotherapeutic medicines ✓				
Nurses authorized to prescribe and/or continue prescription of psychotherapeutic medicines, but with restrictions ✓				
Nurses authorized to independently diagnose and treat mental disorders within primary health care system ✓				
Majority of doctors have received official training on mental health within the last five years ×				
Majority of nurses have received official training on mental health within the last five years ✓				
Officially approved manuals on management of mental disorders available in majority of primary health care clinics ×				
Official referral procedures from primary health care to secondary/tertiary mental health care exist ✓				
Official back-referral procedures from secondary/tertiary mental health care to primary health care exist ✓				
Availability of mental health facilities	Total facilities/beds		Reserved for children and adolescents	
	Number	Rate per 100 000 population	Number	Rate per 100 000 population
Mental health outpatient facilities	13	0.15	0	0
Day treatment facilities	1	0.01	0	0
Psychiatric beds in general hospitals	130	1.49	0	0
Community residential facilities	0	0	0	0
Beds/places in community residential facilities	0	0	0	0
Mental hospitals	11	0.13	UN	UN
Beds in mental hospitals	390	4.48	130	1.49

¹World Health Organization, Regional Office for the Eastern Mediterranean, Regional Health Observatory, available at <http://www.emro.who.int/entity/statistics/data-and-statistics.html> (accessed 22.09.2012)

²United Nations, Department of Economic and Social Affairs, Population Division (2011), *World population prospects: the 2010 revision*, available at <http://www.un.org/esa/population/unpop.htm> (accessed 22.09.2012)

³World Health Organization, Suicide Prevention Programme, *Suicide rates per 100,000 by country, year and sex*, available at http://www.who.int/mental_health/prevention/suicide_rates/en/index.html (accessed 22.09.2012)

⁴World Health Organization, 2008.

Mental health care delivery			
Access to mental health care	Rate per 100 000 population	Females (%)	Age <18 (%)
Persons treated in mental health outpatient facilities	8.30	36%	25%
Persons treated in mental health day treatment facilities	UN	UN	UN
Admissions to psychiatric beds in general hospitals	UN	UN	UN
Persons staying in community residential facilities at end of year	NA	NA	NA
Admissions to mental hospitals	10.90	39%	24%
Long term care in mental hospitals (% of persons staying)			
Less than 1 year	95%		
More than 1 and less than 5 years	0%		
More than 5 years	5%		
Human resources			
Workforce and training	Health professionals working in the mental health sector	Training of health professions in educational institutions	
Rates per 100 000			
Psychiatrists	0.04		0.00
Medical doctors, not specialized in psychiatry	0.02		0.58
Nurses	0.48		UN
Psychologists	0.00		0.00
Social workers	1.03		0.00
Occupational therapists	0.00		0.00
Other health workers	1.79		NA
Informal human resources	User associations	Family associations	
Present in the country	x		x
Number of members	NA		NA
Participation in the formulation/implementation of policy/plan/legislation	NA		NA
Medicines			
Expenditures at country level per year and per 100 000 population (US\$)			
All the psychotherapeutic medicines	UN		
Medicines used for bipolar disorders	UN		
Medicines for psychotic disorders	UN		
Medicines used for general anxiety	UN		
Medicines used for mood disorders	UN		
Information systems			
Data collected and reported	Number	Age and sex	Diagnosis
Persons with mental disorders treated in primary health care	x	x	x
Interventions delivered in primary health care for people with mental disorders	x	x	x
Persons treated in mental health outpatient facilities	✓	✓	✓
Contacts in mental health outpatient facilities	x	x	x
Persons treated in mental health day treatment facilities	x	x	x
Admissions in general hospitals with psychiatric beds	x	x	x
Admissions in mental hospitals	✓	✓	✓
Days spent in mental hospitals	✓	✓	✓
Admissions in community residential facilities	NA	NA	NA

UN=information not available, NA=item not applicable

Sudan

General information				
Area ¹	2 506 000 km ²		Male	Female
Population ¹	41 476 000	Adult literacy rate ¹	58%	42%
Sex ratio (M:F) ²	1.02	Life expectancy at birth ¹	53 years	56 years
Under 15 years ¹	42.6%	Suicide rate ³	UN	UN
Over 65 years ¹	3.4%			
World Bank income group			Lower middle	
Expenditure on health as a percentage of gross domestic product ¹			7.3%	
Per capita government expenditure on health (PPP int. \$) ¹			\$26	
Contribution of neuropsychiatric disorders to global burden of disease ⁴			6.5%	
Governance				
	Enacted			
Mental health policy	2009	• Mental health mentioned in general health policy ✓		
Mental health legislation	✗	• Mental health covered in other laws ✗		
Mental health plan exists and was most recently approved in 2011; its components include:				
• Timelines for implementation ✓		• Shift from mental hospitals to community facilities ✗		
• Funding allocated for ≥50% of items ✓		• Integration of mental health into primary health care ✓		
Financing				
Mental health expenditures by the government are not available				
Mental hospital expenditures as a percentage of total mental health budget are not available				
Mental health care delivery				
Primary health care				
Doctors authorized to prescribe and/or continue prescription of psychotherapeutic medicines ✓				
Nurses authorized to prescribe and/or continue prescription of psychotherapeutic medicines ✗				
Nurses authorized to independently diagnose and treat mental disorders within primary health care system ✓				
Majority of doctors have received official training on mental health within the last five years ✗				
Majority of nurses have received official training on mental health within the last five years ✗				
Officially approved manuals on management of mental disorders available in majority of primary health care clinics ✗				
Official referral procedures from primary health care to secondary/tertiary mental health care exist ✗				
Official back-referral procedures from secondary/tertiary mental health care to primary health care exist ✗				
Availability of mental health facilities	Total facilities/beds		Reserved for children and adolescents	
	Number	Rate per 100 000 population	Number	Rate per 100 000 population
Mental health outpatient facilities	16	0.04	0	0
Day treatment facilities	0	0	0	0
Psychiatric beds in general hospitals	387	0.93	UN	UN
Community residential facilities	10	0.02	0	0
Beds/places in community residential facilities	700	1.69	UN	UN
Mental hospitals	2	0.005	UN	UN
Beds in mental hospitals	180	0.43	UN	UN

¹World Health Organization, Regional Office for the Eastern Mediterranean, Regional Health Observatory, available at <http://www.emro.who.int/entity/statistics/data-and-statistics.html> (accessed 22.09.2012)

²United Nations, Department of Economic and Social Affairs, Population Division (2011), *World population prospects: the 2010 revision*, available at <http://www.un.org/esa/population/unpop.htm> (accessed 22.09.2012)

³World Health Organization, Suicide Prevention Programme, *Suicide rates per 100,000 by country, year and sex*, available at http://www.who.int/mental_health/prevention/suicide_rates/en/index.html (accessed 22.09.2012)

⁴World Health Organization, 2008.

Mental health care delivery			
Access to mental health care	Rate per 100 000 population	Females (%)	Age <18 (%)
Persons treated in mental health outpatient facilities	9.92	43%	UN
Persons treated in mental health day treatment facilities	NA	NA	NA
Admissions to psychiatric beds in general hospitals	154.79	37%	UN
Persons staying in community residential facilities at end of year	UN	UN	UN
Admissions to mental hospitals	UN	UN	UN
Long term care in mental hospitals (% of persons staying)			
Less than 1 year	UN		
More than 1 and less than 5 years	UN		
More than 5 years	UN		
Human resources			
Workforce and training	Health professionals working in the mental health sector	Training of health professions in educational institutions	
Rates per 100 000			
Psychiatrists	0.06		UN
Medical doctors, not specialized in psychiatry	8.51		UN
Nurses	0.10		UN
Psychologists	0.50		UN
Social workers	0.62		UN
Occupational therapists	0.00		0.00
Other health workers	21.90		NA
Informal human resources	User associations	Family associations	
Present in the country	x		✓
Number of members	NA		I
Participation in the formulation/implementation of policy/plan/legislation	NA		Never or rarely
Medicines			
Expenditures at country level per year and per 100 000 population (US\$)			
All the psychotherapeutic medicines	UN		
Medicines used for bipolar disorders	UN		
Medicines for psychotic disorders	UN		
Medicines used for general anxiety	UN		
Medicines used for mood disorders	UN		
Information systems			
Data collected and reported	Number	Age and sex	Diagnosis
Persons with mental disorders treated in primary health care	x	x	x
Interventions delivered in primary health care for people with mental disorders	x	x	x
Persons treated in mental health outpatient facilities	x	x	x
Contacts in mental health outpatient facilities	x	x	x
Persons treated in mental health day treatment facilities	NA	NA	NA
Admissions in general hospitals with psychiatric beds	x	x	x
Admissions in mental hospitals	x	x	x
Days spent in mental hospitals	x	x	x
Admissions in community residential facilities	x	x	x

UN=information not available, NA=item not applicable

Syrian Arab Republic

General information

Area ¹	185 180 km ²		Male	Female
Population ¹	20 619 000	Adult literacy rate ¹	91%	80%
Sex ratio (M:F) ²	1.02	Life expectancy at birth ¹	72 years	75 years
Under 15 years ¹	37.2%	Suicide rate ³	0.2/100 000	0.0/100 000
Over 65 years ¹	4.1%			
World Bank income group			Lower middle	
Expenditure on health as a percentage of gross domestic product ¹			3.6%	
Per capita government expenditure on health (PPP int. \$) ¹			\$43	
Contribution of neuropsychiatric disorders to global burden of disease ⁴			16.7%	

Governance

	Enacted	
Mental health policy	2007	• Mental health mentioned in general health policy ✓
Mental health legislation	1953	• Mental health covered in other laws ✓
Mental health plan exists and was most recently approved in 2011; its components include:		
• Timelines for implementation ✓		• Shift from mental hospitals to community facilities ✓
• Funding allocated for ≥50% of items ✓		• Integration of mental health into primary health care ✓

Financing

Mental health expenditures by the government are 2.0% of the total health budget

Mental hospital expenditures are 94% of the total mental health budget

Mental health care delivery

Primary health care

- Doctors authorized to prescribe and/or continue prescription of psychotherapeutic medicines ✓
- Nurses authorized to prescribe and/or continue prescription of psychotherapeutic medicines ✗
- Nurses authorized to independently diagnose and treat mental disorders within primary health care system ✗
- Majority of doctors have received official training on mental health within the last five years ✗
- Majority of nurses have received official training on mental health within the last five years ✗
- Officially approved manuals on management of mental disorders available in majority of primary health care clinics ✗
- Official referral procedures from primary health care to secondary/tertiary mental health care exist ✗
- Official back-referral procedures from secondary/tertiary mental health care to primary health care exist ✗

Availability of mental health facilities	Total facilities/beds		Reserved for children and adolescents	
	Number	Rate per 100 000 population	Number	Rate per 100 000 population
Mental health outpatient facilities	25	0.12	5	0.02
Day treatment facilities	1	0.005	0	0
Psychiatric beds in general hospitals	50	0.24	20	0.10
Community residential facilities	35	0.17	UN	UN
Beds/places in community residential facilities	175	0.85	UN	UN
Mental hospitals	5	0.02	0	0
Beds in mental hospitals	1 370	6.64	12	0.06

¹World Health Organization, Regional Office for the Eastern Mediterranean, Regional Health Observatory, available at <http://www.emro.who.int/entity/statistics/data-and-statistics.html> (accessed 22.09.2012)

²United Nations, Department of Economic and Social Affairs, Population Division (2011), *World population prospects: the 2010 revision*, available at <http://www.un.org/esa/population/unpop.htm> (accessed 22.09.2012)

³World Health Organization, Suicide Prevention Programme, *Suicide rates per 100,000 by country, year and sex*, available at http://www.who.int/mental_health/prevention/suicide_rates/en/index.html (accessed 22.09.2012)

⁴World Health Organization, 2008.

Mental health care delivery			
Access to mental health care	Rate per 100 000 population	Females (%)	Age <18 (%)
Persons treated in mental health outpatient facilities	47.39	21%	15%
Persons treated in mental health day treatment facilities	0.24	0%	0%
Admissions to psychiatric beds in general hospitals	1.45	33%	UN
Persons staying in community residential facilities at end of year	1.75	20%	UN
Admissions to mental hospitals	22.48	17%	1%
Long term care in mental hospitals (% of persons staying)			
Less than 1 year	77%		
More than 1 and less than 5 years	19%		
More than 5 years	4%		
Human resources			
Workforce and training	Health professionals working in the mental health sector	Training of health professions in educational institutions	
Rates per 100 000			
Psychiatrists	0.34		0.03
Medical doctors, not specialized in psychiatry	0.41		11.21
Nurses	1.32		6.67
Psychologists	0.11		1.14
Social workers	0.13		NA
Occupational therapists	0.00		NA
Other health workers	0.22		NA
Informal human resources	User associations	Family associations	
Present in the country	UN		UN
Number of members	UN		UN
Participation in the formulation/implementation of policy/plan/legislation	UN		UN
Medicines			
Expenditures at country level per year and per 100 000 population (US\$)			
All the psychotherapeutic medicines	UN		
Medicines used for bipolar disorders	UN		
Medicines for psychotic disorders	UN		
Medicines used for general anxiety	UN		
Medicines used for mood disorders	UN		
Information systems			
Data collected and reported	Number	Age and sex	Diagnosis
Persons with mental disorders treated in primary health care	✓	✓	✓
Interventions delivered in primary health care for people with mental disorders	x	x	✓
Persons treated in mental health outpatient facilities	✓	✓	✓
Contacts in mental health outpatient facilities	✓	✓	✓
Persons treated in mental health day treatment facilities	✓	✓	✓
Admissions in general hospitals with psychiatric beds	x	x	x
Admissions in mental hospitals	✓	✓	✓
Days spent in mental hospitals	✓	✓	✓
Admissions in community residential facilities	x	x	x

UN=information not available, NA=item not applicable

Tunisia

General information				
Area ¹	154 630 km ²		Male	Female
Population ¹	10 549 000	Adult literacy rate ¹	86%	69%
Sex ratio (M:F) ²	1.00	Life expectancy at birth ¹	73 years	77 years
Under 15 years ¹	24.2%	Suicide rate ³	UN	UN
Over 65 years ¹	7.0%			
World Bank income group			Lower middle	
Expenditure on health as a percentage of gross domestic product ¹			6.2%	
Per capita government expenditure on health (PPP int. \$) ¹			\$130	
Contribution of neuropsychiatric disorders to global burden of disease ⁴			16.7%	
Governance				
	Enacted			
Mental health policy	2008	• Mental health mentioned in general health policy ✓		
Mental health legislation	2008	• Mental health covered in other laws ✓		
Mental health plan exists and was most recently approved in 2011; its components include:				
• Timelines for implementation ✓		• Shift from mental hospitals to community facilities ✓		
• Funding allocated for ≥50% of items ✓		• Integration of mental health into primary health care ✓		
Financing				
Mental health expenditures by the government are 4.95% of the total health budget				
Mental hospital expenditures are 18% of the total mental health budget				
Mental health care delivery				
Primary health care				
Doctors authorized to prescribe and/or continue prescription of psychotherapeutic medicines ✓				
Nurses authorized to prescribe and/or continue prescription of psychotherapeutic medicines ✗				
Nurses authorized to independently diagnose and treat mental disorders within primary health care system ✗				
Majority of doctors have received official training on mental health within the last five years ✓				
Majority of nurses have received official training on mental health within the last five years - UN				
Officially approved manuals on management of mental disorders available in majority of primary health care clinics ✓				
Official referral procedures from primary health care to secondary/tertiary mental health care exist ✓				
Official back-referral procedures from secondary/tertiary mental health care to primary health care exist ✓				
Availability of mental health facilities	Total facilities/beds		Reserved for children and adolescents	
	Number	Rate per 100 000 population	Number	Rate per 100 000 population
Mental health outpatient facilities	30	0.28	15	0.14
Day treatment facilities	1	0.01	UN	UN
Psychiatric beds in general hospitals	355	3.37	20	0.19
Community residential facilities	12	0.11	UN	UN
Beds/places in community residential facilities	844	8.00	UN	UN
Mental hospitals	1	0.01	0	0
Beds in mental hospitals	610	5.78	25	0.24

¹World Health Organization, Regional Office for the Eastern Mediterranean, Regional Health Observatory, available at <http://www.emro.who.int/entity/statistics/data-and-statistics.html> (accessed 22.09.2012)

²United Nations, Department of Economic and Social Affairs, Population Division (2011), *World population prospects: the 2010 revision*, available at <http://www.un.org/esa/population/unpop.htm> (accessed 22.09.2012)

³World Health Organization, Suicide Prevention Programme, *Suicide rates per 100,000 by country, year and sex*, available at http://www.who.int/mental_health/prevention/suicide_rates/en/index.html (accessed 22.09.2012)

⁴World Health Organization, 2008.

Mental health care delivery			
Access to mental health care	Rate per 100 000 population	Females (%)	Age <18 (%)
Persons treated in mental health outpatient facilities	UN	UN	UN
Persons treated in mental health day treatment facilities	45.23	40%	1%
Admissions to psychiatric beds in general hospitals	19.37	33%	6%
Persons staying in community residential facilities at end of year	UN	UN	UN
Admissions to mental hospitals	54.78	30%	1%
Long term care in mental hospitals (% of persons staying)			
Less than 1 year	100%		
More than 1 and less than 5 years	0%		
More than 5 years	0%		
Human resources			
Workforce and training	Health professionals working in the mental health sector	Training of health professions in educational institutions	
Rates per 100 000			
Psychiatrists	1.95		0.12
Medical doctors, not specialized in psychiatry	0.90		6.44
Nurses	4.01		28.86
Psychologists	1.10		UN
Social workers	0.30		UN
Occupational therapists	0.04		3.17
Other health workers	UN		NA
Informal human resources	User associations	Family associations	
Present in the country	✓		✓
Number of members	UN		UN
Participation in the formulation/implementation of policy/plan/legislation	Frequently		Frequently
Medicines			
Expenditures at country level per year and per 100 000 population (US\$)			
All the psychotherapeutic medicines	236 839		
Medicines used for bipolar disorders	254 820		
Medicines for psychotic disorders	67 682		
Medicines used for general anxiety	80 284		
Medicines used for mood disorders	63 740		
Information systems			
Data collected and reported	Number	Age and sex	Diagnosis
Persons with mental disorders treated in primary health care	✓	✓	✓
Interventions delivered in primary health care for people with mental disorders	✓	✓	✓
Persons treated in mental health outpatient facilities	✓	✓	✓
Contacts in mental health outpatient facilities	✓	✓	✓
Persons treated in mental health day treatment facilities	✓	✓	✓
Admissions in general hospitals with psychiatric beds	✓	✓	✓
Admissions in mental hospitals	✓	✓	✓
Days spent in mental hospitals	✓	✓	✓
Admissions in community residential facilities	UN	UN	UN

UN=information not available, NA=item not applicable

United Arab Emirates

General information				
Area ¹	83 600 km ²		Male	Female
Population ¹	4 765 000	Adult literacy rate ¹	92%	93%
Sex ratio (M:F) ²	2.28	Life expectancy at birth ¹	64 years	80 years
Under 15 years ¹	19.1%	Suicide rate ³	UN	UN
Over 65 years ¹	0.9%			
World Bank income group				High
Expenditure on health as a percentage of gross domestic product ¹				2.8%
Per capita government expenditure on health (PPP int. \$) ¹				\$1053.0
Contribution of neuropsychiatric disorders to global burden of disease ⁴				19.9%
Governance				
	Enacted			
Mental health policy	✗	• Mental health mentioned in general health policy	✓	
Mental health legislation	2008 (draft, awaiting approval by parliament)	• Mental health covered in other laws	✓	
Mental health plan exists and was most recently approved in 2011; its components include:				
• Timelines for implementation	✗	• Shift from mental hospitals to community facilities	✓	
• Funding allocated for ≥50% of items	✗	• Integration of mental health into primary health care	✓	
Financing				
Mental health expenditures by the government are not available				
Mental hospital expenditures as a percentage of total mental health budget are not available				
Mental health care delivery				
Primary health care				
Doctors authorized to prescribe and/or continue prescription of psychotherapeutic medicines, but with restrictions	✓			
Nurses authorized to prescribe and/or continue prescription of psychotherapeutic medicines	✗			
Nurses authorized to independently diagnose and treat mental disorders within primary health care system	✗			
Majority of doctors have received official training on mental health within the last five years	✗			
Majority of nurses have received official training on mental health within the last five years	✗			
Officially approved manuals on management of mental disorders available in majority of primary health care clinics	✓			
Official referral procedures from primary health care to secondary/tertiary mental health care exist	✓			
Official back-referral procedures from secondary/tertiary mental health care to primary health care exist	✗			
Availability of mental health facilities	Total facilities/beds		Reserved for children and adolescents	
	Number	Rate per 100 000 population	Number	Rate per 100 000 population
Mental health outpatient facilities	3	0.06	0	0
Day treatment facilities	0	0.0	0	0
Psychiatric beds in general hospitals	25	0.52	0	0
Community residential facilities	0	0.0	0	0
Beds/places in community residential facilities	0	0.0	0	0
Mental hospitals	1	0.02	0	0
Beds in mental hospitals	80	1.68	0	0

¹World Health Organization, Regional Office for the Eastern Mediterranean, Regional Health Observatory, available at <http://www.emro.who.int/entity/statistics/data-and-statistics.html> (accessed 22.09.2012)

²United Nations, Department of Economic and Social Affairs, Population Division (2011), *World population prospects: the 2010 revision*, available at <http://www.un.org/esa/population/unpop.htm> (accessed 22.09.2012)

³World Health Organization, Suicide Prevention Programme, *Suicide rates per 100,000 by country, year and sex*, available at http://www.who.int/mental_health/prevention/suicide_rates/en/index.html (accessed 22.09.2012)

⁴World Health Organization, 2008.

Mental health care delivery			
Access to mental health care	Rate per 100 000 population	Females (%)	Age <18 (%)
Persons treated in mental health outpatient facilities	217.44	46%	UN
Persons treated in mental health day treatment facilities	NA	NA	NA
Admissions to psychiatric beds in general hospitals	UN	UN	UN
Persons staying in community residential facilities at end of year	NA	NA	NA
Admissions to mental hospitals	6.92	UN	UN
Long term care in mental hospitals (% of persons staying)			
Less than 1 year	UN		
More than 1 and less than 5 years	UN		
More than 5 years	UN		
Human resources			
Workforce and training	Health professionals working in the mental health sector	Training of health professions in educational institutions	
Rates per 100 000			
Psychiatrists	0.30		UN
Medical doctors, not specialized in psychiatry	0.12		UN
Nurses	2.09		2.09
Psychologists	0.50		UN
Social workers	0.25		UN
Occupational therapists	0.03		UN
Other health workers	0.03		NA
Informal human resources	User associations	Family associations	
Present in the country	x		x
Number of members	NA		NA
Participation in the formulation/implementation of policy/plan/legislation	NA		NA
Medicines			
Expenditures at country level per year and per 100 000 population (US\$)			
All the psychotherapeutic medicines	UN		
Medicines used for bipolar disorders	UN		
Medicines for psychotic disorders	UN		
Medicines used for general anxiety	UN		
Medicines used for mood disorders	UN		
Information systems			
Data collected and reported	Number	Age and sex	Diagnosis
Persons with mental disorders treated in primary health care	x	x	x
Interventions delivered in primary health care for people with mental disorders	x	x	x
Persons treated in mental health outpatient facilities	✓	✓	x
Contacts in mental health outpatient facilities	✓	✓	✓
Persons treated in mental health day treatment facilities	✓	✓	✓
Admissions in general hospitals with psychiatric beds	✓	✓	✓
Admissions in mental hospitals	✓	✓	✓
Days spent in mental hospitals	✓	✓	✓
Admissions in community residential facilities	✓	✓	✓

UN=information not available, NA=item not applicable

Yemen

General information				
Area ¹	555 000 km ²		Male	Female
Population ¹	22 879 000	Adult literacy rate ¹	73%	31%
Sex ratio (M:F) ²	1.01	Life expectancy at birth ¹	60 years	62 years
Under 15 years ¹	45%	Suicide rate ³	UN	UN
Over 65 years ¹	3.5%			
World Bank income group			Lower middle	
Expenditure on health as a percentage of gross domestic product ¹			5.6%	
Per capita government expenditure on health (PPP int. \$) ¹			\$18.0	
Contribution of neuropsychiatric disorders to global burden of disease ⁴			9.3%	
Governance				
	Enacted			
Mental health policy	×	• Mental health mentioned in general health policy	×	
Mental health legislation	×	• Mental health covered in other laws	×	
Mental health plan does not exist.				
Financing				
Mental health expenditures by the government are not available				
Mental hospital expenditures as a percentage of total mental health budget are not available				
Mental health care delivery				
Primary health care				
Doctors authorized to prescribe and/or continue prescription of psychotherapeutic medicines ×				
Nurses authorized to prescribe and/or continue prescription of psychotherapeutic medicines ×				
Nurses authorized to independently diagnose and treat mental disorders within primary health care system ✓				
Majority of doctors have received official training on mental health within the last five years - UN				
Majority of nurses have received official training on mental health within the last five years - UN				
Officially approved manuals on management of mental disorders available in majority of primary health care clinics ✓				
Official referral procedures from primary health care to secondary/tertiary mental health care exist ✓				
Official back-referral procedures from secondary/tertiary mental health care to primary health care exist ✓				
Availability of mental health facilities	Total facilities/beds		Reserved for children and adolescents	
	Number	Rate per 100 000 population	Number	Rate per 100 000 population
Mental health outpatient facilities	UN	UN	UN	UN
Day treatment facilities	UN	UN	UN	UN
Psychiatric beds in general hospitals	20	0.09	10	0.04
Community residential facilities	UN	UN	UN	UN
Beds/places in community residential facilities	UN	UN	UN	UN
Mental hospitals	03	0.01	UN	UN
Beds in mental hospitals	UN	UN	UN	UN

¹World Health Organization, Regional Office for the Eastern Mediterranean, Regional Health Observatory, available at <http://www.emro.who.int/entity/statistics/data-and-statistics.html> (accessed 22.09.2012)

²United Nations, Department of Economic and Social Affairs, Population Division (2011), *World population prospects: the 2010 revision*, available at <http://www.un.org/esa/population/unpop.htm> (accessed 22.09.2012)

³World Health Organization, Suicide Prevention Programme, *Suicide rates per 100,000 by country, year and sex*, available at http://www.who.int/mental_health/prevention/suicide_rates/en/index.html (accessed 22.09.2012)

⁴World Health Organization, 2008.

Mental health care delivery			
Access to mental health care	Rate per 100 000 population	Females (%)	Age <18 (%)
Persons treated in mental health outpatient facilities	UN	UN	UN
Persons treated in mental health day treatment facilities	UN	UN	UN
Admissions to psychiatric beds in general hospitals	0.11	60%	UN
Persons staying in community residential facilities at end of year	UN	UN	UN
Admissions to mental hospitals	UN	UN	UN
Long term care in mental hospitals (% of persons staying)			
Less than 1 year	UN		
More than 1 and less than 5 years	UN		
More than 5 years	UN		
Human resources			
Workforce and training	Health professionals working in the mental health sector	Training of health professions in educational institutions	
Rates per 100 000			
Psychiatrists	0.22		0.11
Medical doctors, not specialized in psychiatry	0.08		0.08
Nurses	UN		UN
Psychologists	UN		UN
Social workers	UN		UN
Occupational therapists	UN		UN
Other health workers	UN		NA
Informal human resources	User associations	Family associations	
Present in the country	UN		UN
Number of members	UN		UN
Participation in the formulation/implementation of policy/plan/legislation	UN		UN
Medicines			
Expenditures at country level per year and per 100 000 population (US\$)			
All the psychotherapeutic medicines	UN		
Medicines used for bipolar disorders	UN		
Medicines for psychotic disorders	UN		
Medicines used for general anxiety	UN		
Medicines used for mood disorders	UN		
Information systems			
Data collected and reported	Number	Age and sex	Diagnosis
Persons with mental disorders treated in primary health care	UN	UN	UN
Interventions delivered in primary health care for people with mental disorders	UN	UN	UN
Persons treated in mental health outpatient facilities	UN	UN	UN
Contacts in mental health outpatient facilities	UN	UN	UN
Persons treated in mental health day treatment facilities	UN	UN	UN
Admissions in general hospitals with psychiatric beds	UN	UN	UN
Admissions in mental hospitals	UN	UN	UN
Days spent in mental hospitals	UN	UN	UN
Admissions in community residential facilities	UN	UN	UN

UN=information not available, NA=item not applicable

Mental disorders have a profound effect on individuals, their families and society, and are responsible for 11% of disease burden in the Eastern Mediterranean Region yet. WHO's Project Atlas 2011 has collected and compiled information about mental health resources in countries around the world. This regional review incorporates region-specific data, presenting comparisons with other regions, analysing countries with similar health system characteristics within the Region, and providing concise summary sheets for each country that provided data for the Atlas 2011 Project. It is hoped that this will assist stakeholders in the countries of the Region to identify gaps in current provision and inform decisions around increasing resources to scale up services for mental health.