Mental Health in WHO: A Historical Perspectives

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Department of Mental Health and Substance Abuse

World Health Organization
Early Period

Establishing the universality of mental disorders

Estimating their prevalence

Developing Assessment Instruments

Reinforcing psychiatry as a medical discipline
WHO International Pilot Study of Schizophrenia

TABLE 9.1
Schizophrenia Outcomes: Developing vs. Developed Countries

<table>
<thead>
<tr>
<th></th>
<th>Developing Countries</th>
<th>Developed Countries</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Drug Use</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>On antipsychotic medication 76% to 100% of follow-up period</td>
<td>15.9%</td>
<td>61%</td>
</tr>
<tr>
<td><strong>Best Possible Outcomes</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Remitting course with full remission</td>
<td>62.7%</td>
<td>36.9%</td>
</tr>
<tr>
<td>In complete remission 76% to 100% of follow-up period</td>
<td>38.3%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Unimpaired</td>
<td>42.9%</td>
<td>31.6%</td>
</tr>
<tr>
<td><strong>Worst Possible Outcomes</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Continuous episodes without complete remission</td>
<td>21.6%</td>
<td>38.3%</td>
</tr>
<tr>
<td>In psychotic episodes for 76% to 100% of follow-up period</td>
<td>15.1%</td>
<td>20.2%</td>
</tr>
<tr>
<td>Impaired social functioning throughout follow-up period</td>
<td>15.7%</td>
<td>41.6%</td>
</tr>
</tbody>
</table>

SOURCE: Psychological Medicine, supplement 20 (1992)
Depression in Different Cultures

Psychological Medicine

WHO collaborative study: assessment of depressive disorders.

Sartorius N, Jablensky A, Gulbinat W, Ernberg G.
An international study of psychological problems in primary care. Preliminary report from the World Health Organization Collaborative Project on 'Psychological Problems in General Health Care'.


Division of Mental Health, World Health Organization, Geneva, Switzerland.
Assessment Instruments

The World Health Organization (WHO) Composite International Diagnostic Interview (CIDI)

Schedules for Clinical Assessment in Neuropsychiatry (SCAN)
ICD-9 (1978)

Mental disorders: Glossary and guide to their classification in accordance with the Ninth Revision of the International Classification of Diseases.
ICD-10 (1992)
More Recent Period

Establishing mental health within public health

Giving policy advice

Attention on human rights

Providing data on resources

Economic considerations

Scaling up services
Disease Burden (DALYs)

- Neuropsychiatric disorders: 13%
- Cardiovascular diseases: 10%
- Respiratory diseases: 4%
- Digestive diseases: 3%
- Musculoskeletal diseases: 3%
- Other NCDs: 3%
- Malignant neoplasms: 5%
- Nutritional deficiencies: 7%
- Other CD causes: 6%
- Malaria: 6%
- Childhood diseases: 3%
- Diarrhoeal diseases: 6%
- HIV/AIDS: 6%
- Perinatal conditions: 3%
- Maternal conditions: 3%
- Respiratory infections: 4%
- Tuberculosis: 6%
- Injuries: 12%
- Congenital abnormalities: 3%
- Diseases of the genitourinary system: 3%

Source: WHR 2002
The World Health Report 2001

Mental Health: New Understanding, New Hope
Comparative data on resources

Atlas
MENTAL HEALTH RESOURCES IN THE WORLD 2001

World Health Organization
Geneva
Mental health policy and service guidance package
Human Rights Abuses
Evidence for Prevention and Promotion
Levels of services (WHO, 2003)

- Self Care
- Informal Community Care
- Mental Health Services through PHC
- Community Mental Health Services
- Psychiatric Services in General Hospitals
- Mental Hospitals & Specialist Services

FREQUENCY OF NEED:
- HIGH
- LOW

COSTS:
- LOW
- HIGH
Current versus target expenditure on specified mental health package in 12 selected countries

<table>
<thead>
<tr>
<th>Country</th>
<th>Additional expenditure needed</th>
<th>Current expenditure on package</th>
</tr>
</thead>
<tbody>
<tr>
<td>Albania</td>
<td>9</td>
<td>4</td>
</tr>
<tr>
<td>Chile</td>
<td>80</td>
<td>54</td>
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<tr>
<td>China (Hunan)</td>
<td>166</td>
<td>22</td>
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<tr>
<td>Ethiopia</td>
<td>116</td>
<td>7</td>
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<tr>
<td>Iran</td>
<td>187</td>
<td>86</td>
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<tr>
<td>Morocco</td>
<td>77</td>
<td>15</td>
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<tr>
<td>Nepal</td>
<td>50</td>
<td>3</td>
</tr>
<tr>
<td>Nigeria</td>
<td>39</td>
<td>4</td>
</tr>
<tr>
<td>Paraguay</td>
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<td>3</td>
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<tr>
<td>Thailand</td>
<td>176</td>
<td>81</td>
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<tr>
<td>Ukraine</td>
<td>39</td>
<td>134</td>
</tr>
<tr>
<td>Viet Nam</td>
<td>142</td>
<td>15</td>
</tr>
</tbody>
</table>
“Mental health awareness needs to be integrated into all aspects of health and social policy, health-system planning, and delivery of primary and secondary general health care.”
Launched by WHO Director General on 9th October 2008
To be launched on 7th October 2010

mhGAP Mental Health Gap Action Programme

Intervention Guide
for mental, neurological and substance use disorders
in non-specialized health settings

World Health Organization
Governments across the world need to see mental health as a vital component of primary health care. We need to change policy and practice. Only then can we get the essential mental health services to the tens of millions in need.