



World Health  
Organization

# Afghanistan

## GENERAL INFORMATION

Afghanistan is a country with an approximate area of 652 square kilometers (UNO, 2008). The population is 29,117,489 and the sex ratio (men per hundred women) is 107 (UNO, 2009). The percentage of the population under the age of 18 years is 47% and the percentage above age 60 is 2% (UNO, 2009). The literacy rates for men and women are not available. The life expectancy at birth is 47 years for males and 47 years for females (UNO, 2005-2010). The healthy life expectancy at birth is 36 years for males and 47 years for females (UNPD, 2010). The country is a low group country (based on 2010 World Bank criteria). The total expenditure on health as a percentage of gross domestic product is 7.36% and the per capita government expenditure on health (PPP int. \$) is \$29.0 (WHO, 2006). Suicide rate information is not available. In Afghanistan, neuropsychiatric disorders are estimated to contribute to 6.7% of the global burden of disease (WHO, 2008).

## GOVERNANCE

An officially approved mental health policy exists and was approved in 2010. Mental health is specifically mentioned in the general health policy.

A mental health strategic plan based on National Mental Health Strategy (2011-2015) has been developed and approved in 2010.

Dedicated mental health legislation exists and it was most recently revised in 1996 (). Legal provisions concerning mental health are not covered in other laws (e.g. welfare, disability, general health legislation etc.).

## FINANCING

Mental health expenditures by the government health department/ministry are not available. Mental hospital expenditures are also not available.

Note: Fund for mental health excluding Basic Package of Health Service and Essential Package of Hospital Services (mental health is a component of both and has budget line), strategies and regular budget (cost of mental health hospital in Kabul) during last two years have been around 11,500,000 USD.

## MENTAL HEALTH CARE DELIVERY

### Primary Care

Prescription regulations authorize primary health care doctors to prescribe and/or to continue prescription of psychotherapeutic medicines. In contrast, the department of health does not authorize primary health care nurses to prescribe and/or to continue prescription of psychotherapeutic medicines.

The majority of primary health care doctors and nurses have not received official in-service training on mental health within the last five years. Officially approved manuals on the management and treatment of mental disorders are available in the majority of primary health care clinics. Official policy does not permit

Data collected in 2011

UN = information not available, NA = item not applicable

primary health care nurses to independently diagnose and treat mental disorders within the primary care system. Official referral procedures for referring persons from primary care to secondary/tertiary care exist, as do referral procedures from tertiary/secondary care to primary care.

Note: Officially approved manuals and related learning resource packages for doctors, nurses, medical workers and psychosocial counselor developed.

The psychosocial counselors can identify only the psychosocial problems in health facilities. One-third of primary health care staff received basic mental health psychosocial training.

## Mental Health Services

### Availability of mental health facilities

	Total number of facilities/beds	Rate per 100,000 population	Number of facilities/beds reserved for children and adolescents only	Rate per 100,000 population
Mental health outpatient facilities	21	0.072	0	0.00
Day treatment facilities	1	0.003	0	0.00
Psychiatric beds in general hospitals	244	0.84	0	0.00
Community residential facilities	0	0.00	0	0.00
Beds/places in community residential facilities	0	0.00	0	0.0
Mental hospitals	1	0.003	0	0.00
Beds in mental hospitals	100	0.34	0	0.00

### Access to care

	Rates per 100,000 population)	Females (%)	Under age 18 (%)
Persons treated in mental health outpatient facilities	181.5	29%	UN
Persons treated in mental health day treatment facilities	3.46	63%	UN
Admissions to psychiatric beds in general hospitals	20.94	66%	UN
Persons staying in community residential facilities at the end of the year	NA	NA	NA
Admissions to mental hospitals	2.61	40%	12%

Long term care in mental hospitals (% of persons staying):

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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 Rate per 100,000	Training of health professions in educational institutions Rate per 100,000
Psychiatrists	0.16	UN
Medical doctors, not specialized in psychiatry	0.34	UN
Nurses	0.15	UN
Psychologists	0.08	UN
Social workers	0.01	UN
Occupational therapists	0.01	UN
Other health workers	0.44	NA

### Informal human resources (Family and User Associations)

	User	Family
Present in the country?	No	No
Number of members	NA	NA
Participation in the formulation/implementation of policy/plan/legislation?	NA	NA

## MEDICINES

### Expenditures for medicines for mental and behavioral disorders at country level

Type of Medicines	Expenditures at country level per year and per 100,000 population (in USD)
All the psychotherapeutic medicines <sup>1</sup>	UN
Medicines used for bipolar disorders <sup>2</sup>	UN
Medicines for psychotic disorders <sup>3</sup>	UN

<sup>1</sup> N03AG01, N05A, N05B, N05C, N06A

<sup>2</sup> N03AG01, N05A, N05B, N05C, N06A

<sup>3</sup> N05A (excluding N05AN)

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Medicines used for general anxiety <sup>4</sup>	UN
Medicines used for mood disorders <sup>5</sup>	UN

## INFORMATION SYSTEMS

	Data on number of people/ activities are collected and reported	Data on age and gender are collected and reported	Data on patient's diagnosis are collected and reported
Persons with mental disorders treated in primary health care	Yes	Yes	Yes
Interventions (psychopharmacological and psychosocial) delivered in primary health care for people with mental disorders	No	No	No
Persons treated in mental health outpatient facilities	Yes	Yes	Yes
Contacts in mental health outpatient facilities	Yes	Yes	Yes
Persons treated in mental health day treatment facilities	Yes	Yes	Yes
Admissions in general hospitals with psychiatric beds	Yes	Yes	Yes
Admissions in mental hospitals	Yes	Yes	Yes
Days spent in mental hospitals	Yes	Yes	Yes
Admissions in community residential facilities	NA	NA	NA

<sup>4</sup> N05B & N05C

<sup>5</sup> N06A

Data collected in 2011

UN = information not available, NA = item not applicable