

GENERAL INFORMATION

United Arab Emirates is a country with an approximate area of 84 thousand square kilometers (UNO, 2008). The population is 4,707,307. The proportion of the population under the age of 18 years is 14% and the proportion above age 60 is 1% (UNO, 2009). The literacy rate is 94% for men and 97% for women (UN Statistics, 2008). The life expectancy at birth is 75 years for males and 77 years for females (UNO, 2005-2010). The healthy life expectancy at birth is 68 years for males and 77 years for females (UNPD, 2010). The country is in the High income group (based on 2010 World Bank criteria). The total expenditure on health as a percentage of gross domestic product is 2.81% and the per capita government expenditure on health (PPP int. \$) is \$992.0 (WHO, 2006). Suicide rate information is not available. In United Arab Emirates, neuropsychiatric disorders are estimated to contribute to 19.9% of the global burden of disease (WHO, 2008).

GOVERNANCE

An officially approved mental health policy doesn't exist. However, mental health is specifically mentioned in the general health policy.

A mental health plan exists and was approved or most recently revised in 2010. The mental health plan components include:

- Shift of services and resources from mental hospitals to community mental health facilities.
- Integration of mental health services into primary care.

Dedicated mental health legislation exists. Legal provisions concerning mental health are also covered in other laws (e.g., welfare, disability, general health legislation etc.).

Note: There is in the currently proposed Mental Health Act but it is yet to be passed.

FINANCING

Mental health expenditures by the government health department/ministry are not available. Mental Health expenditure is been utilized from the general health budget.

MENTAL HEALTH CARE DELIVERY

Primary Care

Prescription regulations authorize primary health care doctors to prescribe and/or to continue prescription of psychotherapeutic medicines but with restrictions. The department of health does not authorize primary health care nurses to prescribe and/or to continue prescription of psychotherapeutic medicines. Likewise, official policy does not permit primary health care nurses to independently diagnose and treat mental disorders within the primary care system.

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 referral procedures

for referring persons from primary care to secondary/tertiary care exist. However, referral procedures from tertiary/secondary care to primary care do not exist .

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	3	0.06	0	0.0
Day treatment facilities	0	0.0	NA	NA
Psychiatric beds in general hospitals	25	0.53	0	0.0
Community residential facilities	0	0.0	NA	NA
Beds/places in community residential facilities	0	0.0	NA	NA
Mental hospitals	1	0.02	0	0.0
Beds in mental hospitals	80	1.7	0	0.0

Access to care

	Rates per 100,000 population)	Females (%)	Under age 18 (%)
Persons treated in mental health outpatient facilities	220.1	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 the end of the year	NA	NA	NA
Admissions to mental hospitals	7.01	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

UN = information unavailable, NA = item not applicable

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	0.3	UN
Medical doctors, not specialized in psychiatry	0.11	UN
Nurses	2.12	2.12
Psychologists	0.51	UN
Social workers	0.25	UN
Occupational therapists	0.04	UN
Other health workers	0.04	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 ¹	UN
Medicines used for bipolar disorders ²	UN
Medicines for psychotic disorders ³	UN
Medicines used for general anxiety ⁴	UN
Medicines used for mood disorders ⁵	UN

¹ N03AG01, N05A, N05B, N05C, N06A

² N03AG01, N05A, N05B, N05C, N06A

³ N05A (excluding N05AN)

⁴ N05B & N05C

⁵ N06A

UN = information unavailable, NA = item not applicable

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	No	No	No
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	No
Contacts in mental health outpatient facilities	Yes	Yes	Yes
Persons treated in mental health day treatment facilities	NA	NA	NA
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

Note: mental health data (either on the public system, private system or both) have been compiled for general health statistics in the last three years, but not in a specific mental health report.

OTHER INFORMATION

Mental health is governed by 3 authorities – the Federal Government, Health Authority Abu Dhabi and Dubai Health Authority.