

## GENERAL INFORMATION

Bahrain is a country with an approximate area of 0.71 thousand square kilometers (UNO, 2008). The population is 1,262,000 and the sex ratio (men per hundred women) is 166 (UNO, 2009). The proportion of the population under the age of 18 years is 20% and the proportion above age 60 is 2% (UNO, 2009). The literacy rate is 100% for both men and women (UN Statistics, 2008). The life expectancy at birth is 74 years for males and 75 years for females (UNO, 2005-2010). The healthy life expectancy at birth is 66 years for males and 75 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 4.54% and the per capita government expenditure on health (PPP int. \$) is \$554.0 (WHO, 2006). The suicide rate for males is 4.9 per 100,000 population and for females is 0.5% per 100,000 population. In Bahrain, neuropsychiatric disorders are estimated to contribute to 18.6% of the global burden of disease (WHO, 2008).

## GOVERNANCE

An officially approved mental health policy exists and was approved, or most recently revised, in 1993. Mental health is also specifically mentioned in the general health policy.

A mental health plan exists and was approved, or most recently revised, in 1997. The mental health plan components include:

- Timelines for the implementation of the mental health plan.
- Funding allocation for the implementation of half or more of the items in the mental health plan.
- 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 does not exist. However, legal provisions concerning mental health are covered in other laws (e.g. welfare, disability, general health legislation etc.).

Notes: A mental health act is awaiting approval. Some components on mental health are found in the general health legislation in the constitution, criminal and civil law.

## FINANCING

Mental health and mental hospital expenditures by the government health department/ministry are not available. It is estimated that mental hospital expenditures are 3.96% of the total 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. In contrast, the department of health does not authorize primary health care nurses to prescribe and/or to continue prescription of psychotherapeutic medicines. Similarly, official policy does not permit primary health care nurses to independently diagnose and treat mental disorders within the primary care system.

Data collected in 2011

UN = information unavailable, NA = item not applicable

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

## 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	5	0.62	1	0.12
Day treatment facilities	2	0.25	1	0.12
Psychiatric beds in general hospitals	0	0.0	NA	NA
Community residential facilities	0	0	NA	NA
Beds/places in community residential facilities	NA	NA	NA	NA
Mental hospitals	1	0.12	0	0.0
Beds in mental hospitals	226	28.0	12	1.49

### Access to care

	Rates per 100,000 population)	Females (%)	Under age 18 (%)
Persons treated in mental health outpatient facilities	UN	UN	UN
Persons treated in mental health day treatment facilities	65.91	UN	UN
Admissions to psychiatric beds in general hospitals	NA	NA	NA
Persons staying in community residential facilities at the end of the year	NA	NA	NA
Admissions to mental hospitals	129.22	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%

Data collected in 2011

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	8.18	0.0
Medical doctors, not specialized in psychiatry	UN	18.21
Nurses	29.12	15.24
Psychologists	0.50	NA
Social workers	0.87	12.02
Occupational therapists	1.73	NA
Other health workers	16.85	NA

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

	User	Family
Present in the country?	Yes	Yes
Number of members	UN	UN
Participation in the formulation/implementation of policy/plan/legislation?	Frequently	Frequently

## 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>	366,933.2
Medicines used for bipolar disorders <sup>2</sup>	28,107.3
Medicines for psychotic disorders <sup>3</sup>	247,823.3
Medicines used for general anxiety <sup>4</sup>	8,312.4
Medicines used for mood disorders <sup>5</sup>	82,029.4

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

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

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

<sup>4</sup> N05B & N05C

Data collected in 2011

UN = information unavailable, NA = item not applicable

**INFORMATION SYSTEMS**

	<b>Data on number of people/ activities are collected and reported</b>	<b>Data on age and gender are collected and reported</b>	<b>Data on patient's diagnosis are collected and reported</b>
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	Yes	Yes	Yes
Persons treated in mental health outpatient facilities	No	No	No
Contacts in mental health outpatient facilities	Yes	Yes	No
Persons treated in mental health day treatment facilities	Yes	Yes	No
Admissions in general hospitals with psychiatric beds	NA	NA	NA
Admissions in mental hospitals	Yes	Yes	Yes
Days spent in mental hospitals	Yes	Yes	Yes
Admissions in community residential facilities	NA	NA	NA

Note: A specific report focusing on mental health activities has been published by the Health Department or any other responsible government unit in the last three years.

All data is based on 2009.

<sup>5</sup> N06A

Data collected in 2011

UN = information unavailable, NA = item not applicable