



Cyprus

GENERAL INFORMATION

Cyprus is a country with an approximate area of 9 thousand square kilometers (UNO, 2008). The population is 879,723 and the sex ratio (men per hundred women) is 104 (UNO, 2009). The proportion of the population under the age of 18 years is 18% and the proportion above age 60 is 12% (UNO, 2009). The literacy rate is 100% for men and 100% for women (UN Statistics, 2008). The life expectancy at birth is 77 years for males and 81 years for females (UNO, 2005-2010). The healthy life expectancy at birth is 69 years for males and 81 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 5.96% and the per capita government expenditure on health (PPP int. \$) is \$1232.0 (WHO, 2006). The suicide rate for males is 3.2 per 100,000 population and for females is 1.8 per 100,000 population. In Cyprus, neuropsychiatric disorders are estimated to contribute to 24.2% of the global burden of disease (WHO, 2008).

GOVERNANCE

An officially approved mental health policy exists and was approved or most recently revised in 2007. Mental health is specifically mentioned in the general health policy.

A mental health plan exists and was approved or most recently revised in 2007. 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 exists and it was initiated or most recently revised in 2007. Legal provisions concerning mental health are also covered in other laws (e.g. welfare, disability, general health legislation etc.)

Note: The protection of the rights of patients with mental disorders is overseen by an independent body called the Cyprus Mental Health Commission.

FINANCING

Mental health expenditures by the government health department/ministry are 4.82% of the total health budget. Mental hospital expenditures are 29% of the total mental 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.

The majority of primary health care doctors have not received official in-service training on mental health within the last five years. The majority of primary health care 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 not available in the majority of primary health care clinics. Official policy does not permit 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 do not exist. 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	36	4.09	6	0.68
Day treatment facilities	5	0.57	0	0.0
Psychiatric beds in general hospitals	46	5.23	0	0.0
Community residential facilities	1	0.11	0	0.0
Beds/places in community residential facilities	3	0.34	0	0.0
Mental hospitals	1	0.11	0	0.0
Beds in mental hospitals	143	16.26	0	0.0

Note: The data on the community residential facilities relate only to facilities working in the public sector. The majority of residential facilities are private ones.

Access to care

	Rates per 100,000 population)	Females (%)	Under age 18 (%)
Persons treated in mental health outpatient facilities	575.18	UN	14%
Persons treated in mental health day treatment facilities	33.99	47%	UN
Admissions to psychiatric beds in general hospitals	69.91	UN	1%
Persons staying in community residential facilities at the end of the year	0.34	3%	UN
Admissions to mental hospitals	43.31	31%	UN

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

Data collected in 2011

UN = information unavailable, NA = item not applicable

Less than 1 year	44%
More than 1 and less than 5 years	21%
More than 5 years	35%

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	6.82	0.0
Medical doctors, not specialized in psychiatry	0.0	0.0
Nurses	42.17	5.68
Psychologists	28.99	2.5
Social workers	UN	UN
Occupational therapists	8.41	2.05
Other health workers	UN	NA

Informal human resources (Family and User Associations)

	User	Family
Present in the country?	Yes	No
Number of members	79	NA
Participation in the formulation/implementation of policy/plan/legislation?	Never or rarely	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

¹ N03AG01, N05A, N05B, N05C, N06A

² N03AG01, N05A, N05B, N05C, N06A

³ N05A (excluding N05AN)

Data collected in 2011

UN = information unavailable, NA = item not applicable

Medicines used for general anxiety ⁴	UN
Medicines used for mood disorders ⁵	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	No	No
Interventions (psychopharmacological and psychosocial) delivered in primary health care for people with mental disorders	Yes	No	No
Persons treated in mental health outpatient facilities	Yes	No	No
Contacts in mental health outpatient facilities	Yes	No	No
Persons treated in mental health day treatment facilities	Yes	No	No
Admissions in general hospitals with psychiatric beds	Yes	No	No
Admissions in mental hospitals	Yes	No	No
Days spent in mental hospitals	Yes	No	No
Admissions in community residential facilities	Yes	No	No

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

⁴ N05B & N05C

⁵ N06A

Data collected in 2011

UN = information unavailable, NA = item not applicable