



## GENERAL INFORMATION

Hungary is a country with an approximate area of 93 thousand square kilometers (UNO, 2008). The population is 9,973,141 and the sex ratio (men per hundred women) is 90 (UNO, 2009). The proportion of the population under the age of 18 years is 18% and the proportion above age 60 is 17% (UNO, 2009). The literacy rate is 98% for men and 99% for women (UN Statistics, 2008). The life expectancy at birth is 70 years for males and 78 years for females (UNO, 2005-2010). The healthy life expectancy at birth is 62 years for males and 78 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 7.36% and the per capita government expenditure on health (PPP int. \$) is \$1058.0 (WHO, 2006). The suicide rate for males is 42.3 per 100,000 population and for females is 11.2 per 100,000 population. In Hungary, neuropsychiatric disorders are estimated to contribute to 24.7% of the global burden of disease (WHO, 2008).

## GOVERNANCE

An officially approved mental health policy does not exist. However, mental health is specifically mentioned in the general health policy.

A mental health plan exists and was approved in 2009. 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 does not exist. However, legal provisions concerning mental health are covered in other laws (e.g., welfare, disability, general health legislation etc.).

## FINANCING

Mental health expenditures by the government health department/ministry are 5.1% of the total health budget. Mental hospital expenditures are not available.

Note: The National Health Insurance Fund is the main source of health care financing in Hungary.

## 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.

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 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 to primary care.

Note: Optional, credited continuous medical education are available for general practitioners and nurses. Officially approved treatment protocols for the major mental disorders are available on the website of the National Resource Ministry, for professionals as well as for the public.

## 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	799	8.01	68	0.68
Day treatment facilities	29	0.29	2	0.02
Psychiatric beds in general hospitals	7202	72.21	UN	UN
Community residential facilities	UN	UN	UN	UN
Beds/places in community residential facilities	UN	UN	UN	UN
Mental hospitals	3	0.03	1	0.01
Beds in mental hospitals	282	2.83	40	0.4

### Access to care

	Rates per 100,000 population)	Females (%)	Under age 18 (%)
Persons treated in mental health outpatient facilities	4976.4	65.6%	6.85%
Persons treated in mental health day treatment facilities	45.84	47.9%	11.3%
Admissions to psychiatric beds in general hospitals	2184.65	52.0%	2.6%
Persons staying in community residential facilities at the end of the year	UN	UN	UN
Admissions to mental hospitals	332.63	51.4%	7.3%

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

Less than 1 year	79%
More than 1 and less than 5 years	17%
More than 5 years	4%

Note: There are several after-care facilities with specific catchment areas. The funding for these facilities has decreased by more than 50% over that last ten years; the government's aim is to increase funding to these facilities.

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	6.52	0.50
Medical doctors, not specialized in psychiatry	0.13	8.02
Nurses	21.93	6.53
Psychologists	2.47	1.00
Social workers	2.98	3.01
Occupational therapists	NA	NA
Other health workers	14.76	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?	not routinely	not routinely

## MEDICINES

Expenditures for medicines for mental and behavioral disorders at country level<sup>1</sup>

Type of Medicines	Expenditures at country level per year and per 100,000 population (in USD)
All the psychotherapeutic medicines <sup>2</sup>	1,877,782
Medicines used for bipolar disorders <sup>3</sup>	26,722
Medicines for psychotic disorders <sup>4</sup>	1,074,078
Medicines used for general anxiety <sup>5</sup>	160,987
Medicines used for mood disorders <sup>6</sup>	615,995

<sup>1</sup> Expenditures are total pharmacy sales including value added tax (VAT) of 5%.

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

<sup>3</sup> N03AG01, N05A, N05B, N05C, N06A

<sup>4</sup> N05A (excluding N05AN)

<sup>5</sup> N05B & N05C

<sup>6</sup> N06A

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	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	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	No	No	No

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.