



## Italy

### GENERAL INFORMATION

Italy is a country with an approximate area of 301 thousand square kilometers (UNO, 2008). The population is 60,097,564 and the sex ratio (men per hundred women) is 96 (UNO, 2009). The proportion of the population under the age of 18 years is 17% and the proportion above age 60 is 20% (UNO, 2009). The literacy rate is 100% for men and 100% for women (UN Statistics, 2008). The life expectancy at birth is 79 years for males and 84 years for females (UNO, 2005-2010). The healthy life expectancy at birth is 73 years for males and 84 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 9.51% and the per capita government expenditure on health (PPP int. \$) is \$2031.0 (WHO, 2006). The suicide rate for males is 9.9 per 100, 000 population and for females is 2.8 per 100, 000 population. In Italy, neuropsychiatric disorders are estimated to contribute to 27.9% of the global burden of disease (WHO, 2008).

### GOVERNANCE

An officially approved mental health policy exists and was approved or most recently revised in 1999. Mental health is specifically mentioned in the general health policy.

A mental health plan exists and was approved or most recently revised in 2008. The mental health plan components include:

- Integration of mental health services into primary care.

Dedicated mental health legislation exists and it was initiated or most recently revised in 2008. Legal provisions concerning mental health are also covered in other laws (e.g., welfare, disability, general health legislation etc.).

Note: All plans and policies mentioned are approved by an Act/Law, so these documents can also be considered under the Legislation section. Among general Laws addressing mental health the following can also be listed: National Prevention Plan (2010) and National Health Plan (2006-2008).

### FINANCING

Mental health expenditures by the government health department/ministry are 5.0% of the total health budget. Funds are allocated by State as general health budget, but the allocation for specific sectors, such as mental health, is made at regional level, with a wide variability in percentages. Mental Hospitals do not exist in Italy since 1999.

### MENTAL HEALTH CARE DELIVERY

#### Primary Care

Prescription regulations authorize primary health care doctors to prescribe and/or to continue prescription of psychotherapeutic medicines. The department of health does not authorize primary health care nurses to prescribe and/or to continue prescription of psychotherapeutic medicines. Official policy does not

permit primary health care nurses to independently diagnose and treat mental disorders within the primary care system.

No national data are available on official in-service training on mental health for primary health care doctors and nurses within the last five years. No information exists on availability of officially approved manuals on the management and treatment of mental disorders in the majority of primary health care clinics. Official referral procedures for referring persons from primary care to secondary/tertiary care do not exist nor do referral procedures from tertiary/secondary care to primary care, since there is an open access to all levels of care, and referrals are based on individual care programs.

## 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	858	1.43	150	0.25
Day treatment facilities	805	1.34	50	0.08
Psychiatric beds in general hospitals	6582	10.95	380	0.63
Community residential facilities	1627	2.71	50	0.08
Beds/places in community residential facilities	27891	46.41	764	1.27
Mental hospitals	0	0.0	0	0.0
Beds in mental hospitals	0	0.0	0	0.0

### Access to care

	Rates per 100,000 population)	Females (%)	Under age 18 (%)
Persons treated in mental health outpatient facilities	865.26	UN	77%
Persons treated in mental health day treatment facilities	24.96	UN	UN
Admissions to psychiatric beds in general hospitals	441.11	50%	1%
Persons staying in community residential facilities at the end of the year	33.28	UN	UN
Admissions to mental hospitals	NA	NA	NA

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

Less than 1 year	NA
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Data collected in 2011

UN = information unavailable, NA = item not applicable

More than 1 and less than 5 years	NA
More than 5 years	NA

## 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	7.81	0.31
Medical doctors, not specialized in psychiatry	0.0	52.93
Nurses	19.28	19.35
Psychologists	2.58	16.46
Social workers	1.93	4.71
Occupational therapists	2.18	UN
Other health workers	5.04	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>	2,566,206
Medicines used for bipolar disorders <sup>2</sup>	116,189
Medicines for psychotic disorders <sup>3</sup>	1,060,298
Medicines used for general anxiety <sup>4</sup>	1,389,719

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

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

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

Data collected in 2011

UN = information unavailable, NA = item not applicable

Medicines used for mood disorders <sup>5</sup>	1,351,248
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## 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	No	No	No
Contacts in mental health outpatient facilities	No	No	No
Persons treated in mental health day treatment facilities	No	No	No
Admissions in general hospitals with psychiatric beds	No	No	No
Admissions in mental hospitals	NA	NA	NA
Days spent in mental hospitals	NA	NA	NA
Admissions in community residential facilities	No	No	No

Note: a specific report focusing mental health activities in the public sector has been published by the Health Department or any other responsible government unit in the last three years. Comprehensive data, based on individual records, are still to be collected routinely since the National Information System on Mental Health (SISM), which has been ready for many years now, has only been officially approved at the beginning of July 2010. All data in the table above are included in the framework of the National System, but not available at present. Most of data are routinely collected in some Regions. Up to now data for mental health are not specifically recorded, but can gathered from several different sources

<sup>4</sup> N05B & N05C

<sup>5</sup> N06A

Data collected in 2011

UN = information unavailable, NA = item not applicable

