



## GENERAL INFORMATION

Japan is a country with an approximate area of 378 thousand square kilometers (UNO, 2008). The population is 126,995,411 and the sex ratio (men per hundred women) is 95 (UNO, 2009). The proportion of the population under the age of 18 years is 16% and the proportion above age 60 is 23% (UNO, 2009). The life expectancy at birth is 79 years for males and 86 years for females (UNO, 2005-2010). The healthy life expectancy at birth is 73 years for males and 86 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 8.35% and the per capita government expenditure on health (PPP int. \$) is \$2097.0 (WHO, 2006). The suicide rate for males is 35.8 per 100, 000 population and for females is 13.7 per 100, 000 population. In Japan, neuropsychiatric disorders are estimated to contribute to 24.6% of the global burden of disease (WHO, 2008).

## GOVERNANCE

An officially approved mental health policy exists and was approved in 2004 and most recently revised in 2009. Mental health is specifically mentioned in the general health policy.

A mental health plan exists and was most recently revised in 2009. The mental health plan components include:

- Timelines for the implementation of the mental health plan.
- Shift of services and resources from mental hospitals to community mental health facilities.

Dedicated mental health legislation exists and it was most recently revised in 2005. Legal provisions concerning mental health are also covered in other laws (e.g., welfare, disability, general health legislation etc.).

## FINANCING

Mental health expenditures by the government health department/ministry are 4.94% of the total health budget. Mental hospital expenditures are 76.12% of the total mental health budget.

Note: Mental health expenditures do not include expenditures for residential facilities and social services for people with mental disorders in the community.

## MENTAL HEALTH CARE DELIVERY

### Primary Care

Prescription regulations authorize primary health care doctors to prescribe and/or to continue prescription of psychotherapeutic medicines. In contrast, 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 not available in the majority of primary health care clinics. Official referral procedures for referring persons from primary care to secondary/tertiary care exist. In contrast, 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	2936	2.31	0	0.0
Day treatment facilities	1337	1.05	0	0.0
Psychiatric beds in general hospitals	92857	73.12	0	0.0
Community residential facilities	1992	1.57	0	0.0
Beds/places in community residential facilities	20617	16.23	0	0.0
Mental hospitals	1072	0.84	0	0.0
Beds in mental hospitals	259580	204.4	788	0.62

Note: Figures for community residential facilities and beds were estimated based on data of nation-wide surveys.

### Access to care

	Rates per 100,000 population)	Females (%)	Under age 18 (%)
Persons treated in mental health outpatient facilities	2106.38	UN	UN
Persons treated in mental health day treatment facilities	65.46	UN	UN
Admissions to psychiatric beds in general hospitals	92.92	UN	UN
Persons staying in community residential facilities at the end of the year	9.92	UN	UN
Admissions to mental hospitals	193.71	UN	UN

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

Less than 1 year	35%
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Data collected in 2011

UN = information unavailable, NA = item not applicable

More than 1 and less than 5 years	29%
More than 5 years	36%

Note: Data on the tables above includes numbers of people in both mental hospitals and general hospitals.

## 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	10.1	0.27
Medical doctors, not specialized in psychiatry	UN	5.85
Nurses	102.55	1.35
Psychologists	3.99	1.24
Social workers	6.06	3.53
Occupational therapists	4.85	0.79
Other health workers	37.68	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>	UN
Medicines used for bipolar disorders <sup>2</sup>	UN
Medicines for psychotic disorders <sup>3</sup>	UN
Medicines used for general anxiety <sup>4</sup>	UN

<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>	UN
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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	Yes	Yes	Yes
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	No	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	Yes	No	No

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.

<sup>4</sup> N05B & N05C

<sup>5</sup> N06A

Data collected in 2011

UN = information unavailable, NA = item not applicable