



Kuwait

GENERAL INFORMATION

Kuwait is a country with an approximate area of 18 thousand square kilometers (UNO, 2008). The population is 3,050,744 and the sex ratio (men per hundred women) is 148 (UNO, 2009). The proportion of the population under the age of 18 years is 30% and the proportion above age 60 is 3% (UNO, 2009). The literacy rate is 98% for men and 99% for women (UN Statistics, 2008). The life expectancy at birth is 73 years for males and 75 years for females (UNO, 2005-2010). The healthy life expectancy at birth is 69 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 3.31% and the per capita government expenditure on health (PPP int. \$) is \$748.0 (WHO, 2006). The suicide rate for males is 2.5 per 100, 000 population and for females is 1.4 per 100, 000 population. In Kuwait, neuropsychiatric disorders are estimated to contribute to 20.2% of the global burden of disease (WHO, 2008).

GOVERNANCE

An officially approved mental health policy exists and was approved or most recently revised in 2005. Mental health is specifically mentioned in the general health policy.

A mental health plan exists and was approved or most recently revised in 2010. 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.
- Integration of mental health services into primary care.

Dedicated mental health legislation does not exist. 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 not available.

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. 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 have 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

Data collected in 2011

UN = information unavailable, NA = item not applicable

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	25	0.82	6	0.2
Day treatment facilities	1	0.03		
Psychiatric beds in general hospitals	0	0.0	0	0.0
Community residential facilities	UN	UN	UN	UN
Beds/places in community residential facilities	UN	UN	UN	UN
Mental hospitals	1	0.03	UN	UN
Beds in mental hospitals	1000	32.78	UN	UN

Access to care

	Rates per 100,000 population)	Females (%)	Under age 18 (%)
Persons treated in mental health outpatient facilities	6555.78	60%	25%
Persons treated in mental health day treatment facilities	UN	UN	UN
Admissions to psychiatric beds in general hospitals	NA	NA	NA
Persons staying in community residential facilities at the end of the year	UN	UN	UN
Admissions to mental hospitals	85.23	UN	UN

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

Less than 1 year	89%
More than 1 and less than 5 years	4%
More than 5 years	7%

HUMAN RESOURCES

Data collected in 2011

UN = information unavailable, NA = item not applicable

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	2.62	0.13
Medical doctors, not specialized in psychiatry	UN	3.28
Nurses	13.77	3.93
Psychologists	2.29	1.31
Social workers	0.66	2.29
Occupational therapists	0.13	0.66
Other health workers	UN	NA

Informal human resources (Family and User Associations)

	User	Family
Present in the country?	Yes	UN
Number of members	200	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

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
Medicines used for general anxiety ⁴	UN
Medicines used for mood disorders ⁵	UN

INFORMATION SYSTEMS

	Data on	Data on age	Data on
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¹ N03AG01, N05A, N05B, N05C, N06A² N03AG01, N05A, N05B, N05C, N06A³ N05A (excluding N05AN)⁴ N05B & N05C⁵ N06A

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	number of people/ activities are collected and reported	and gender are collected and reported	patient's diagnosis are collected and reported
Persons with mental disorders treated in primary health care	NA	NA	NA
Interventions (psychopharmacological and psychosocial) delivered in primary health care for people with mental disorders	NA	NA	NA
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	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 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

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