



## Oman

### GENERAL INFORMATION

Oman is a country with an approximate area of 213 thousand square kilometers (UNO, 2008). The population is 2,905,114 and the sex ratio (men per hundred women) is 142 (UNO, 2009). The proportion of the population under the age of 18 years is 38% and the proportion above age 60 is 3% (UNO, 2009). The literacy rate is 98% for men and for women (UN Statistics, 2008). The life expectancy at birth is 71 years for males and 75 years for females (UNO, 2005-2010). The healthy life expectancy at birth is 64 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 3.02% and the per capita government expenditure on health (PPP int. \$) is \$433.0 (WHO, 2006). Suicide rate information is not available. In Oman, neuropsychiatric disorders are estimated to contribute to 16.8% of the global burden of disease (WHO, 2008).

### GOVERNANCE

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

A mental health plan exists and was approved or most recently revised in 2005. 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.
- 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.).

Note: A final draft of the Mental Health Legislation is under discussion by the inter-sectoral committee of Oman.

### FINANCING

Mental health and mental hospital 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. 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 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 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.

## 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	26	0.89	2	0.07
Day treatment facilities	0	0.00	NA	NA
Psychiatric beds in general hospitals	12	0.41	0	0.00
Community residential facilities	0	0.00	NA	NA
Beds/places in community residential facilities	0	0.00	NA	NA
Mental hospitals	1	0.03	0	0.00
Beds in mental hospitals	64	2.20	0	0.00

### Access to care

	Rates per 100,000 population)	Females (%)	Under age 18 (%)
Persons treated in mental health outpatient facilities	360.26	47%	25%
Persons treated in mental health day treatment facilities	NA	NA	NA
Admissions to psychiatric beds in general hospitals	4.61	40%	NA
Persons staying in community residential facilities at the end of the year	NA	NA	NA
Admissions to mental hospitals	27.16	27%	NA

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

Less than 1 year	100%
More than 1 and less than 5 years	0%
More than 5 years	0%

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	2.31	0.10
Medical doctors, not specialized in psychiatry	0.41	1.17
Nurses	6.57	24.72
Psychologists	0.17	0.34
Social workers	0.07	0.93
Occupational therapists	0.10	0.03
Other health workers	UN	NA

### Informal human resources (Family and User Associations)

	User	Family
Present in the country?	No	No
Number of members	NA	NA
Participation in the formulation/implementation of policy/plan/legislation?	NA	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 <sup>1</sup>	87,837
Medicines used for bipolar disorders <sup>2</sup>	7,608
Medicines for psychotic disorders <sup>3</sup>	55,086
Medicines used for general anxiety <sup>4</sup>	2,435
Medicines used for mood disorders <sup>5</sup>	22,708

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

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

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

<sup>4</sup> N05B & N05C

<sup>5</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	Yes	Yes	Yes
Interventions (psychopharmacological and psychosocial) delivered in primary health care for people with mental disorders	Yes	Yes	Yes
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	NA	NA	NA
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	NA	NA	NA

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.

Data collected in 2011

UN = information unavailable, NA = item not applicable