



## Singapore

### GENERAL INFORMATION

Singapore is a country with an approximate area of one thousand square kilometers (UNO, 2008). The population is 4,836,691 and the sex ratio (men per hundred women) is 102 (UNO, 2009). The proportion of the population under the age of 18 years is 20% and the proportion above age 60 is 9% (UNO, 2009). The literacy rate is 100% for men and for women (UN Statistics, 2008). The life expectancy at birth is 78 years for males and 83 years for females (UNO, 2005-2010). The healthy life expectancy at birth is 71 years for males and 83 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 3.88% and the per capita government expenditure on health (PPP int. \$) is \$509.0 (WHO, 2006). The suicide rate for males is 12.9 per 100,000 population and for females is 7.7 per 100,000 population. In Singapore, neuropsychiatric disorders are estimated to contribute to 24.4% of the global burden of disease (WHO, 2008).

### GOVERNANCE

An officially approved mental health policy exists and was approved or most recently revised in 2006. Mental health is also specifically mentioned in the general health policy.

A mental health plan exists and was approved or most recently revised in 2006. 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.
- 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 exists and was initiated or most recently revised in 2010. 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 4.14% of the total health budget. Mental hospital expenditures are 71.71% of the total mental health budget.

### 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. Similarly, official policy does not permit primary health care nurses to independently diagnose and treat mental disorders within the primary care system.

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	3	0.06	UN	UN
Day treatment facilities	25	0.52	UN	UN
Psychiatric beds in general hospitals	68	1.41	UN	UN
Community residential facilities	13	0.27	UN	UN
Beds/places in community residential facilities	1,715	35.46	UN	UN
Mental hospitals	1	0.02	UN	UN
Beds in mental hospitals	1,976	40.85	20	0.41

### Access to care

	Rates per 100,000 population	Females (%)	Under age 18 (%)
Persons treated in mental health outpatient facilities	543.45	UN	UN
Persons treated in mental health day treatment facilities	UN	UN	UN
Admissions to psychiatric beds in general hospitals	35.48	UN	UN
Persons staying in community residential facilities at the end of the year	UN	UN	UN
Admissions to mental hospitals	187.63	UN	UN

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

Less than 1 year	28%
More than 1 and less than 5 years	6%
More than 5 years	66%

Note: All data presented above are from the Ministry of Health and represent resources strictly in the public sector.

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	2.81	2.83
Medical doctors, not specialized in psychiatry	UN	62.91
Nurses	UN	UN
Psychologists	UN	1.80
Social workers	UN	4.92
Occupational therapists	UN	4.05
Other health workers	UN	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?	UN	UN

## 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
Medicines used for mood disorders <sup>5</sup>	UN

<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

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	No	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	No
Contacts in mental health outpatient facilities	Yes	No	Yes
Persons treated in mental health day treatment facilities	No	Yes	No
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	Yes	Yes

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.

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<sup>5</sup> N06A

Data collected in 2011

UN = information unavailable, NA = item not applicable

