



Tajikistan

GENERAL INFORMATION

Tajikistan is a country with an approximate area of 143 thousand square kilometers (UNO, 2008). The population is 7,074,845 and the sex ratio (men per hundred women) is 97 (UNO, 2009). The proportion of the population under the age of 18 years is 45% and the proportion above age 60 is 5% (UNO, 2009). The literacy rate is 100% for men and 100% for women (UN Statistics, 2008). The life expectancy at birth is 63 years for males and 70 years for females (UNO, 2005-2010). The healthy life expectancy at birth is 58 years for males and 70 years for females (UNPD, 2010). The country is in the Low income group (based on 2010 World Bank criteria). The total expenditure on health as a percentage of gross domestic product is 5.31% and the per capita government expenditure on health (PPP int. \$) is \$18.0 (WHO, 2006). The suicide rate for males is 2.9 per 100, 000 population and for females is 2.3 per 100, 000 population. In Tajikistan, neuropsychiatric disorders are estimated to contribute to 13.% of the global burden of disease (WHO, 2008).

GOVERNANCE

An officially approved mental health policy doesn't exist. Mental health is also not specifically mentioned in the general health policy.

A mental health plan doesn't exist.

Dedicated mental health legislation exists and it was initiated or most recently revised in 2002. Legal provisions concerning mental health are also covered in other laws (e.g., welfare, disability, general health legislation etc.).

Note: A mental health policy and action plan have been developed for the country and currently under approval process.

FINANCING

Mental health expenditures by the government health department/ministry are 1.22% of the total health budget. Mental hospital expenditures are 83.75% of the total mental health budget.

Note: The figures represent data from the WHO-AIMS report on Tajikistan.

MENTAL HEALTH CARE DELIVERY

Primary Care

Prescription regulations do not authorize primary doctors or nurses to prescribe 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 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, as do referral procedures from tertiary/secondary care to primary care.

Data collected in 2011

UN = information unavailable, NA = item not applicable

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	49	0.69	1	0.01
Day treatment facilities	7	0.1	0	0.0
Psychiatric beds in general hospitals	100	1.41	0	0.0
Community residential facilities	UN	UN	UN	UN
Beds/places in community residential facilities	UN	UN	UN	UN
Mental hospitals	15	0.21	1	0.01
Beds in mental hospitals	1400	19.79	30	0.42

Access to care

	Rates per 100,000 population)	Females (%)	Under age 18 (%)
Persons treated in mental health outpatient facilities	1470.0	47%	13%
Persons treated in mental health day treatment facilities	296.83	32%	12%
Admissions to psychiatric beds in general hospitals	UN	UN	UN
Persons staying in community residential facilities at the end of the year	18.66	40%	2%
Admissions to mental hospitals	281.29	42%	5%

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

Less than 1 year	64.3%
More than 1 and less than 5 years	30.0%
More than 5 years	5.7%

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	1.36	1.36
Medical doctors, not specialized in psychiatry	0.3	11.31
Nurses	4.17	183.75
Psychologists	0.01	1.41
Social workers	0.06	UN
Occupational therapists	0.21	0.07
Other health workers	4.24	NA

Note: There is no specialized training program on mental health for the nurses. As a rule nurses receive general training on psychiatry within the training program at medical colleges. There are two institutions that train psychologists: National University and State Pedagogical University. In average there are 100 psychologists trained, however, the psychologists that graduated from the above institutions are not specialized in the provision of mental health services.

Informal human resources (Family and User Associations)

	User	Family
Present in the country?	Yes	Yes
Number of members	90	60
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	949
Medicines used for bipolar disorders ²	UN
Medicines for psychotic disorders ³	316
Medicines used for general anxiety ⁴	316
Medicines used for mood disorders ⁵	316

Note: Valproic acid and lithium are not used.

¹ N03AG01, N05A, N05B, N05C, N06A

² N03AG01, N05A, N05B, N05C, N06A

³ N05A (excluding N05AN)

⁴ N05B & N05C

⁵ N06A

Data collected in 2011

UN = information unavailable, NA = item not applicable

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	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	Yes	Yes	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	Yes	Yes

Note: a specific report focusing mental health activities has been published by the Health Department or any other responsible government unit in the last three years