



Turkey

GENERAL INFORMATION

Turkey is a country with an approximate area of 775 thousand square kilometers (UNO, 2008). The population is 75,705,147 and the sex ratio (men per hundred women) is 100 (UNO, 2009). The proportion of the population under the age of 18 years is 33% and the proportion above age 60 is 6% (UNO, 2009). The literacy rate is 99% for men and 94% 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 Upper Middle income group (based on 2010 World Bank criteria). The total expenditure on health as a percentage of gross domestic product is 6.74% and the per capita government expenditure on health (PPP int. \$) is \$423.0 (WHO, 2006). The suicide rate is 4.0 per 100,000 population (TurkStat, suicide statistics, 2010). In Turkey, neuropsychiatric disorders are estimated to contribute to 17.0 % 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 2011. 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. However, legal provisions concerning mental health are covered in other laws (e.g., welfare, disability, general health legislation etc.).

Note: A Mental Health Action plan is prepared but has not been published yet.

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 also 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 available in the majority of primary health care clinics. Official referral procedures for referring persons from primary care to secondary/tertiary care exist. However, 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	UN	UN	UN	UN
Day treatment facilities	6	0.01	UN	UN
Psychiatric beds in general hospitals	4208	5.56	UN	UN
Community residential facilities	1	0.001	0	0.0
Beds/places in community residential facilities	10	0.01	0	0.0
Mental hospitals	8	0.01	0	0.0
Beds in mental hospitals	3440	4.54	97	0.13

Access to care

	Rates per 100,000 population)	Females (%)	Under age 18 (%)
Persons treated in mental health outpatient facilities	UN	UN	UN
Persons treated in mental health day treatment facilities	UN	UN	UN
Admissions to psychiatric beds in general hospitals	69.8	UN	UN
Persons staying in community residential facilities at the end of the year	0.01	UN	UN
Admissions to mental hospitals	70.59	UN	UN

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

Less than 1 year	75%
More than 1 and less than 5 years	13%
More than 5 years	12%

Data collected in 2011

UN = information unavailable, NA = item not applicable

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	2.13	0.22
Medical doctors, not specialized in psychiatry	UN	9.05
Nurses	2.22	UN
Psychologists	1.62	1.98
Social workers	0.76	0.26
Occupational therapists	UN	0.07
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?	Never or rarely	Not routinely

Note: There are a total of 91 NGO's including users, family and other volunteer associations.

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

¹ N03AG01, N05A, N05B, N05C, N06A

² N03AG01, N05A, N05B, N05C, N06A

³ N05A (excluding N05AN)

⁴ N05B & N05C

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	No	No	No
Interventions (psychopharmacological and psychosocial) delivered in primary health care for people with mental disorders	No	No	No
Persons treated in mental health outpatient facilities	No	No	No
Contacts in mental health outpatient facilities	Yes	No	No
Persons treated in mental health day treatment facilities	No	No	No
Admissions in general hospitals with psychiatric beds	No	No	No
Admissions in mental hospitals	Yes	Yes	No
Days spent in mental hospitals	Yes	No	No
Admissions in community residential facilities	No	No	No

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. Most of the data in the table above are planned to be collected in accordance with health reform.

⁵ N06A

Data collected in 2011

UN = information unavailable, NA = item not applicable