

Challenges in mental health policy and practice in Turkey

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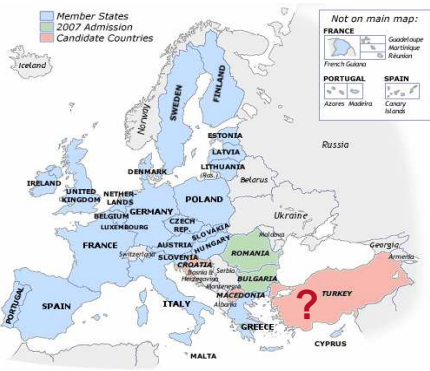
London, 27 September 2007

MHEEN is supported by the European Commission, Directorate General for Health and Consumer Protection

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http://www.theoiltrun.com/uploads/3246/EU_map_names_scales.png

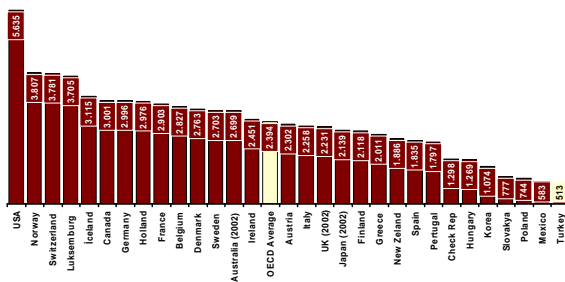
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Demographic and economic indicators

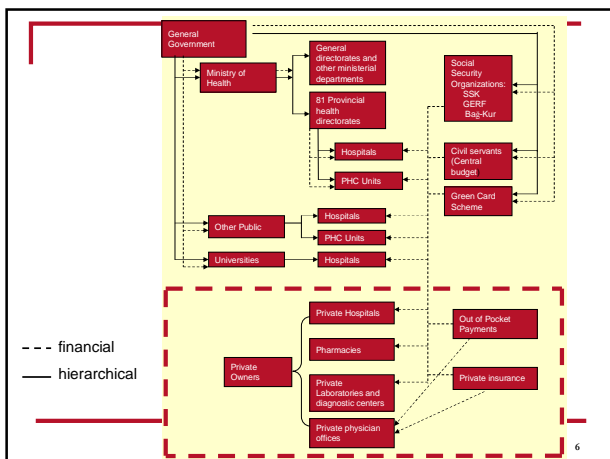
	1995	2000	2002	2004	2005
Total population (thousands)	61,763	67,420	69,388	71,332	72,005
Population aged 0-14 (in % of total)	32.9	30.0	29.5	28.8	29.2
Life expectancy at birth, total	67.9	70.5	70.8	71.2	71.4
GDP / capita in PPP	5,561	6,814	6,550	7,529	8,141
Growth rate 1995-2005	8.0	6.1	3.1	9.6	8.3
THE in % of GDP	3.41	6.6	7.4	7.7	7.6
Public HE in % of THE	70.3	62.9	70.4	72.1	71.4

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Per Capita Healthcare Spending (2003, US\$ PPP)



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Burden of Mental Diseases (2003)

Percentage Distribution of the Diseases Causing YLD		Percentage distributions of Main Disease Groups by DALY	
Unipolar Depressive Disorders	8.7	Cardiovascular	19.3
Osteoarthritis	6.5	Neuropsychiatric	13.3
Iron-deficiency Anemia	4.1	Infections excluding HIV	11.8
Hearing loss, adult onset	3.8	Injuries	10.8
COPD	3.5	Maternal and perinatal	10.1
Cerebrovascular Diseases	2.8	Cancers	6.8
Perinatal Causes	2.8	Respiratory system diseases	6.3
Alcohol use disorders	2.3	Musculoskeletal diseases	4.5
Schizophrenia	2.3	Digestive system diseases	4.1
		Nutritional deficiencies	4.1

Source: Burden of Disease and Cost-Effectiveness Study www.hrm.saglik.gov.tr

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Mental health hospitals (2003)



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Mental health hospitals

YEARS	HOSPITALS	BEDS	INPATIENTS	BEDS IN WARDS
1991	9	4,140	26,240	-
1995	8	3,772	31,828	-
2000	8	3,627	34,863	-
2001	9	4,332	37,741	-
2002	9	4,256	29,933	-
2003	8	3,720	38,763	1,866
2004	8	3,777	38,447	2,477

Total number of psychiatric beds: 6,254
0.9 beds per 10,000 population

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Human resources

- ❖ 920 psychiatrists
- ❖ 1.2 psychiatrist per 100 000 population
- ❖ 1 child and adolescent psychiatrist per 500 000
- ❖ 2/3 of the doctors are in three big cities

Total number of the psychiatric team (including psychiatrists, clinical psychologists, social workers, nurses etc) is 2000

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Challenge 1: Overcoming current perceptions and practices in mental health care

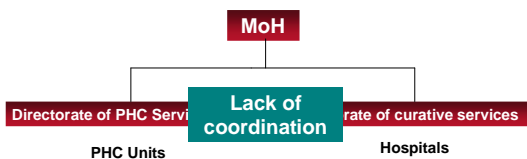
- ❖ Major public health problem but insufficient focus
- ❖ No discussion on implementation of contemporary approaches: community care, prevention and promotion
- ❖ Highly institutionalized care using hospitals as places of shelter
- ❖ Lack of day care facilities and social services
- ❖ Lack of a strong PHC service and links between other levels of care

A shift of paradigm is needed

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Challenge 2: Organizational and legal challenges

- ❖ Lack of a "Mental Health Care" Law.
 - ❖ Instead, multiple rules and regulations
- ❖ Organizational issues



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Challenge 3: Problems of access

- ❖ Insufficient number of doctors and other staff
- ❖ Unequal distribution of resources
- ❖ Hospitals in five regions, problems for inpatients

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Status of health economics in the country

- ❖ Late introduction of health economics concepts – after mid 1990s
- ❖ Economists are indifferent to the health sector
- ❖ After recent reforms the need to ‘manage’ the system became more important, leading to more emphasis on concepts such as cost effectiveness, efficiency, etc.

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Last word

- ❖ A mentality change is needed for mental health care
- ❖ Introduction of economics to mental health care requires a more systematic approach to health economics and capacity building must be the first priority

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Thank you

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