Economic crisis and mental health in Portugal:

Preliminary results of the national mental health survey follow-up

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National Mental Health Survey (WMHS Initiative)

- Carried out in 2008-2009 in a sample representative of the adult Portuguese population
  In order to estimate:

  - o the prevalence and severity of psychiatric disorders

  - o Psychiatric and physical comorbidity

  - o the use of health services and of psychotropic drugs

  - o Prevalence and intensity of disabilities

  - o Distribution by socio-demographic and economic variables

  - o Risk and protective factors

Prevalence of any mental disorder in the last 12 months in European countries (WMHS Initiative)
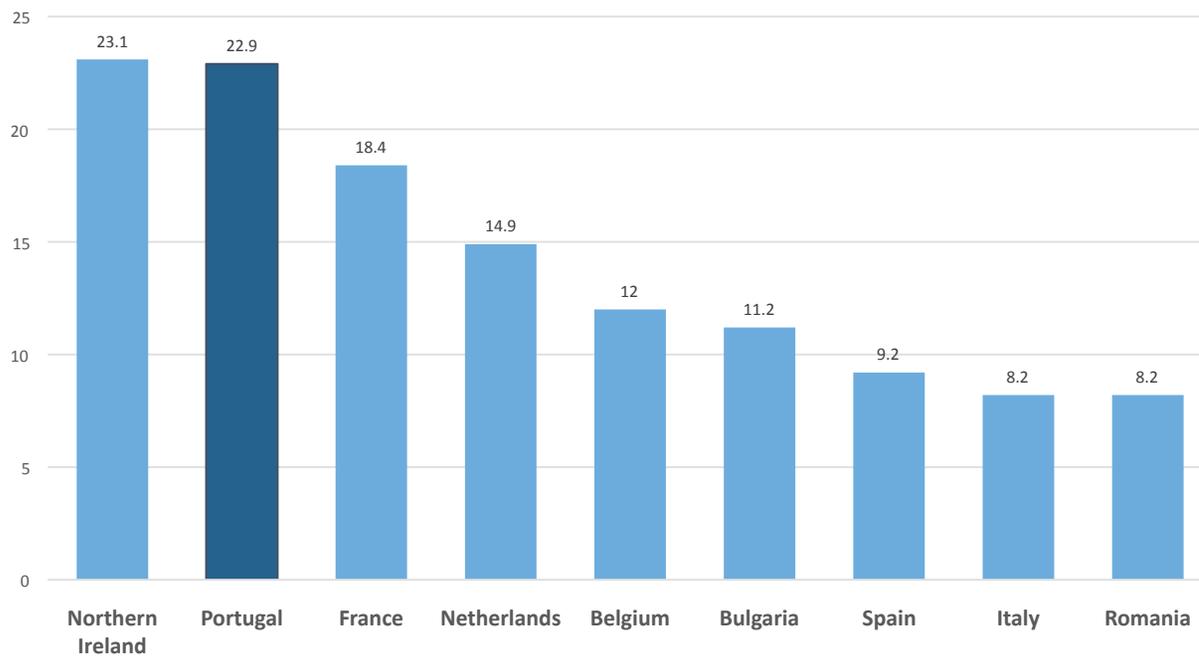
Adapted from Wang et al, 2011

Treatment gap in serious mental disorders (WMHS Initiative)

Countries	Proportional treatment of serious 12-month disorders (%)
Belgium	60.9
Bulgaria	31.0
France	48.0
Germany	40.0
Italy	51.0
Netherlands	50.4
Northern ireland	72.8
Portugal	**66.4**
Spain	58.7

Adapted from Wang et al, 2010
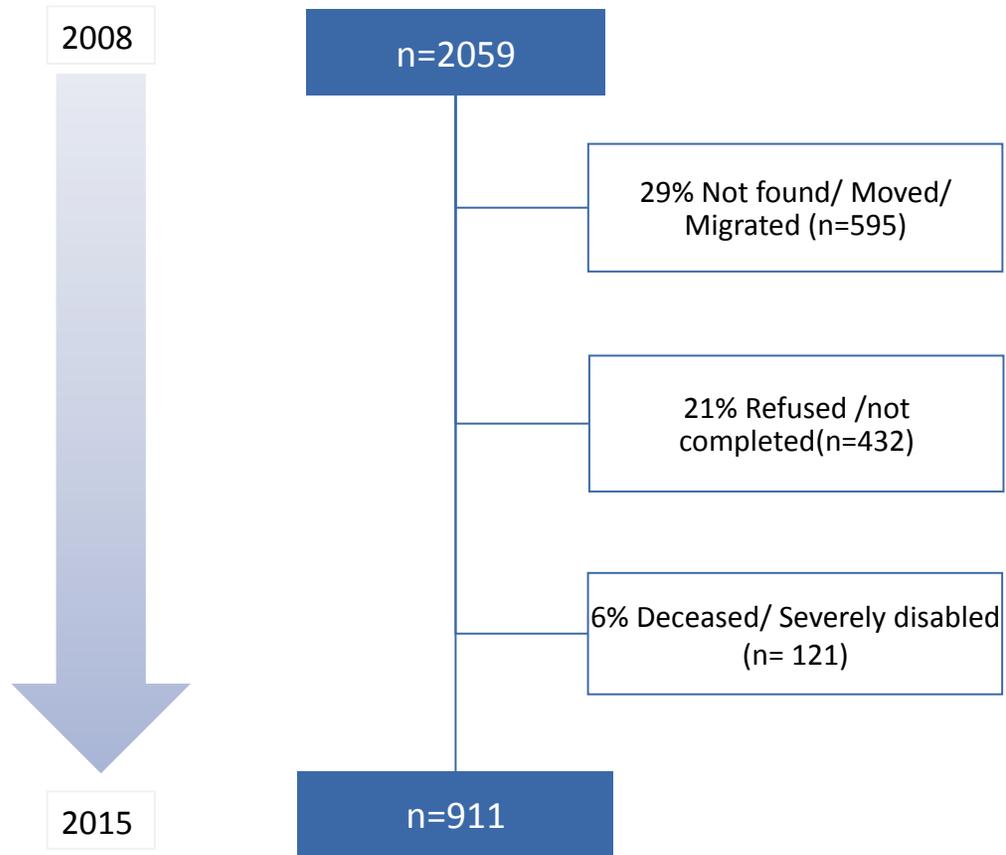
MH Crisis impact study

- Funded by the EEA Grants;

- To obtain a new understanding of the effects of the economic crisis in Portugal on mental-ill health of the populations, determinants of mental disorders, and use of mental health services;

- To propose new policies, programmes and interventions aimed at the reduction of health inequalities and mental health problems linked with the crisis.
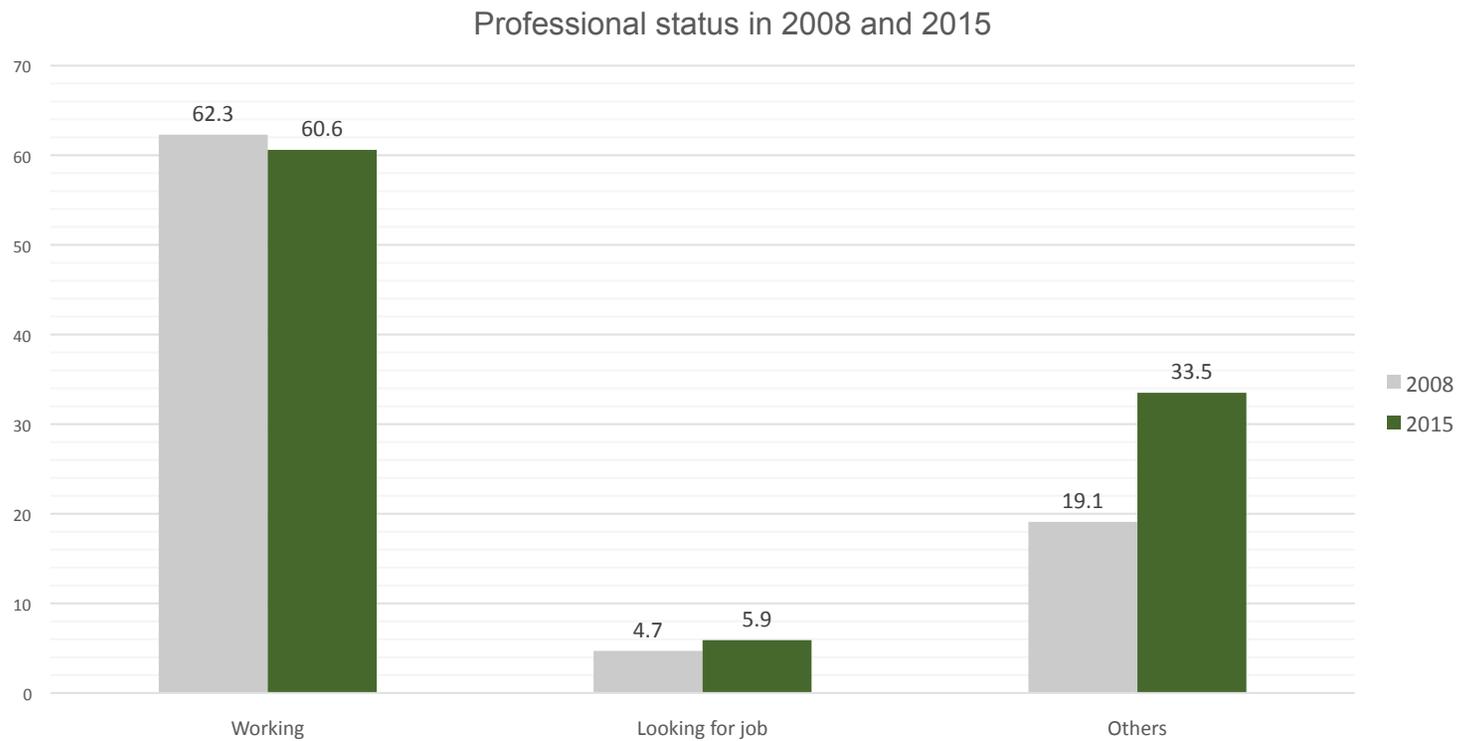
MH Crisis impact study
Methods

- Part I – Follow-up study in 2015 of the national mental health survey:

  o In a probability sub-sample of respondents, over-sampling those with a history of mental disorder

  o Including modules of the CIDI-SC, 30 days symptoms, use of services and psychotropic drugs, work/employment, social support, finances and community involvement

- Part II - In-depth local case-studies, based on focus groups and semi-structured interviews with key actors in primary care services located in regional contexts specially affected by the crisis.

# Crisis impact on mental health study
Sample

2008

2015

n=2059

29% Not found/ Moved/ Migrated (n=595)

21% Refused /not completed(n=432)

6% Deceased/ Severely disabled (n= 121)

n=911

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What changed from 2008 to 2015
Professional Status
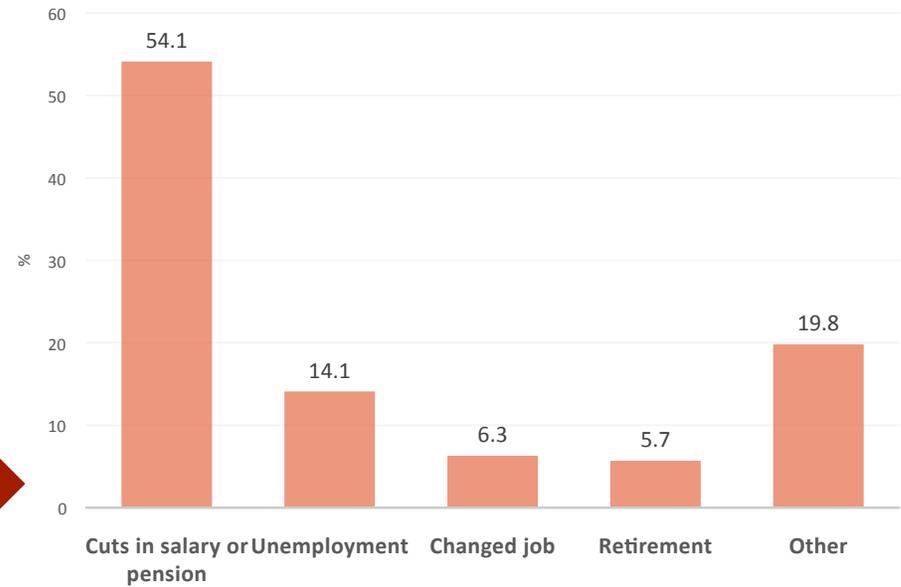

Professional status in 2008 and 2015

What changed from 2008 to 2015
Economic situation

Self-reported change in income (last 5 years)
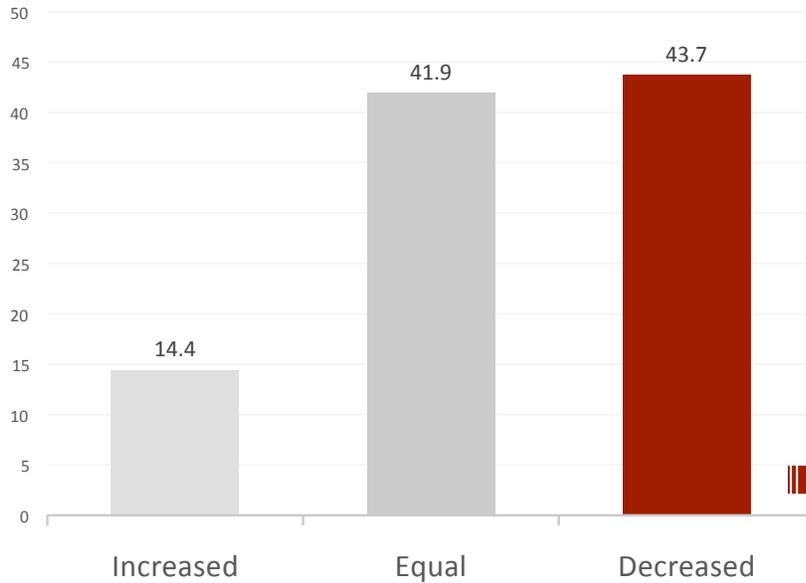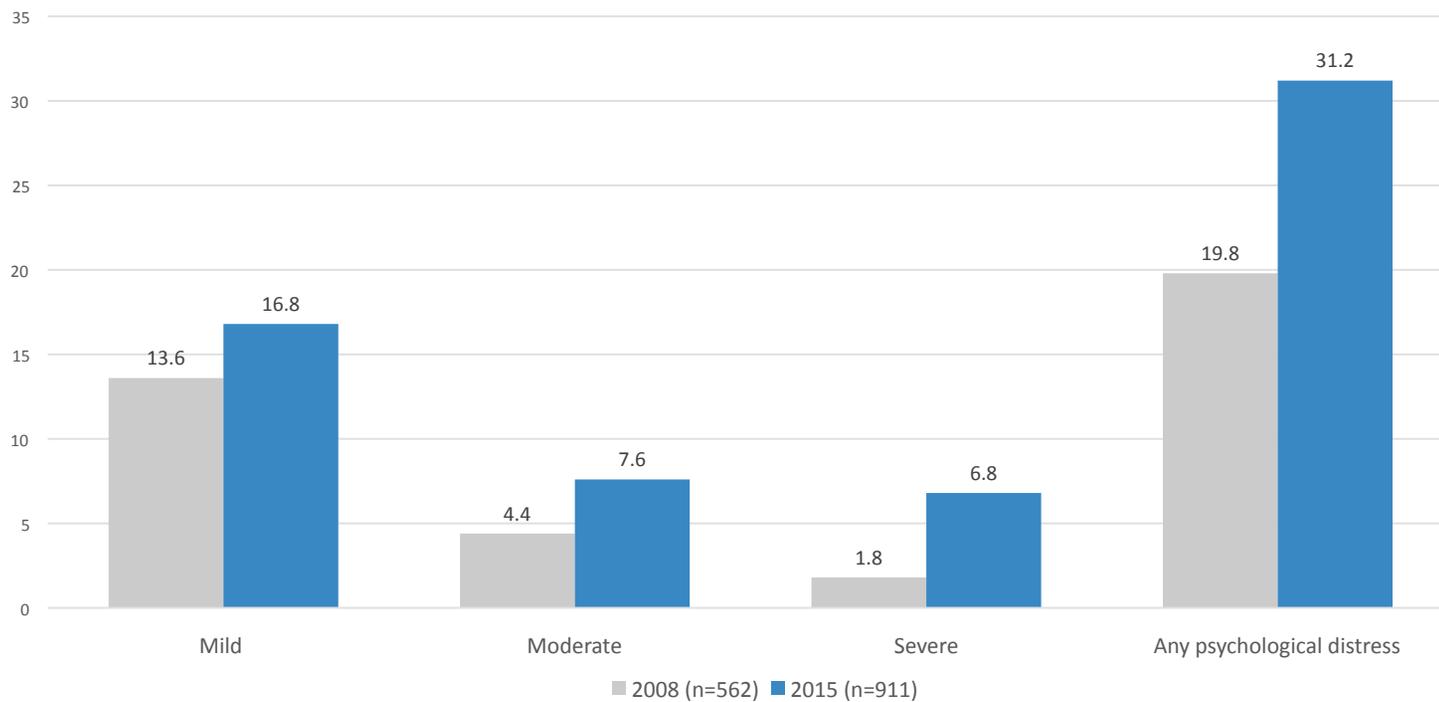
Reported reasons for change in income
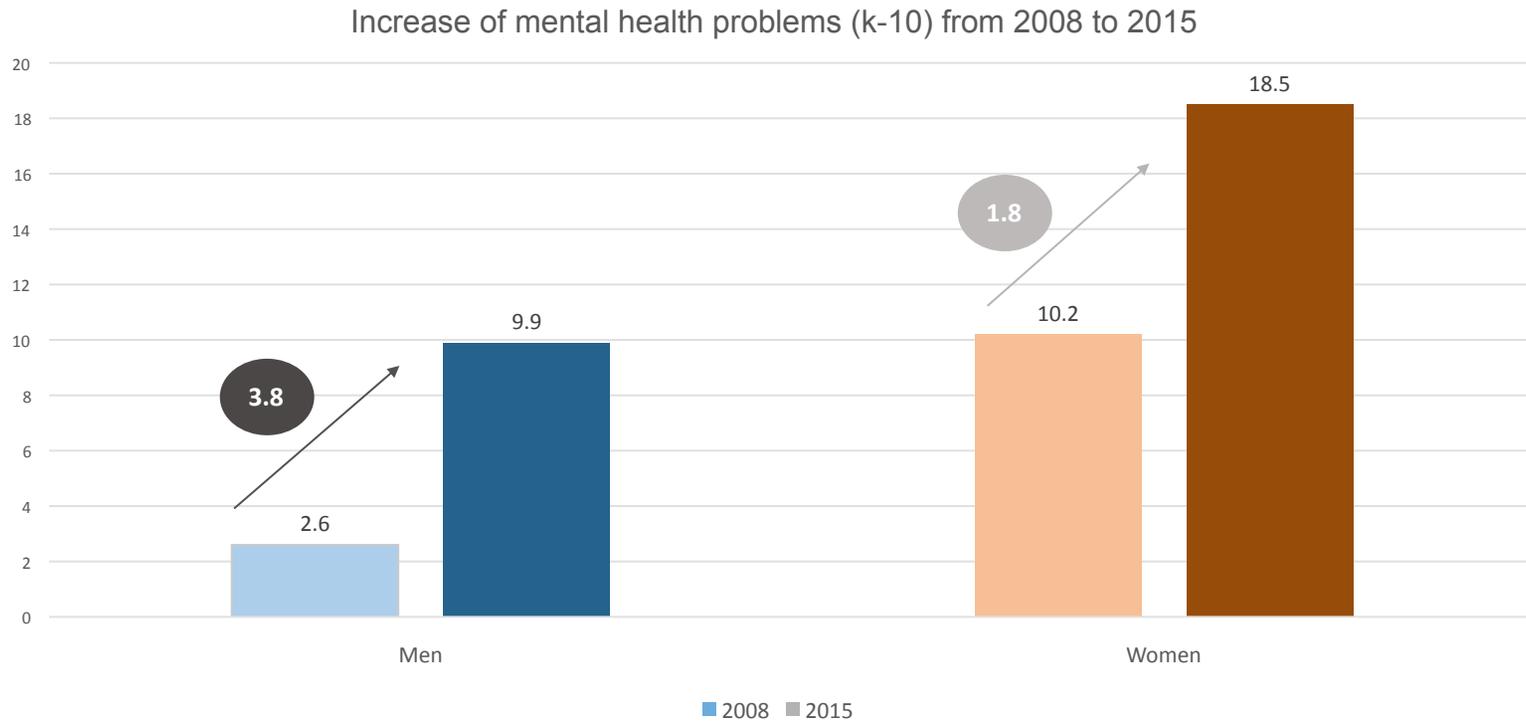
What changed from 2008 to 2015
Financial Deprivation

Perceived financial deprivation
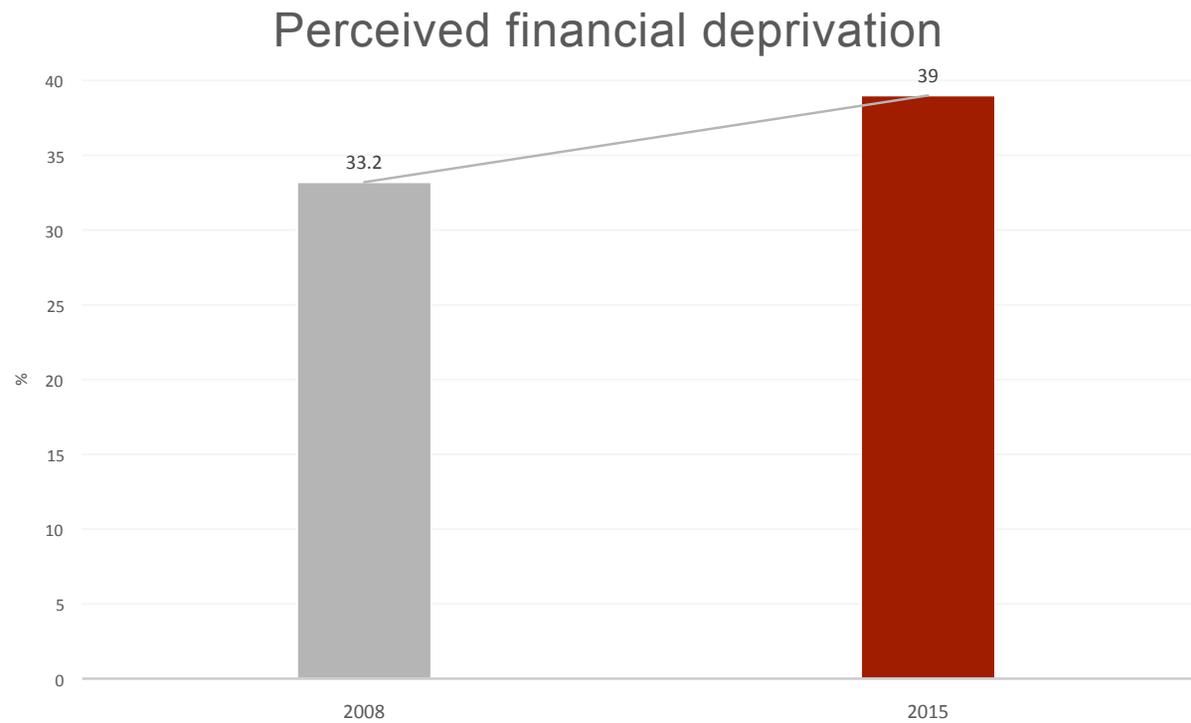
What changed from 2008 to 2015
Prevalence of mental health problems (K-10)
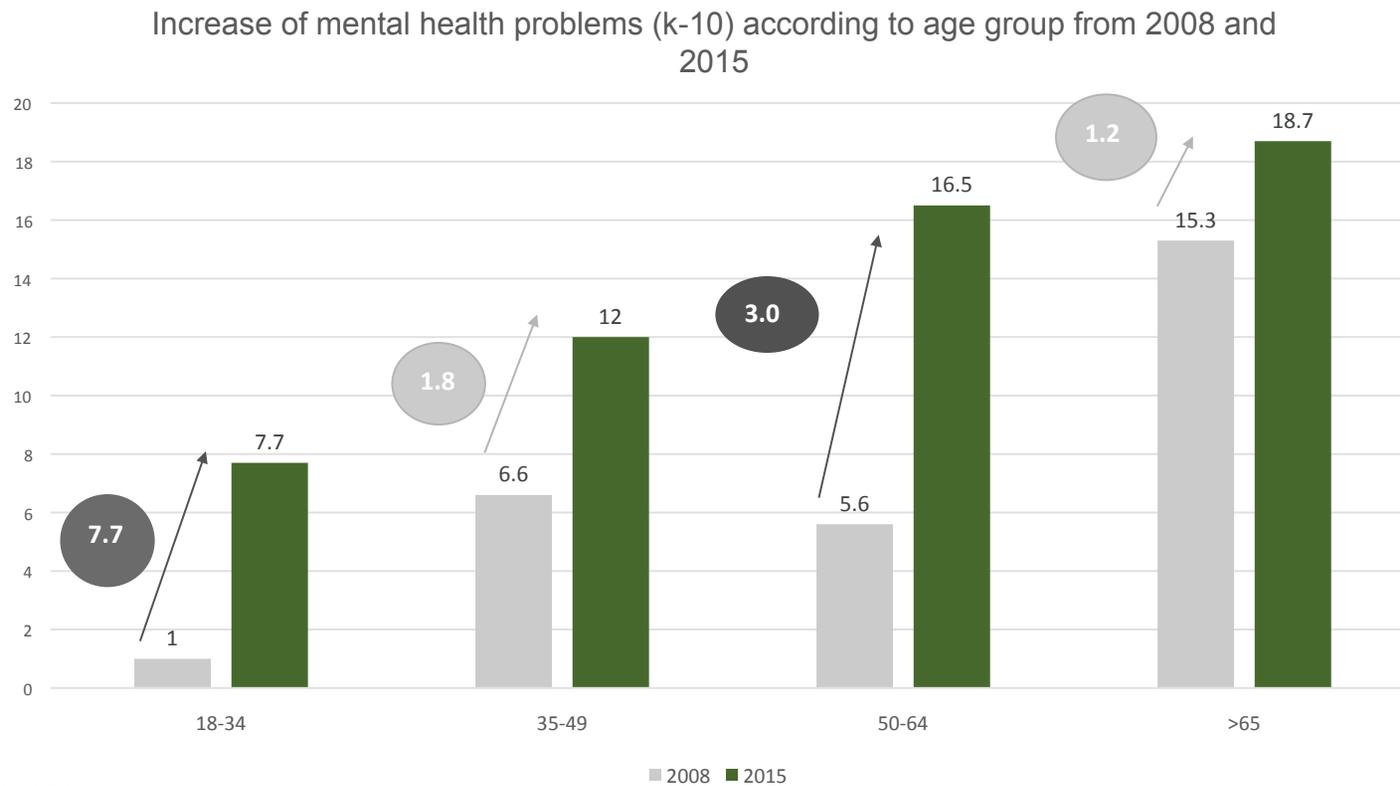
Mental health problems in 2008 and 2015 (Kessler-10)

2008 (n=562) 2015 (n=911)

What changed from 2008 to 2015
Increase of mental health problems (K-10) according to gender

Increase of mental health problems (k-10) from 2008 to 2015

What changed from 2008 to 2015
Increase of mental health problems (K-10) according to age group

Increase of mental health problems (k-10) according to age group from 2008 and 2015

■ 2008 ■ 2015

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What changed from 2008 to 2015
Suicidal behaviour

	2008	2015
Ideation	2.1%	1.9%
Plan	0.5%	0.7%
Attempt	0.3%	0.4%

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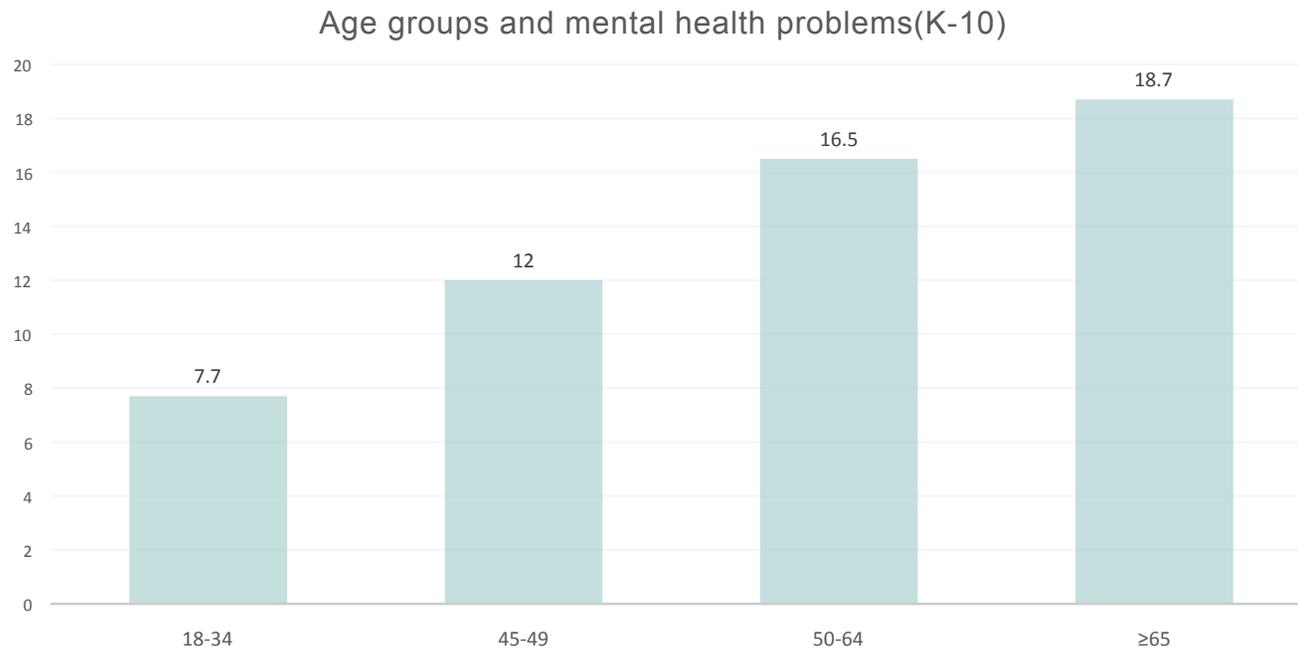grants

Factors in 2008 associated with mental health problems (K-10) in 2015
Multivariate analysis

	OR	p-value
Gender		
Men	1	
Women	1.74	0.03
Education (years)	0.91	<0.01
Severity		
Severe	1	
Moderate	0.54	0.13
Mild	0.23	<0.01
None	0.24	<0.01
Suicidal ideation	3.55	<0.01
Disability (WHODAS)	1.03	0.03

Variables considered in the multivariate model: age; gender; education; presence of any mental disorder or any physical disorder; severity; suicidal ideation; suicidal planning; household income; occupation; marital status; professional status; self-perceived socioeconomic status; financial deprivation; disability

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Sociodemographic characteristics and mental health problems
Age

Age groups and mental health problems(K-10)

K-10: p<0.05*

Sociodemographic characteristics and mental disorders
Age

Age groups and mental health problems (MDE and GAD)

MDE: p<0.05*
GAD: p>0.05

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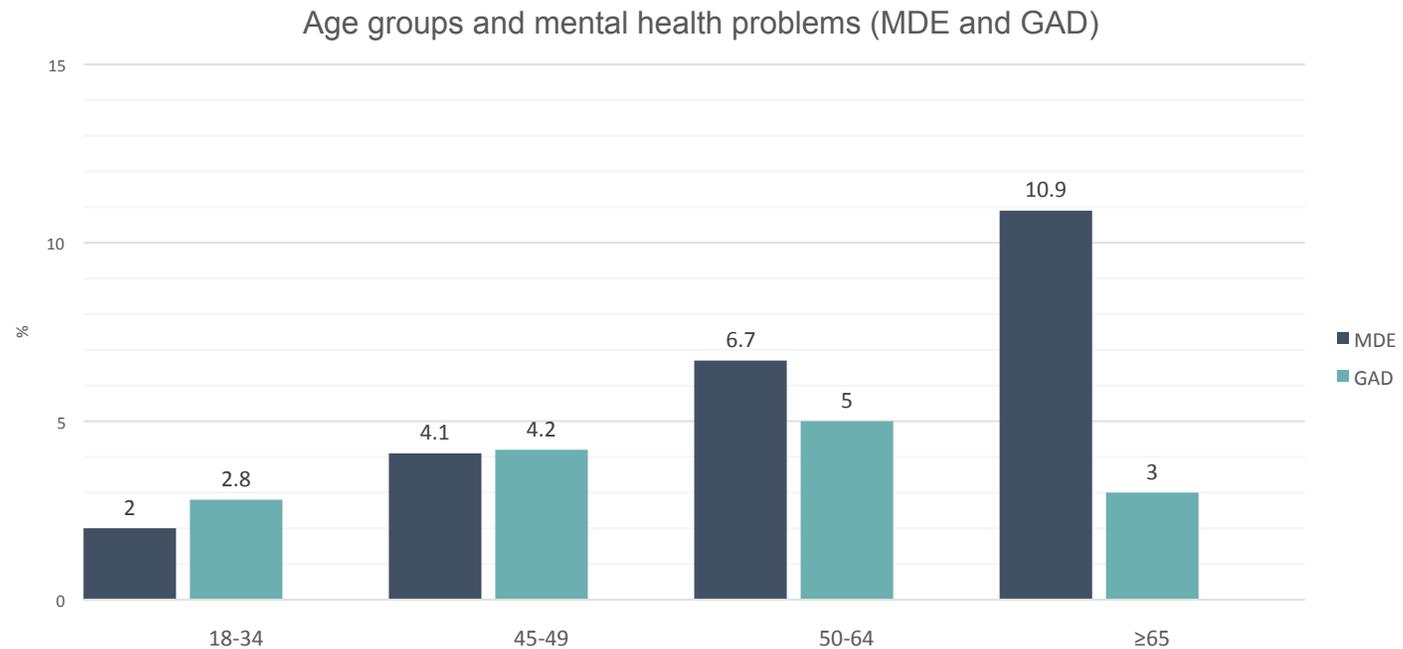
Sociodemographic characteristics and mental health problems
Gender

Gender and mental health problems (K-10)
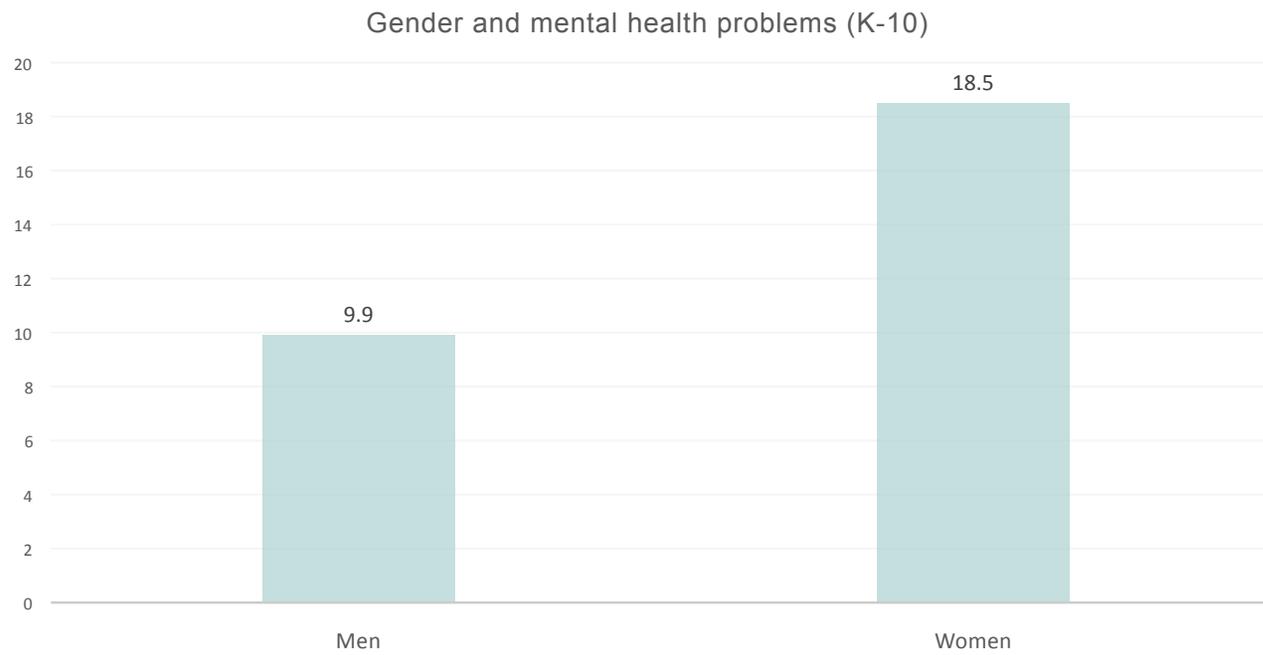
K-10: p<0.05*

Sociodemographic characteristics and mental disorders
Gender

Gender and mental health problems (MDE and GAD)
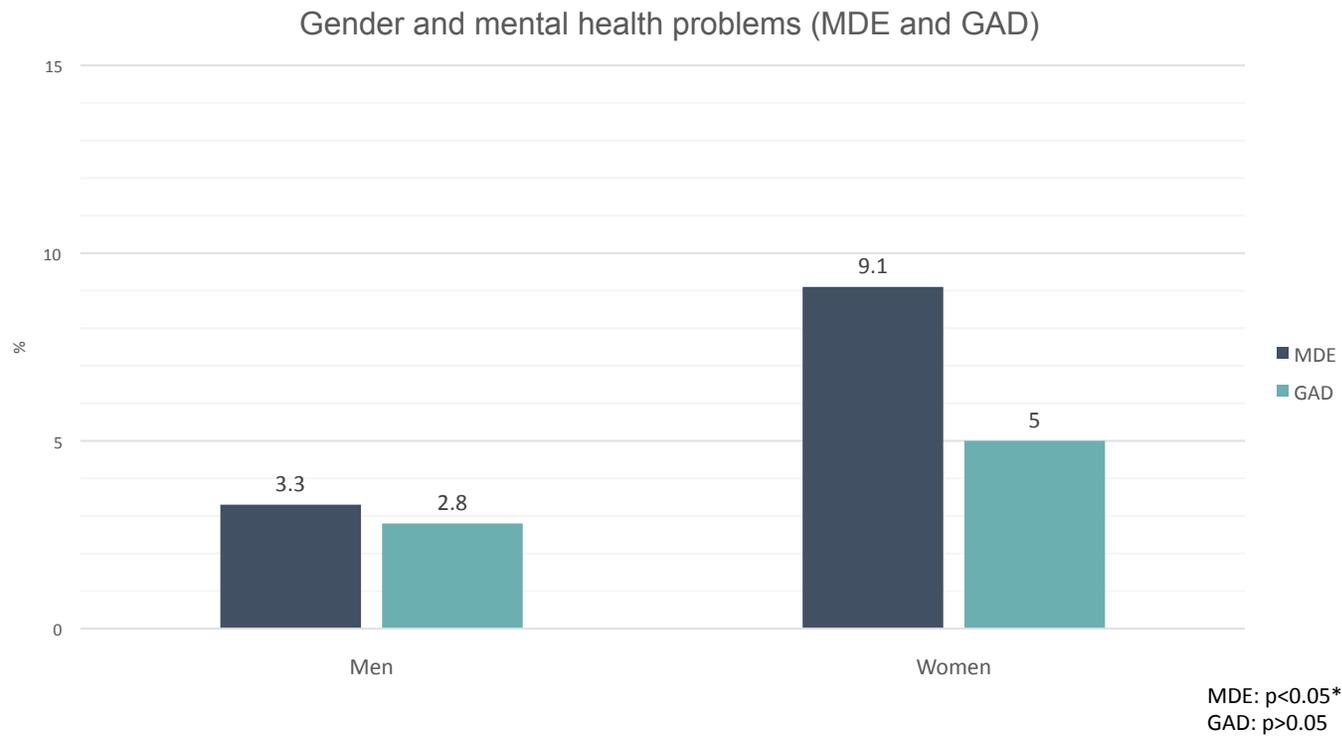
Sociodemographic characteristics and mental health problems
Marital Status

Marital status and mental health problems (K-10)
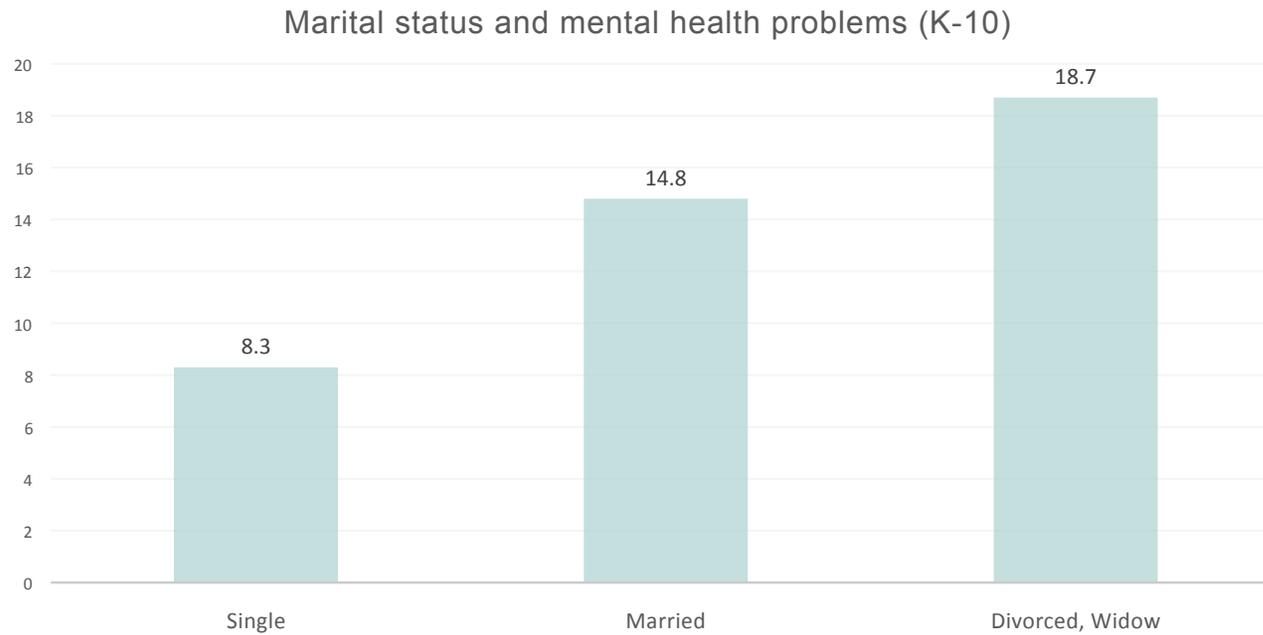
K-10: p<0.05*

Sociodemographic characteristics and mental disorders
Marital Status

Marital status and mental health problems (MDE and GAD)

MDE: p<0.05*
GAD: p<0.05*
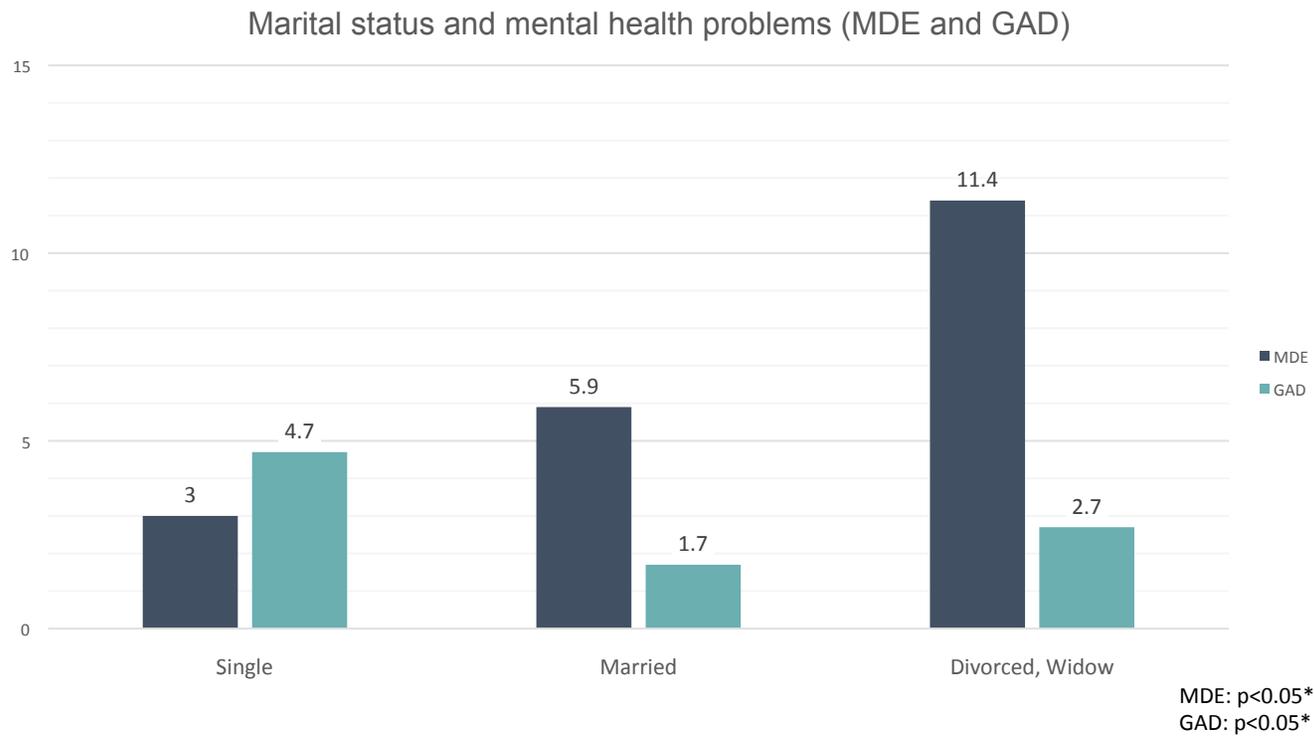
Sociodemographic characteristics and mental health problems
Education

Education and mental health problems (K-10)
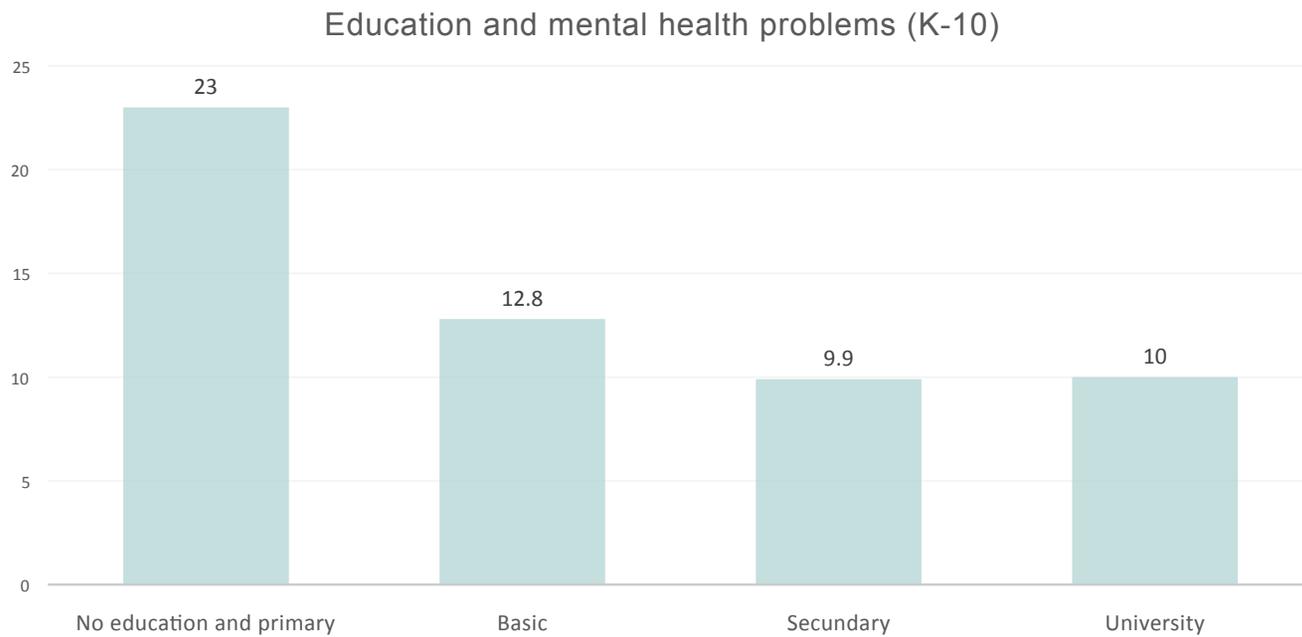
K-10: p<0.05*

Sociodemographic characteristics and mental disorders
Education

Education and mental health problems (MDE and GAD)

MDE: p<0.05*
GAD: p<0.05*
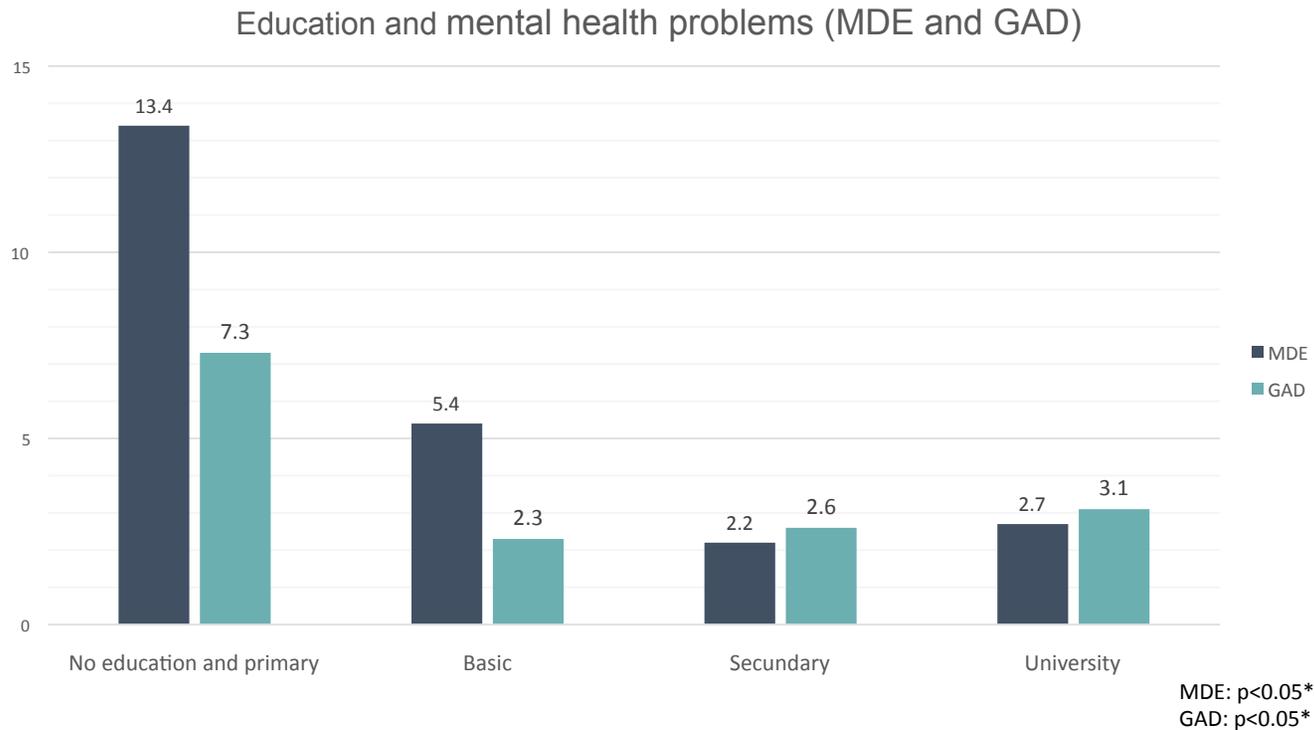
Sociodemographic characteristics and mental health problems
Professional Status

Professional status and mental health problems (K-10)
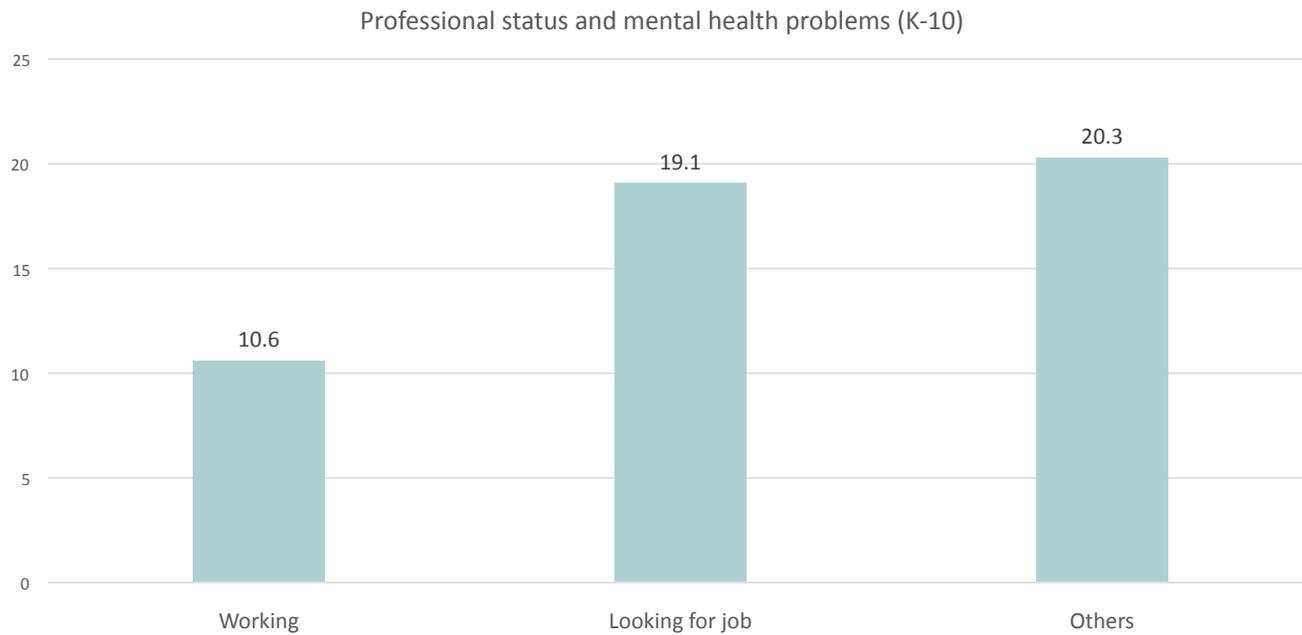
K-10: p<0.05*

Sociodemographic characteristics and mental disorders
Professional Status

Professional status and mental health problems (MDE and GAD)
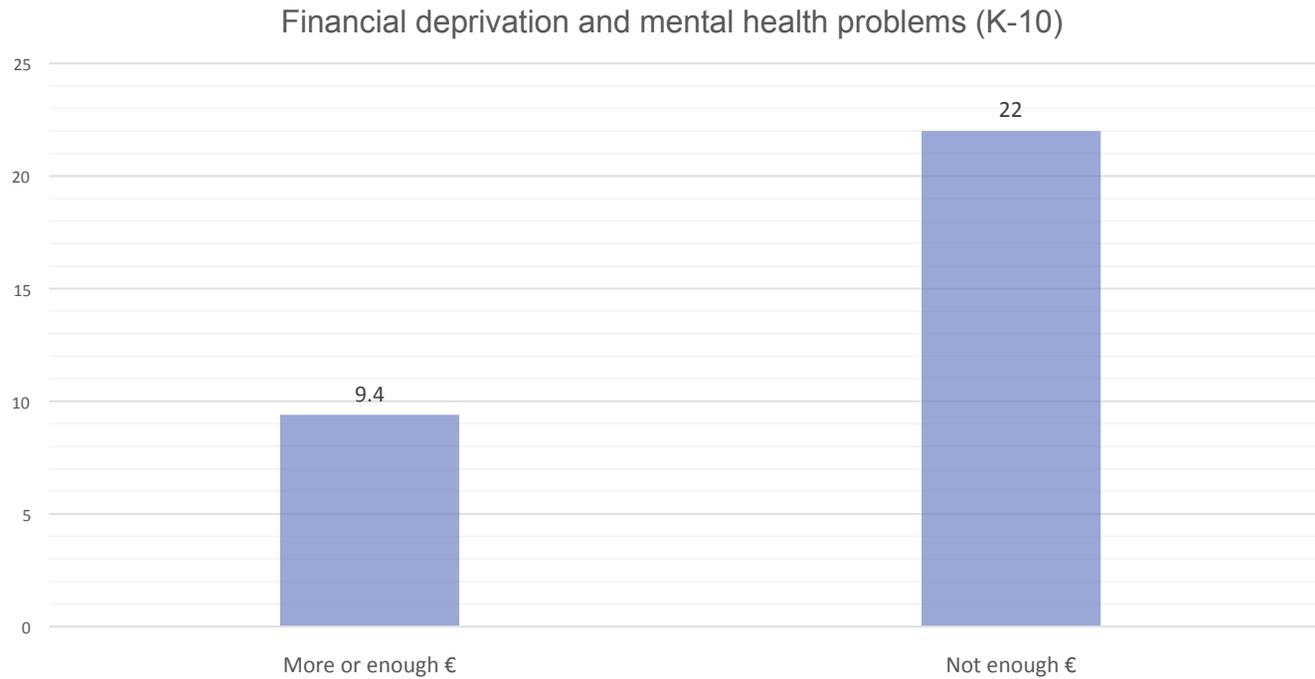

MDE: p<0.05*
GAD: p>0.05

Factors associated with mental health problems during the economic crisis

- Financial Deprivation

- Perceived Social Status

- Social Support

- Community Involvement

- Disability

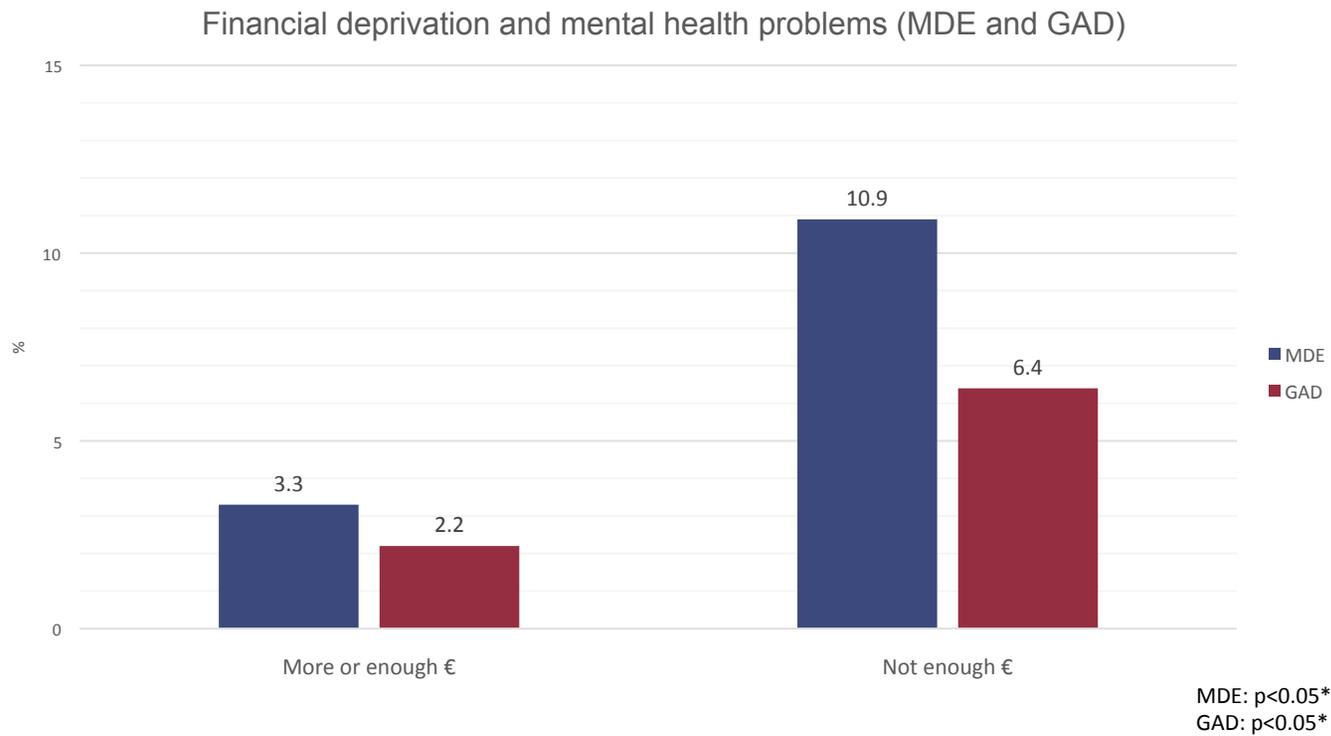# Factors associated with mental health problems in 2015
Financial deprivation

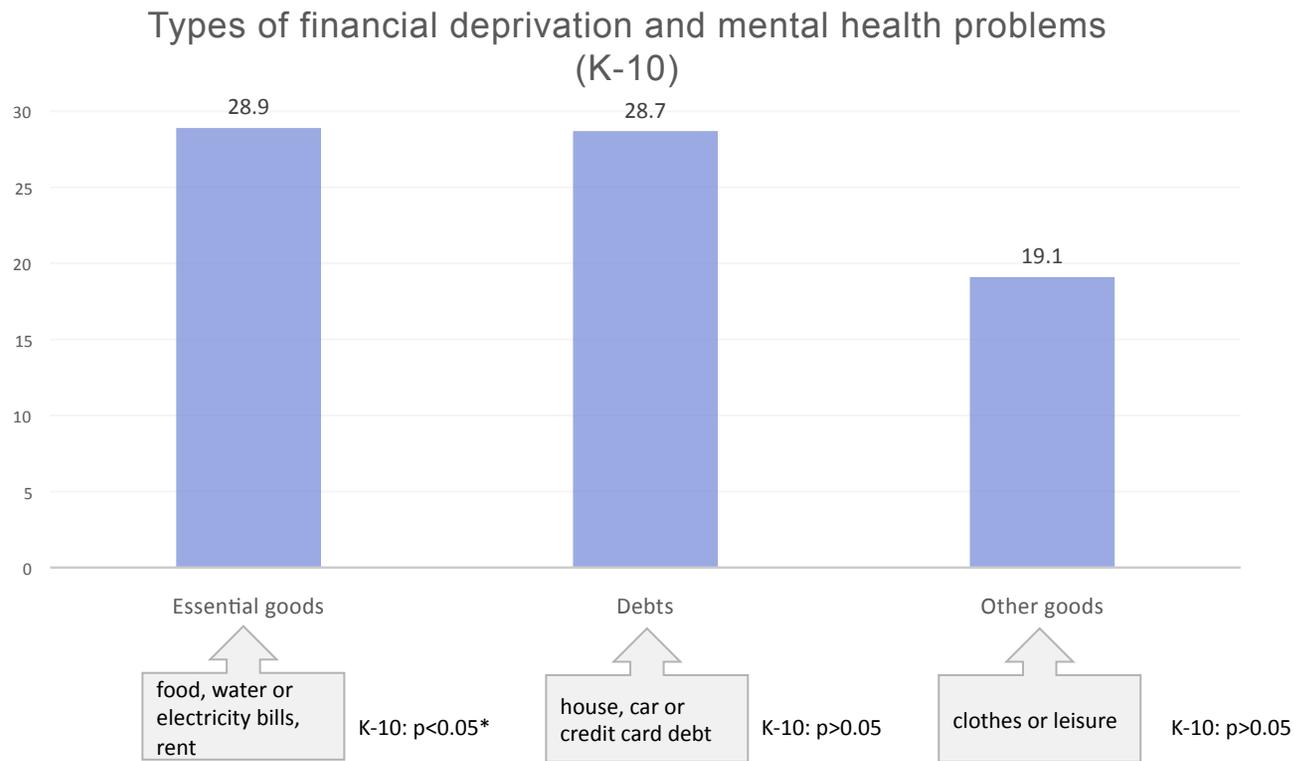**Financial deprivation and mental health problems (K-10)**

K-10: p<0.05*

Factors associated with mental disorders in 2015
Financial deprivation

Financial deprivation and mental health problems (MDE and GAD)

MDE: p<0.05*
GAD: p<0.05*

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Factors associated with mental health problems in 2015
Types of financial deprivation

Types of financial deprivation and mental health problems (K-10)

28.9	28.7	19.1
Essential goods	Debts	Other goods
food, water or electricity bills, rent	house, car or credit card debt	clothes or leisure
K-10: p<0.05*	K-10: p>0.05	K-10: p>0.05

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Factors associated with mental disorders in 2015
Types of financial deprivation

Types of financial deprivation and mental health problems (MDE and GAD)

MDE: p<0.05*
GAD: p<0.05*

MDE: p>0.05
GAD: p>0.05

MDE: p>0.05
GAD: p>0.05
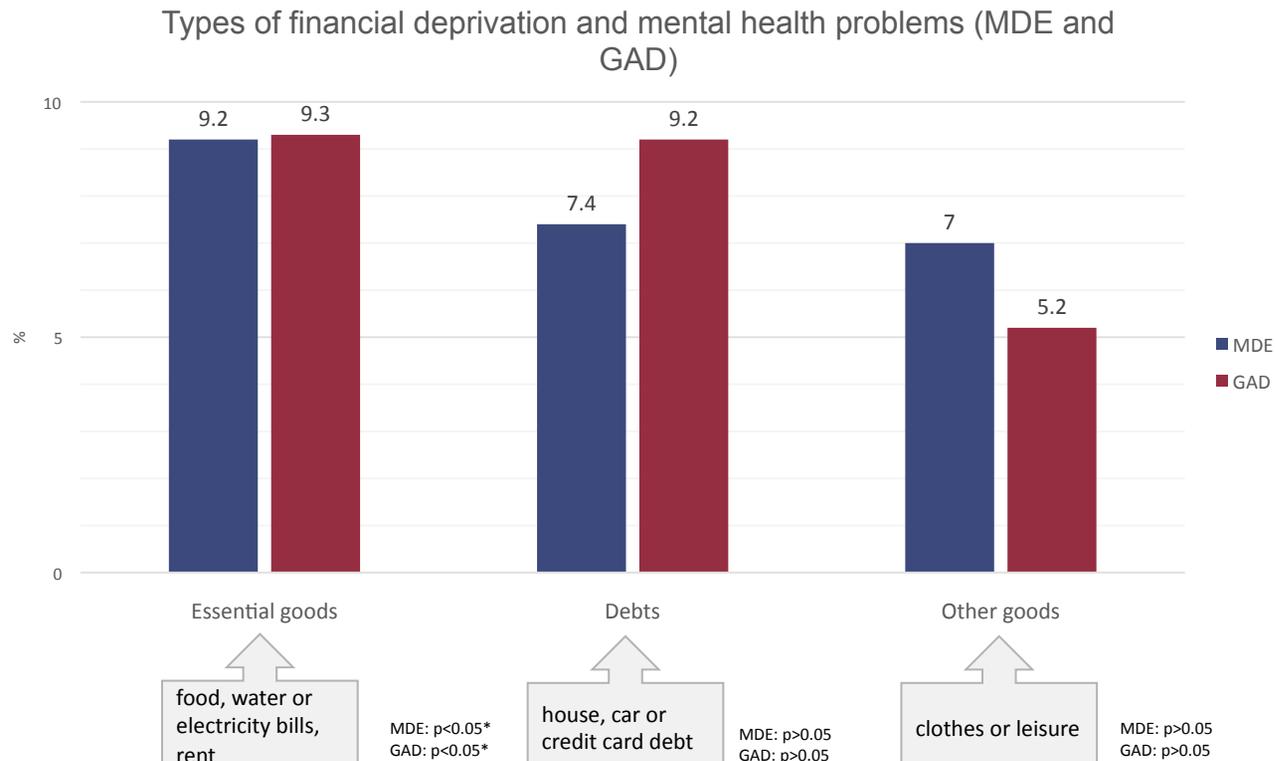
Factors associated with mental health problems in 201
Perceived Social Position
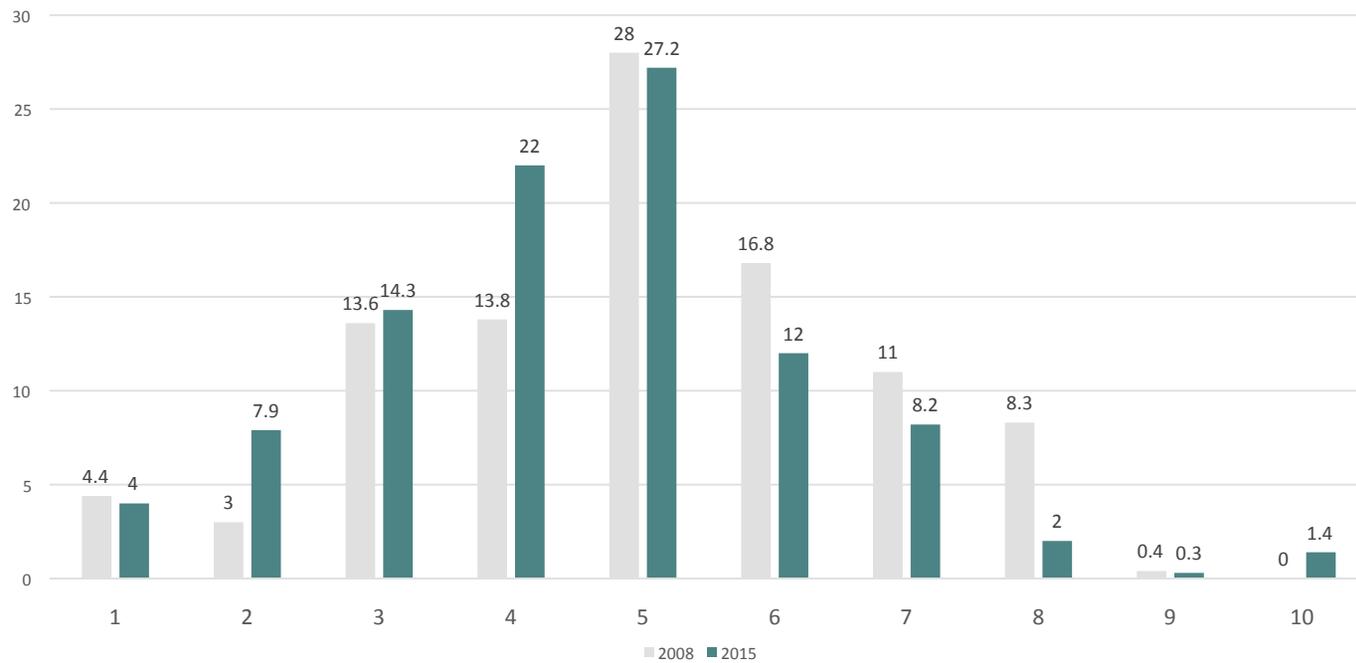
Median
2008: 5th position
2015: 4th position

2008   2015

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Factors associated with mental health problems in 2015
Perceived Social Position

Perceived Social Position and mental health problems (K-10)
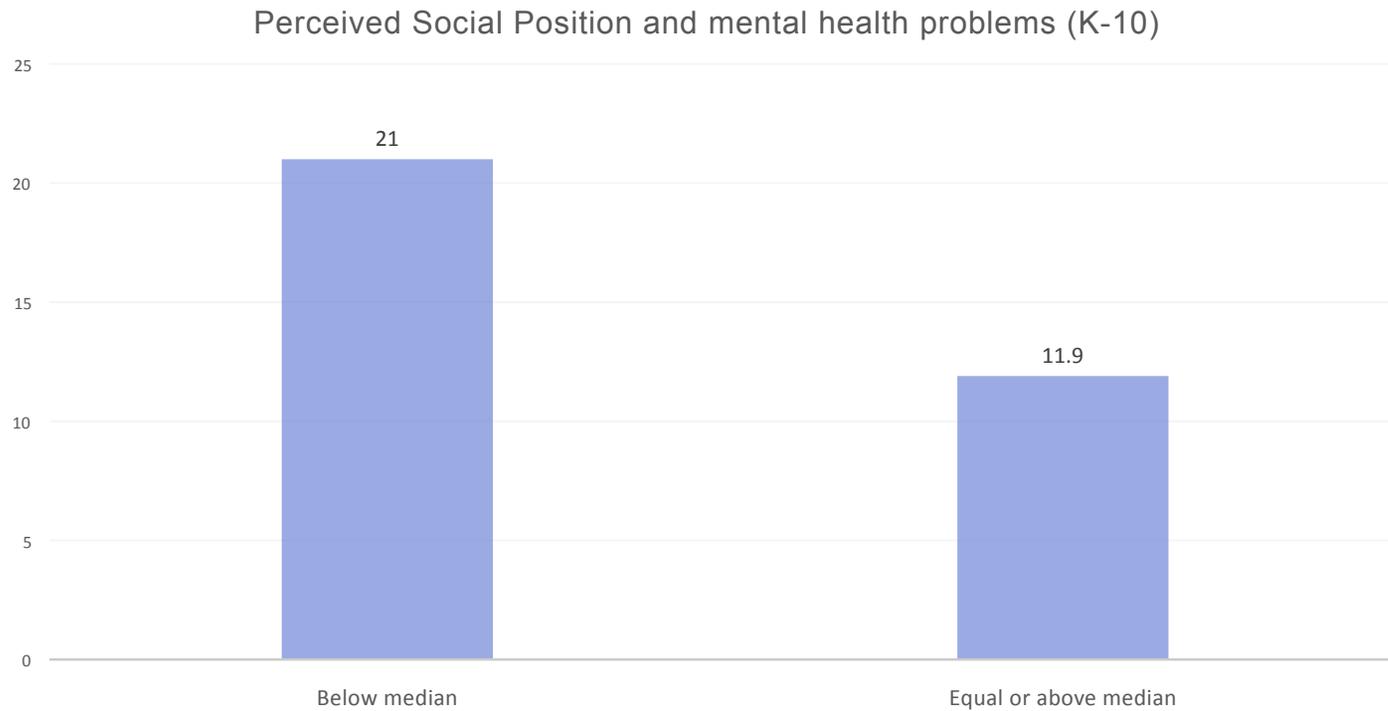
K-10: p<0.05*

Factors associated with mental disorders in 2015
Perceived Social Position

Perceived social position and mental health problems (MDE and GAD)
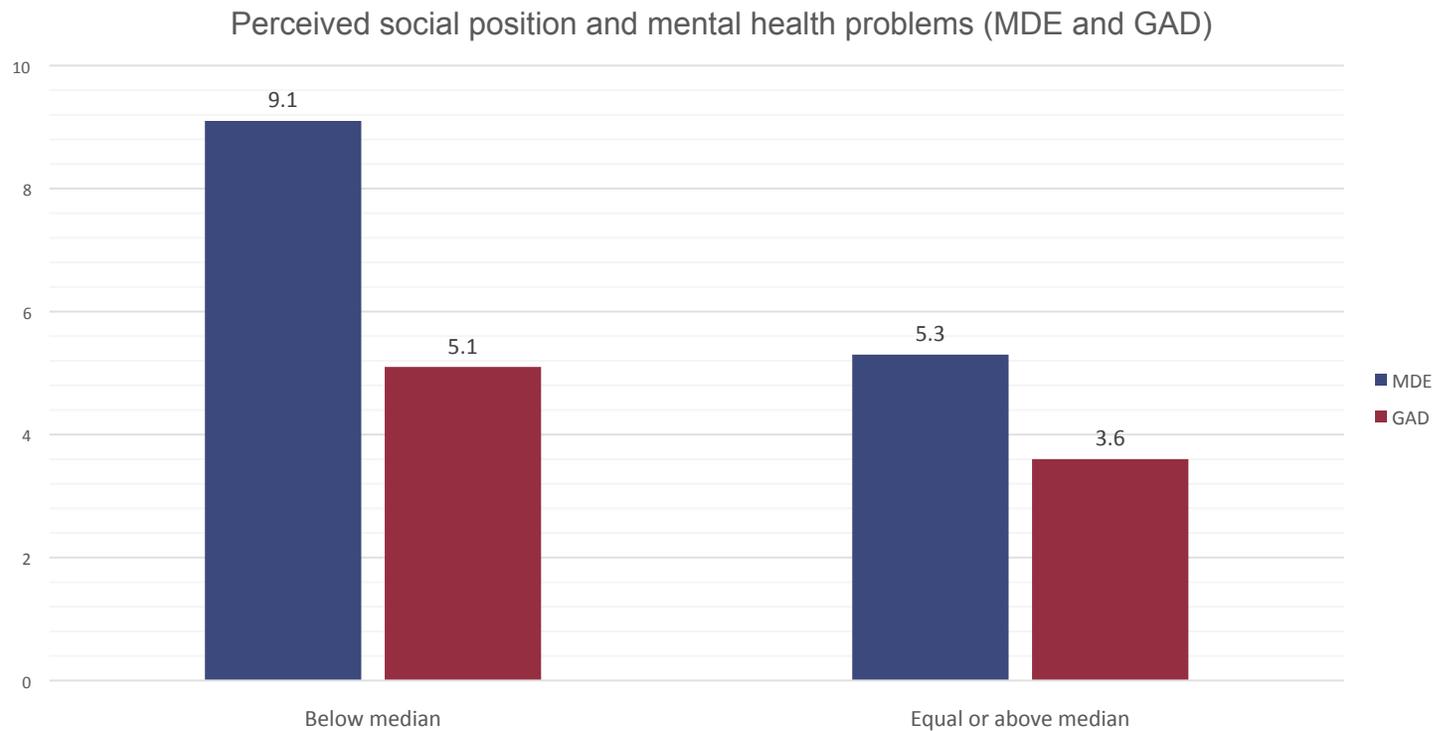
MDE: p<0.05*
GAD: p>0.05

Factors associated with mental health problems in 2015
Social Support

Social support and mental health problems (K-10)
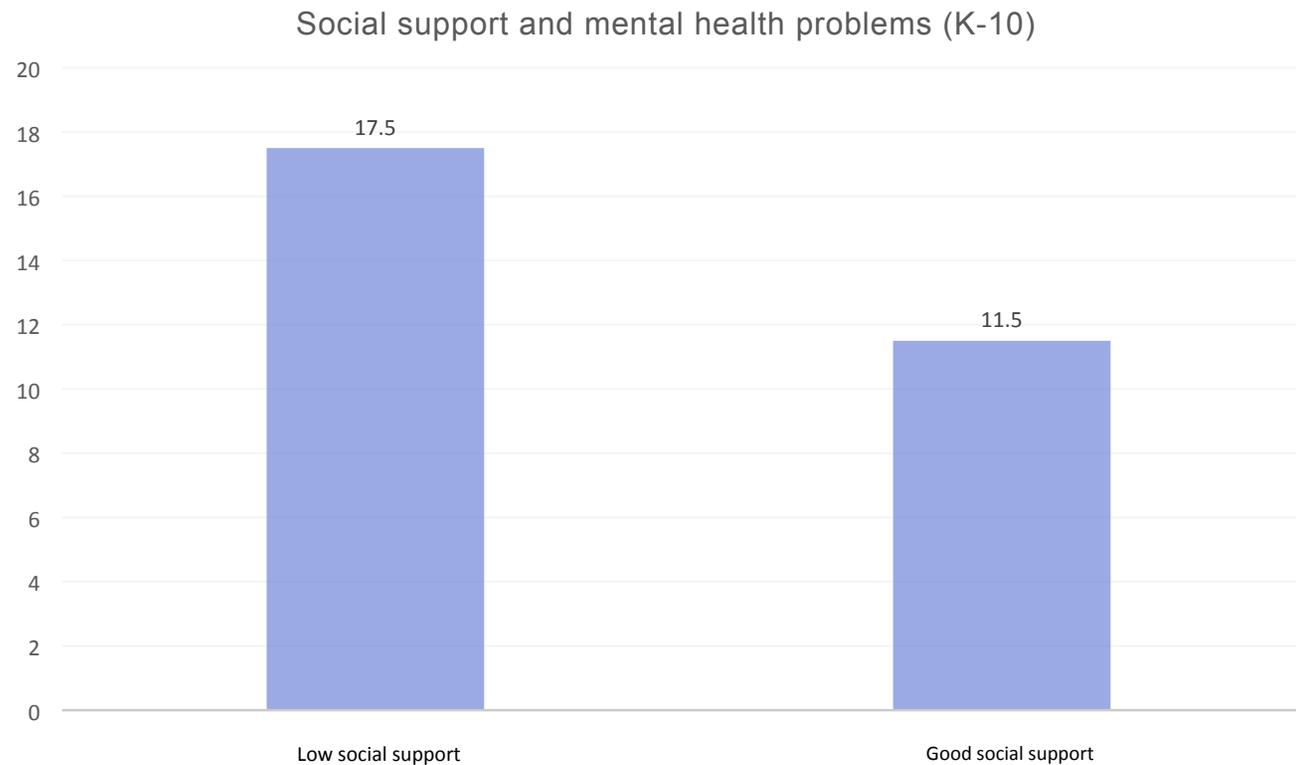
K-10: p<0.05*

Factors associated with mental disorders in 2015
Social Support

Social support and mental health problems (MDE and GAD)
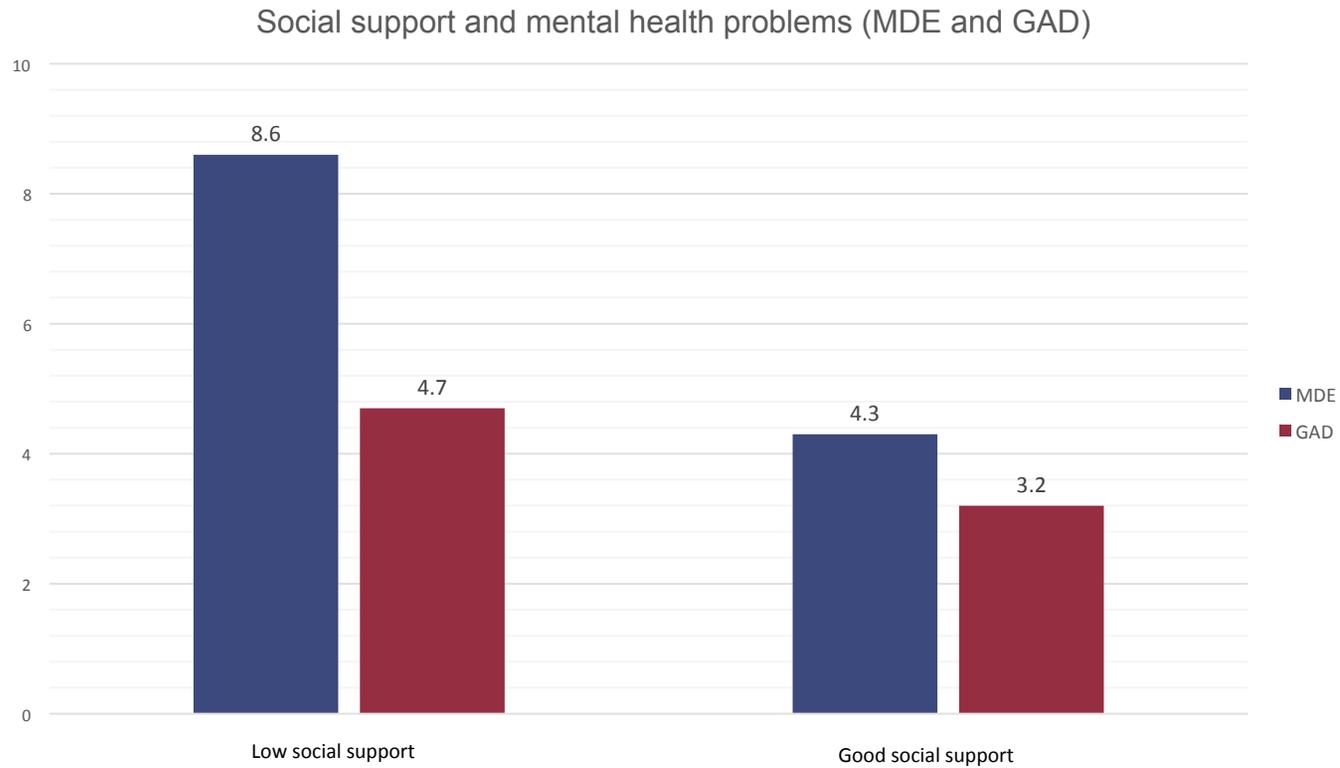
MDE: p<0.05*
GAD: p>0.05

Factors associated with mental health problems in 2015
Community Involvement

Community Involvment and mental health problems (K-10)
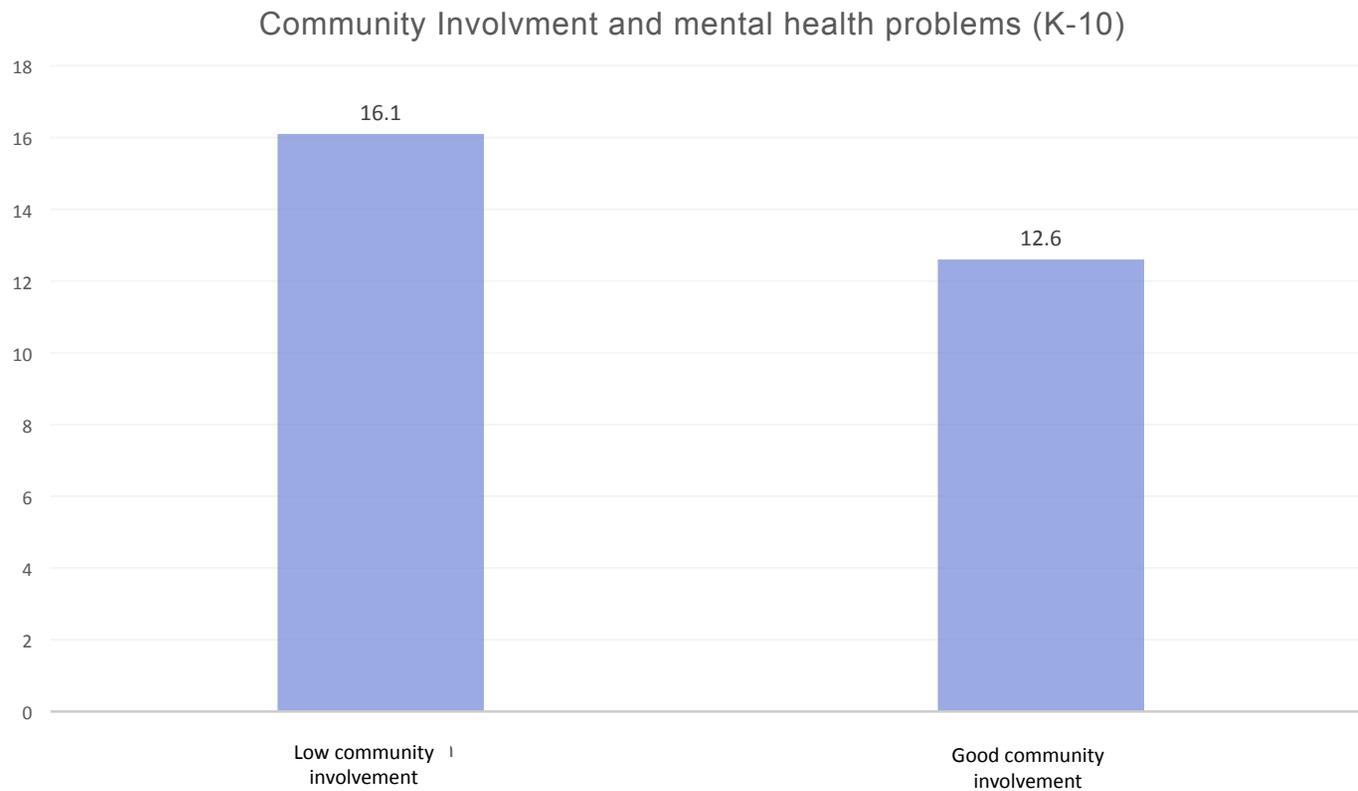
K-10: p>0.05

Factors associated with mental disorders in 2015
Community Involvement
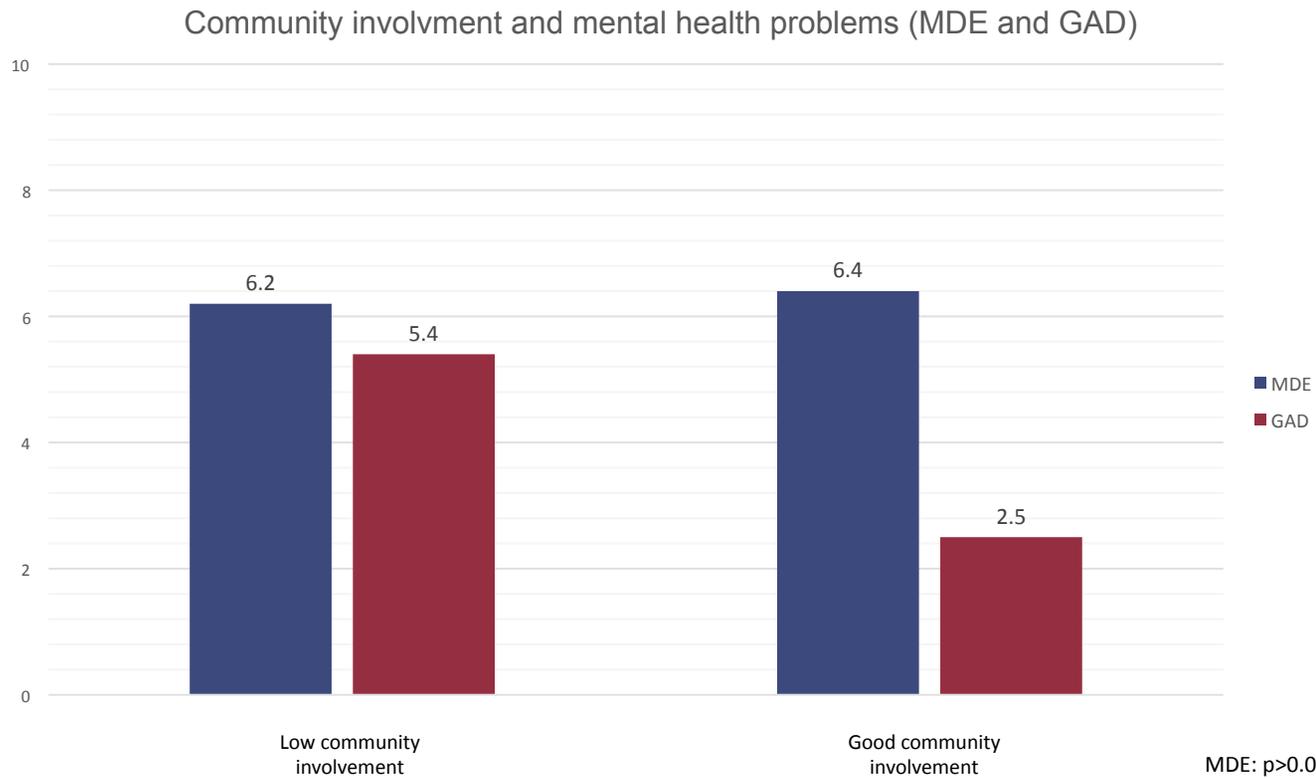
Community involvment and mental health problems (MDE and GAD)

MDE: p>0.05
GAD: p<0.05*

Factors associated with mental health problems (K-10) in 2015
Multivariate Analysis

	OR	p-value
Gender		
Men	1	
Women	2.11	0.01
Financial deprivation	2.4	<0.01
Self-rated health	2.02	0.02
Self-rated mental health	6.34	<0.01

Variables considered in the model: age; gender; education; marital status; professional status; financial deprivation; self-rated health; self-rated mental health; self-perceived socioeconomic status; social support; community involvement; financial deprivation score

Factors associated with MDE in 2015
Multivariate Analysis

	OR	p-value
Gender		
Men	1	
Women	3.02	<0.01
Education	1	
None or Primary	1	
Basic	0.61	0.18
Secondary	0.30	0.01
University	0.43	0.14
Financial deprivation	**2.66**	<0.01
Self-rated mental health	7.56	<0.01

Variables considered in the model: age; gender; education; marital status; professional status; financial deprivation; self-rated health; self-rated mental health; self-perceived socioeconomic status; social support; community involvement; financial deprivation score
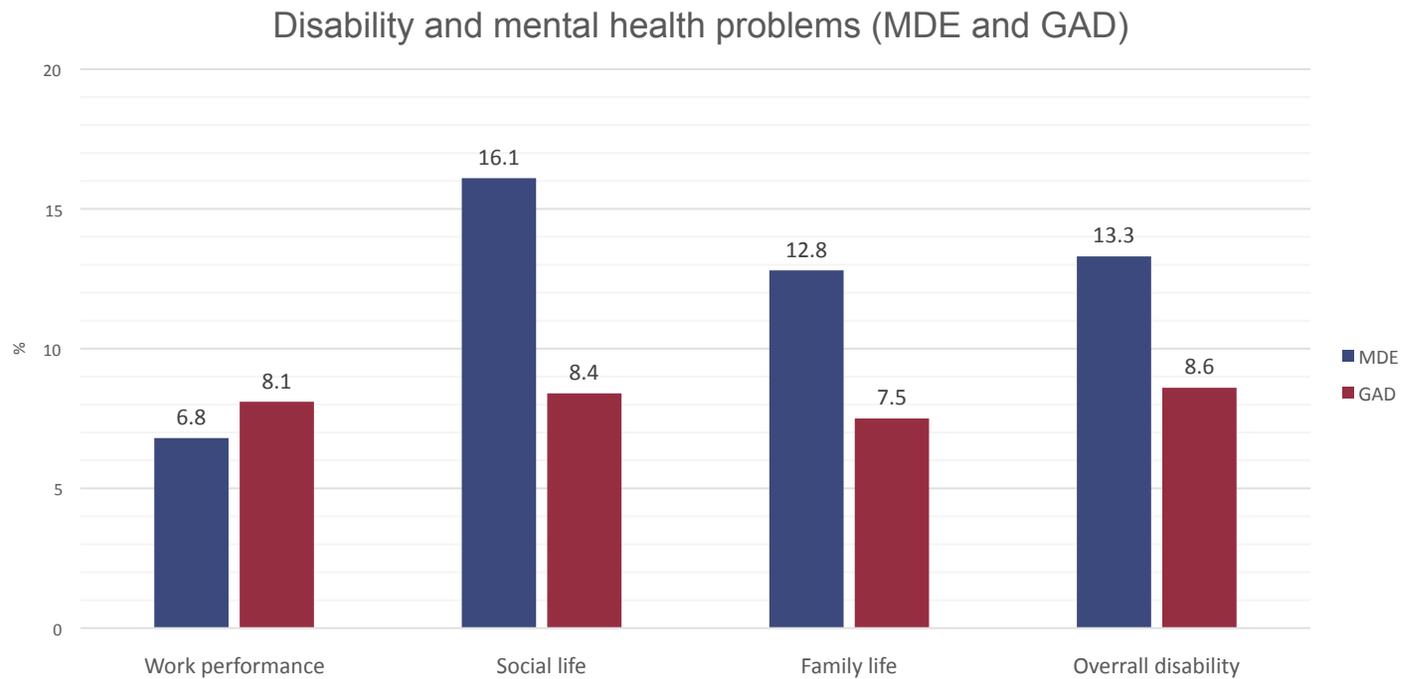
Factors associated with GAD in 2015
Multivariate Analysis

|	OR	p-value
Marital Status		
Married or cohabiting	1	
Divorced, widow or separated	0,27	<0.01
Single	0.7	0.46
Financial deprivation	2.44	<0.01
Self-rated mental health	6.71	<0.01
Community involvement	0.44	0.03

Variables considered in the model: age; gender; education; marital status; professional status; financial deprivation; self-rated health; self-rated mental health; self-perceived socioeconomic status; social support; community involvement; financial deprivation score

Factors associated with mental health problems in 2015 Disability (Sheehan Disability Scale)

Disability and mental health problems (MDE and GAD)

Legend: MDE (blue), GAD (red)

	Work performance	Social life	Family life	Overrall disability
MDE	6.8	16.1	12.8	13.3
GAD	8.1	8.4	7.5	8.6

MDE: p<0.05*
GAD: p<0.05
All analysis

Factors associated with mental health problems in 2015 Disability (Sheehan Disability Scale)

Days out of role and productivity loss in the previous week
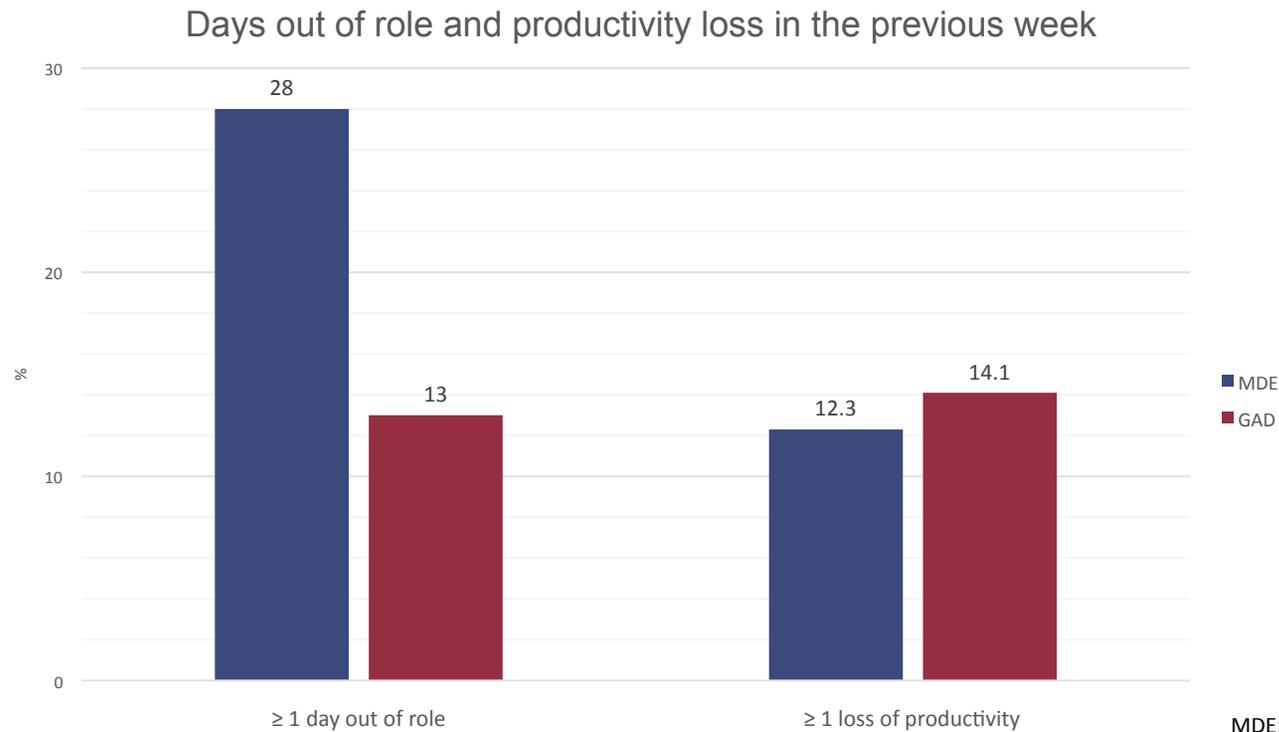
MDE: p<0.05*
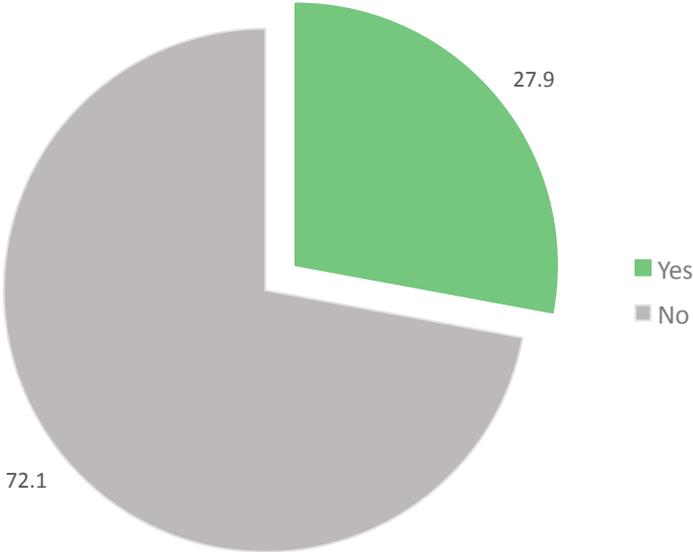GAD: p<0.05
All analysis

Services Utilization

- Characterization of services use

- Use of psychotropic medication
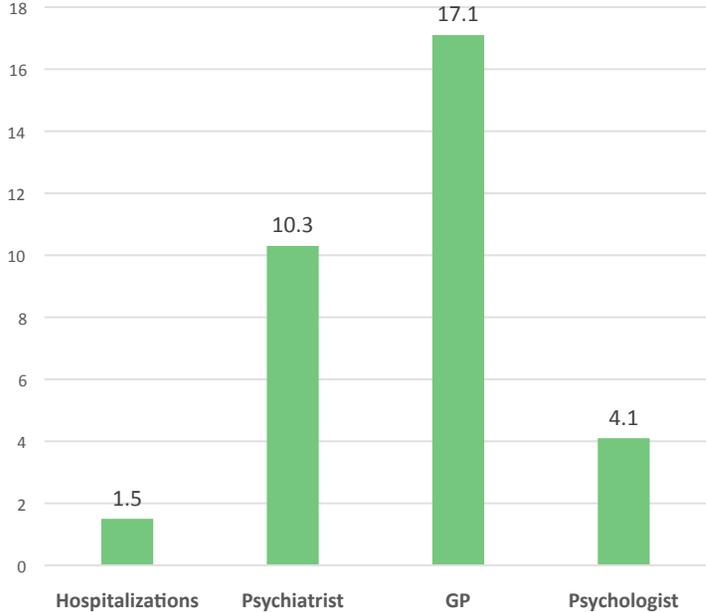
- Under-treatment

- Barriers to treatment

Services utilization
Search for help due to mental health problems in the last 5 years
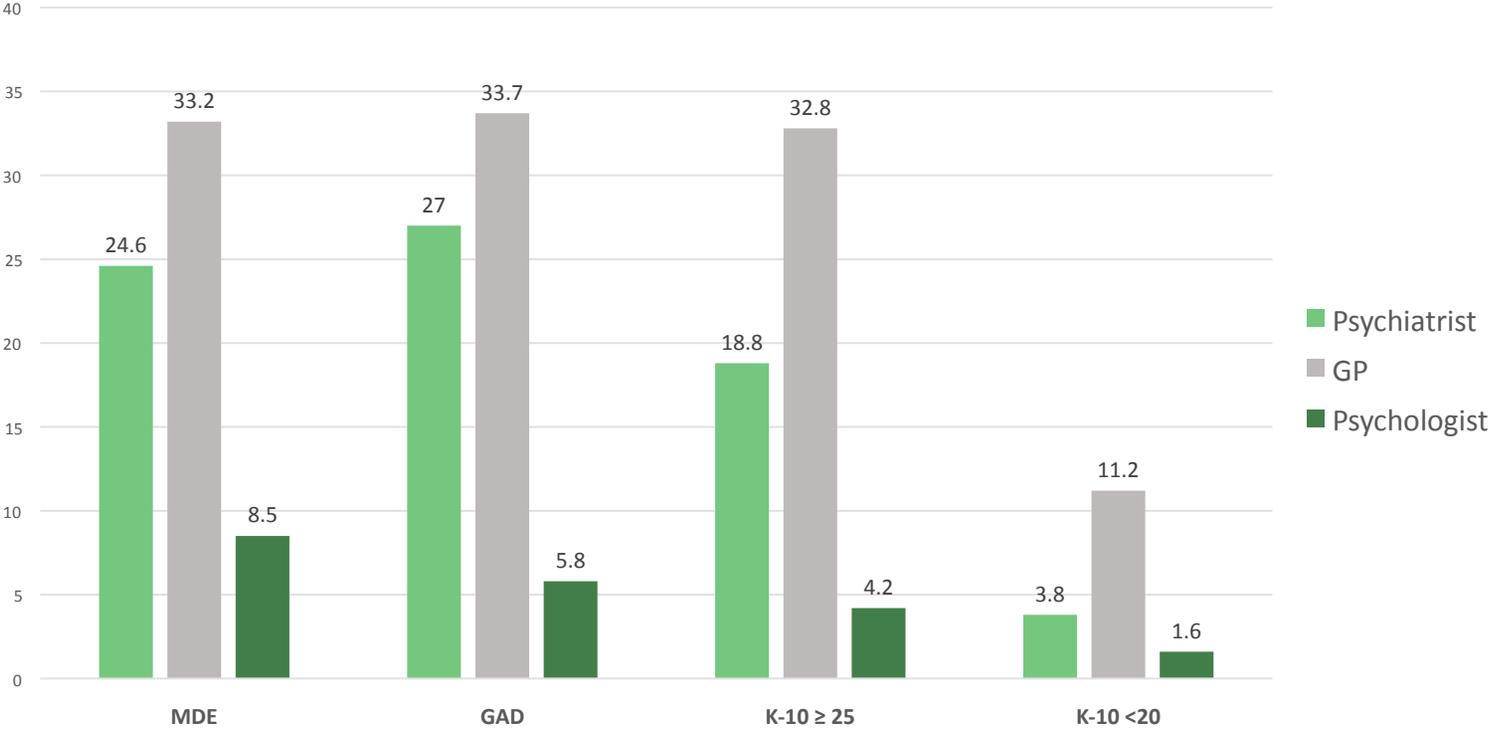

Search for help due to mental health problems

27.9

72.1

■ Yes
■ No

Use of services for mental health problems

17.1

10.3

4.1

1.5

Hospitalizations Psychiatrist GP Psychologist

Services utilization
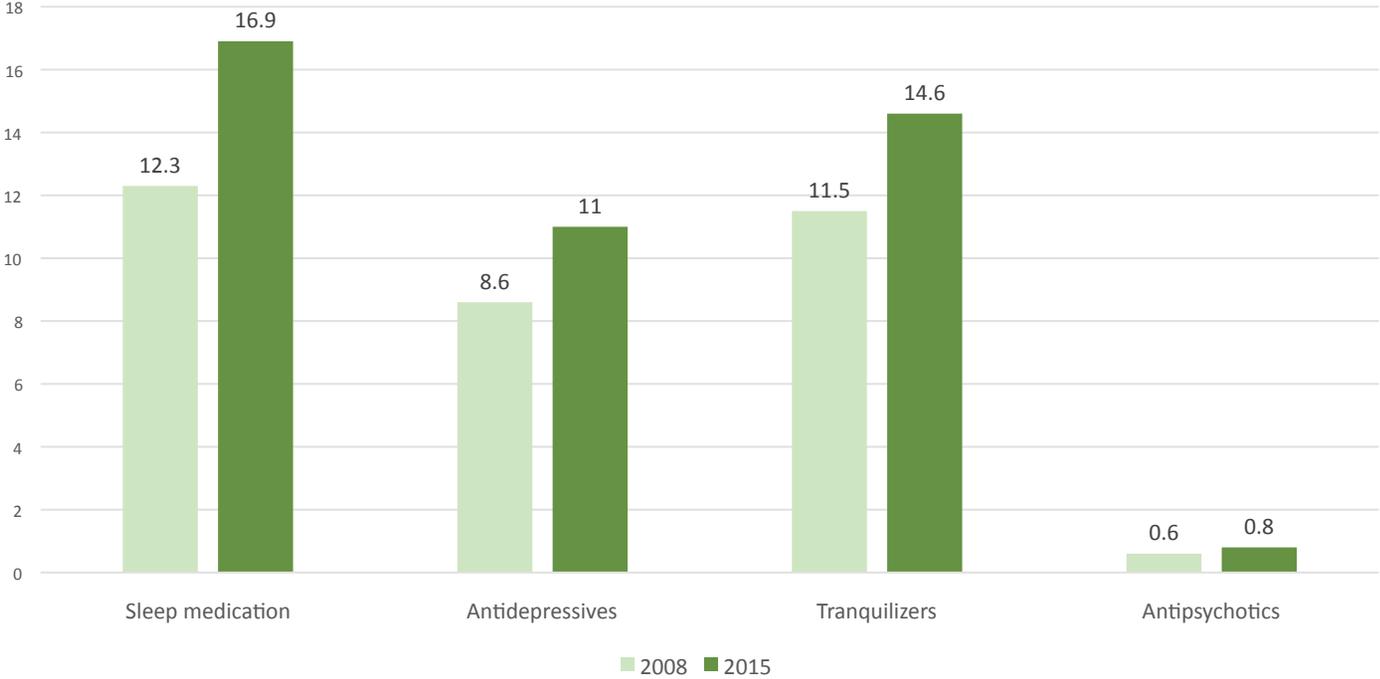## Use of provider by type of mental health problem in the last 12 months

Services utilization
Visits in the last 12 months (mean)

Provider	MDE	GAD	K-10>25
Psychiatrist	4,8	5,4	4,8
Psychologist	10,9	13,6	9,1
GP	2,9	3,2	3,1

Services utilization
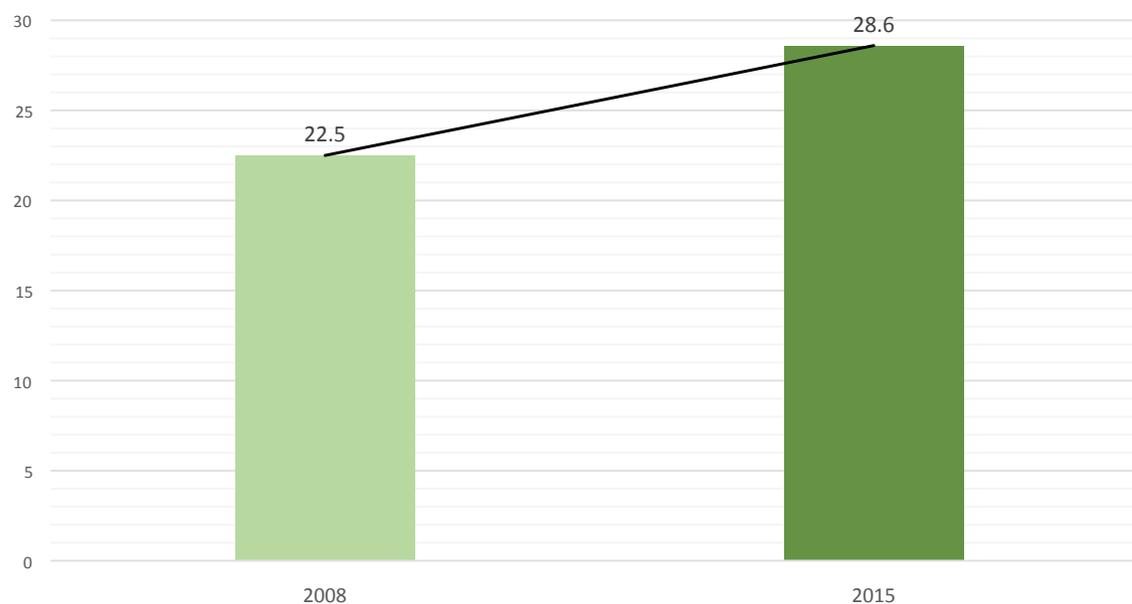# Use of psychotropic medication by group in 2008 and 2015

	2008	2015
Sleep medication	12.3	16.9
Antidepressives	8.6	11
Tranquilizers	11.5	14.6
Antipsychotics	0.6	0.8

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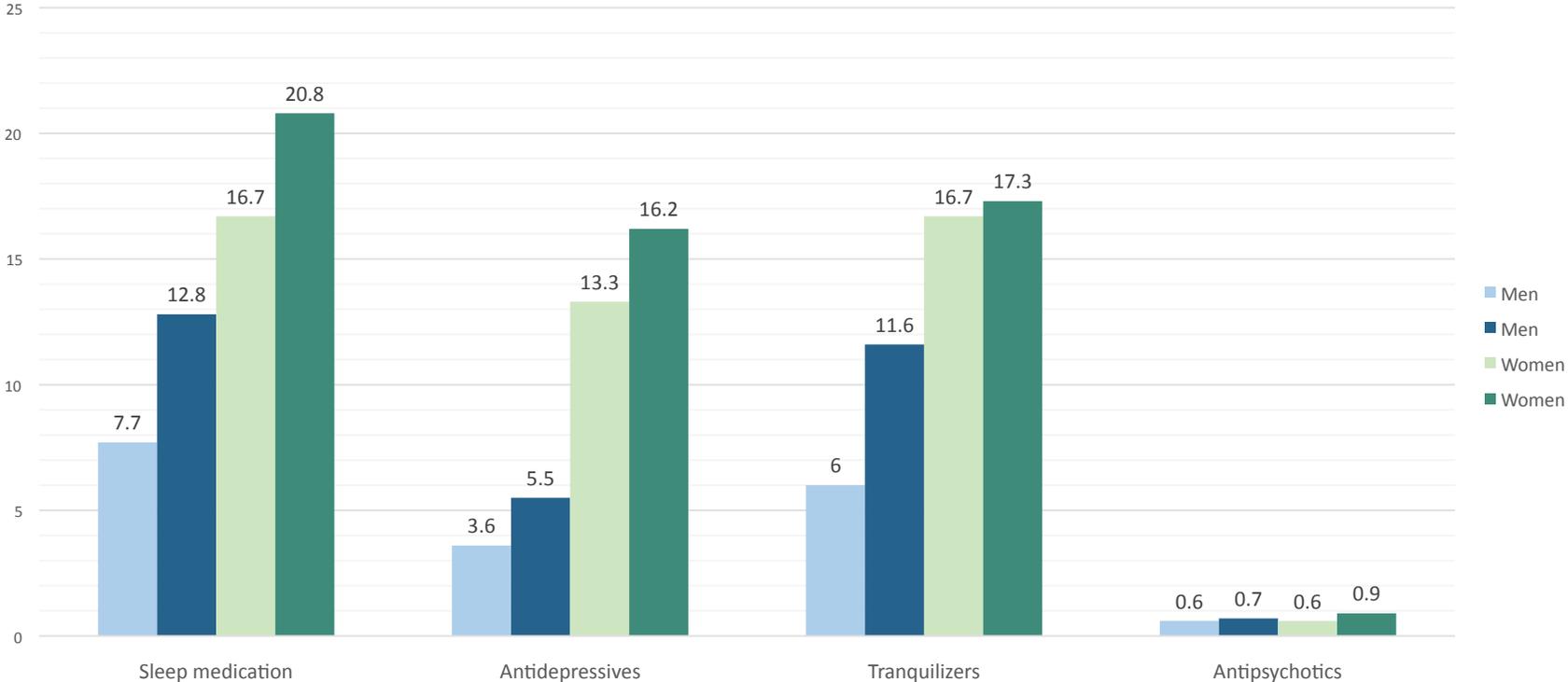ICELAND LIECHTENSTEIN NORWAY
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Services utilization
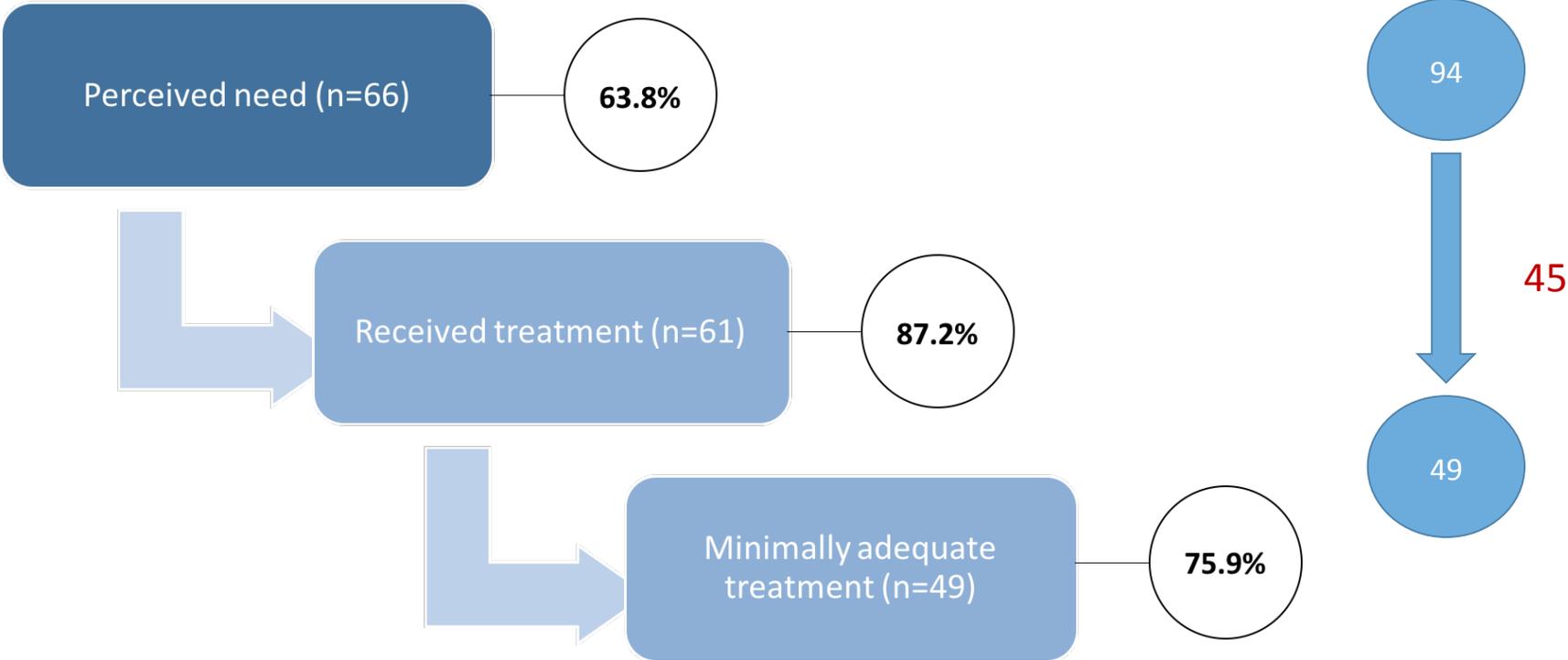# Use of any psychotropic medication in 2008 and 2015

Services utilization
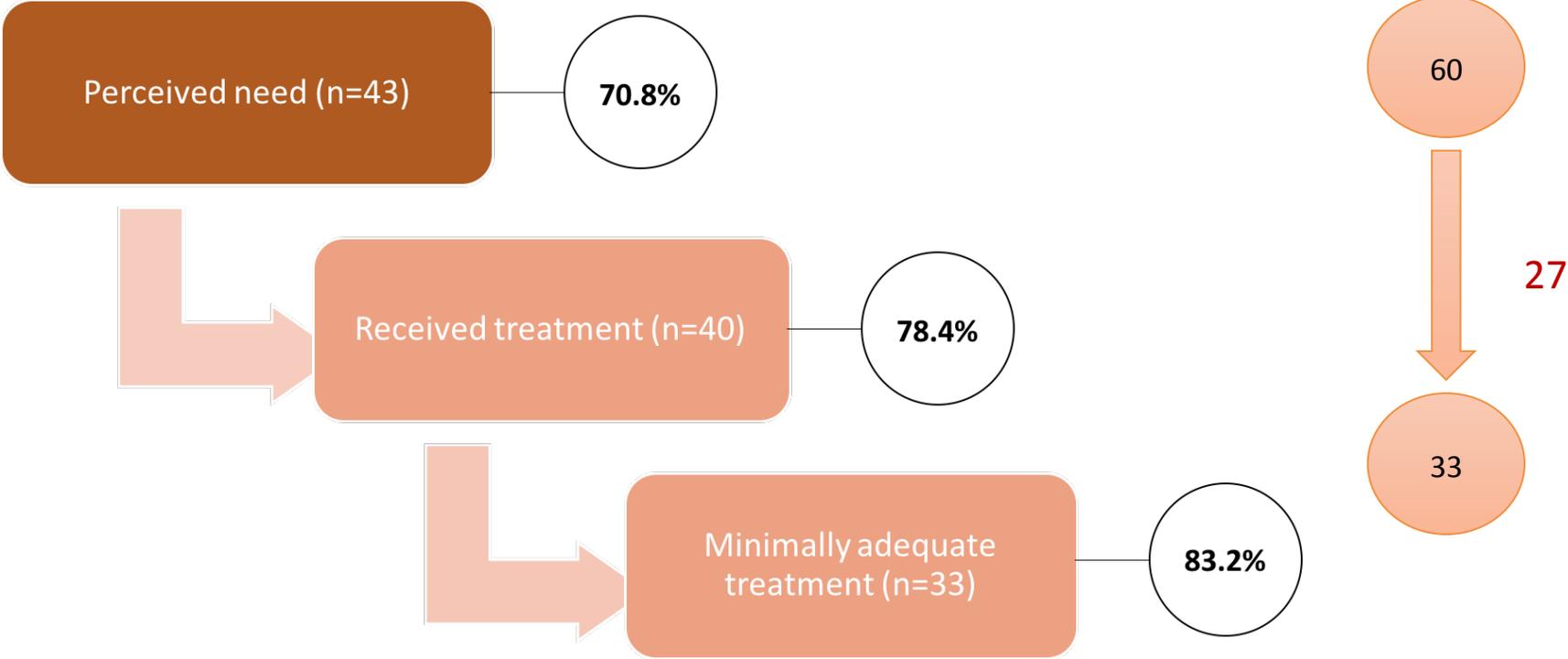## Use of psychotropic medication by gender in 2008 and 2015

Services utilization
Under-treatment of people with major depressive episode (n=94)
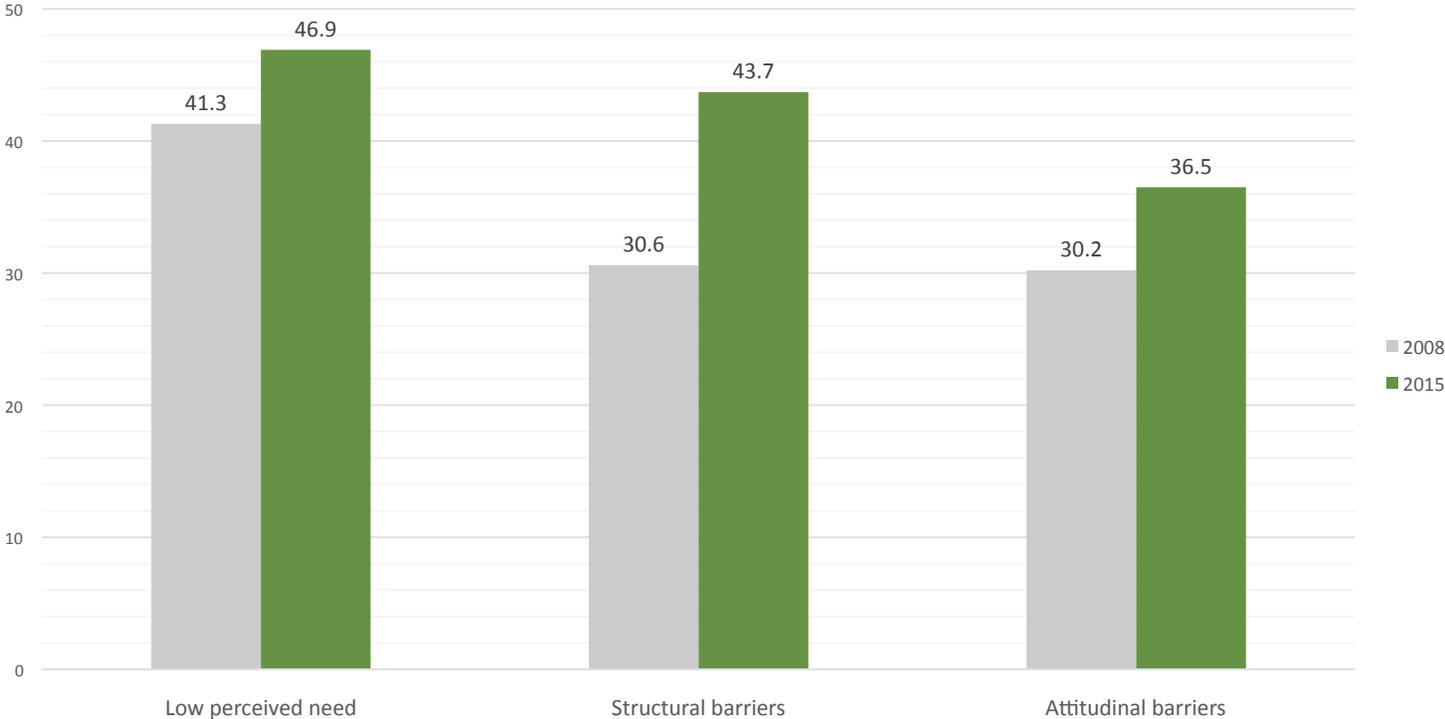
Services utilization
Under-treatment of people with generalized anxiety disorder (n=60)

Perceived need (n=43) — **70.8%**

Received treatment (n=40) — **78.4%**

Minimally adequate treatment (n=33) — **83.2%**

60

27

33

Barriers		Specific barriers	2008	2015
LOW PERCEIVED NEED		The problem went away by itself, and I did not really need help	41.3%	46.9%
STRUCTURAL BARRIERS	Financial	I could not afford treatment	21.3%	36.5%
		I was concerned about how much money it would cost	20.1%	28.6%
	Service availability	I was unsure about where to go or who to see	12.4%	17.7%
		I could not get an appointment	4.6%	10.7%
	Transportation	I had problems with things like transportation, childcare, or scheduling that would have made it hard to get to treatment	4.2%	4.5%
	Inconvenient	I thought it would take too much time or be inconvenient	11.3%	5.6%
ATTITUDINAL BARRIERS	Perceived ineffectiveness	I didn't think treatment would work	11.1%	5.1%
		I was not satisfied with available services	11.1%	4.7%
		I received treatment before and it did not work	5.9%	8.1%
	Stigma	I was concerned about what others might think if they found out I was in treatment	5.7%	5.4%
		I was scared about being put into a hospital against my will	5.5%	3.9%
	Denial of help	I wanted to handle the problem on my own	19.0%	27.0%
		I thought the problem would get better by itself	19.8%	22.7%
		The problem didn't bother me very much	5.8%	2.8%

Services utilization
Barriers to treatment in 2008 and 2015

Services utilization
Factors associated with visits to different providers in the last 12-month

	Psychiatrist /Psychologist	
	OR	p-value
Education		
None or Primary	1	
Basic	0.85	0.81
Secondary	2.77	0.19
University	5.51	0.03
Kessler-10	1.1	<0.01
Self-rated mental health	3.06	0.04

Services utilization
Factors associated with visits to different providers in the last 12-month

	GP	
	OR	p-value
Gender		
Men	1	
Women	1.96	0.01
Financial deprivation	0.45	0.03
Self-rated mental health	6.12	<0.01
Financial security	0.46	<0.01

Conclusions

- There was a significant increase in the prevalence of mental health problems, specially in the group of more severe problems, from 2008 to 2015.
- The risk of having mental distress was particularly higher in women, the elderly, less educated people, individuals with higher perceived financial deprivation, unemployed and retired people, lower social support, and lower community involvement.
- Mental health problems are associated with higher levels of disability and days out of work.
- 27,9% of the individuals sought treatment for mental health problems in the last 5 years

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Conclusions (Contin.)

- GPs were the most contacted professionals followed by psychiatrists and psychologists.

- Use of psychotropic drugs was higher in women and increased from 2008 to 2015.

- Low perceived need and structural barriers were the main obstacles for access to care and increased since 2008.

- Despite the financial and staff cuts suffered since 2008, overall, mental health services were able to respond to most of the pressure of the increasing needs of the population.

- Available data, however, revealed significant insufficiencies in terms of accessibility and quality of care.

LISBON INSTITUTE of Global Mental Health

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